

THE *Language* OF *Desire*

Part Two Worksheet **What to Do When You've Lost** **That Lovin' Feelin'**

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What to Do When You've Lost That Lovin' Feelin'

Susan glanced at the magazine covers while in line at the grocery store. "Your Hottest Sex Moves Ever!" screamed at her in bold hot pink type. She chuckled at first and then realized...did she even HAVE good, let alone "hot" sex moves anymore? Maybe back in her 20s some of her moves were hot. But now?

To her own chagrin, she couldn't remember the last time she and David had really connected sexually. Sure there were a few quick interludes that occurred every few weeks. But they weren't particularly hot and actually had become quite...boring.

"Maybe I really should read one of these magazines" she thought as she tossed one into her cart.

If you've lost that lovin' feelin', this worksheet is all about getting it back. I call it re-discovering your Inner Sex Goddess. It may sound like a far off dream to feel intimately connected to your sexy side, but I will teach you some easy steps to get you back on track.

If you are like most modern women, you are pulled in a gazillion directions.

Work responsibilities. Family life. Running a household. Keeping afloat financially. Trying to stay healthy. Shuttling kids to countless activities. Remembering field trips... and birthdays... and to take the trash out.

It's no wonder that sex and feeling sexy gets pushed down to the bottom of the list.

For cryin' out loud, you are TIRED and just want to pull on a hoodie and some yoga pants and decompress for a half second. JEEZ!

With everything we have going on in our lives, it is very easy to forget to take time with something so trivial as getting connected to an "inner sex goddess" (ha!). And it's hard to feel sexy when you are so stressed.

I get it, girlfriend!

Can I admit something kind of embarrassing?

Looking at me today, you probably would never guess this, but I wore granny panties and baggy sweaters every day for a few years after I had my kids. I was as far from feeling sexy as could be! I had sped into

full-blown Mom Zone, and my Inner Sex Goddess was locked up in the shed, possibly to never be seen again.

So I understand how you might be feeling.

During that time, my marriage fell apart. There were several issues at play between us, and in the middle of that, sex fell off of every to-do list of mine. I was so consumed with my new role as mom and this crazy drive to “have it all” that I forgot about my husband.

I had zeeeeeeeeee-ro interest in sex. As far as I was concerned, he’d done his part and had gotten me preggo two times. So outta my way, buster, I have kids to raise!

Wow. How horrible for him, huh?

Needless to say, my attitude contributed to our already shaky marriage. And while we weren’t able to make it work (but we are fantastic friends now), the good news is that I eventually re-discovered my sex drive. It took some time and effort for sure, but it’s back for good now!

Today, I understand that having my Inner Sex Goddess on speed dial is a priority. And my life is infinitely more vibrant all the way around as a result.

But I learned that lesson the hard way. I don’t want you to follow down the same path I did.

So if you are reading this section and it sounds all too familiar, here is where we are going to start to turn things around.

Before you even utter one sexy syllable, we need to fire up your sex drive and get you re-connected to your own Inner Sex Goddess.

One of the easiest ways to begin to reconnect is to actually think of someone who inspires you. There are countless women in pop culture and back through history who have been considered as Sex Symbols. If you’ve lost touch with your own ISG, using a role model will start the process.

Step One: Choose a Sex Symbol

Let’s start by thinking about some smokin’ hot sexy ladies in popular culture. Now, each of us has our own definition of sex symbol, but I’m sure by looking through this list, you’ll see a few names that immediately make you think “SEXY!”

Marilyn Monroe

Cleopatra

Mata Hari
Josephine Baker
Eartha Kitt
Mae West
Rita Hayworth
Bette Davis
Marlene Dietrich
Betty Page
Madonna
Suzanne Somers
Farrah Fawcett
Bo Derek
Diana Ross
Dita Von Teese
Britney Spears
Beyonce
Jennifer Lopez
Lady Gaga

Whether you are a fan or not, it's fair to say that these women all appear to be in touch with their sexual selves. The term "sex symbol" easily applies to any of these lovely ladies. Take a moment and think about the famous women who ooze sex to you. Jot down your answers to these questions.

What do they do that's different?

What kind of body language, tone of voice, mannerisms, and facial expressions do they use?

FINAL QUESTION: Who epitomizes Sex Symbol to you the most? (note - it doesn't have to be a name from the list above!)

Step Two: Channel the Sex Symbol

Now that you have a mental image of your Sex Symbol, I want you to “channel” her. To channel another person, you need to consider how they act in all sorts of situations.

What outfit would she choose to wear on a date?

What does she wear to bed?

How would she flirt with her man?

How does she walk (or strut)?

How would she dance?

What would she order for dinner and how would she eat her food?

How does she style her hair?

What perfume or lotion would she choose?

Sit back for a few minutes and really think about these details and write them in your journal. You are going to want reference these ideas because we are going to use them again soon!

When we move through these upcoming modules you may start to feel a little uncomfortable. If you've been out of touch with your Inner Sex Goddess, that's totally normal! So what I want you to do is think back to this exercise. Channel that sex symbol!

Until that connection to your ISG is solid, though, you may need to recall what it felt like to channel someone else. I do not endorse faking anything when it comes to sex—this is one exception. Sometimes it's easier to adopt a persona when we are learning and trying new things.

Eventually, what will happen is that your own ideas and desires are going to start bubbling up. You will begin to discover YOUR Inner Sex Goddess again. Maybe she has some new tricks up her sleeve ;)