

THE *Language* OF *Desire*

Part Four, Worksheet Memory Journal

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Memory Journal

Recalling memories of shared sexual experiences is a powerful way to cut through the noise and reach right into your guy's heart. Well, his heart and other body parts ;)

A quick little lesson on the power of memories: the section of the brain that houses memories is the limbic system—specifically the hippocampus and the amygdala. In addition, emotions and emotional response are part of limbic system function. They are all interconnected; remember that dopamine comes from the same part of the brain.

In many of the techniques you'll be learning and putting to use, you will be activating this section of his brain by using memories from your sex life.

Taking the time to collect your favorite memories in one place will help you immensely. This worksheet will serve as a reservoir of creative ideas you can use to inspire you throughout this program.

I recommend writing these down as part of your ongoing journal. If you haven't already done so, grab a blank notebook to use as your *Language of Desire* Notebook. If typing is more your thing, create a Word doc and use that. You can also print out this worksheet and write on it, too!

Step One: Recall the memories

Take a look at the questions and write down what comes to mind. No need to think too much about it, this is just a brainstorm.

1. What are some favorite romantic times you made love? What did he say/do that made it romantic? What were the circumstances and emotions at work? Was it a birthday or anniversary? Were you in a particularly romantic location?

2. What is a favorite sexual memory that felt naughty or racy? Did you nearly get caught having sex? Did you roleplay? Was it a certain position, location, circumstance that amped up the heat?

3. What is a favorite memory of being turned on by your man? Is there a certain outfit that you like? Was it a time he went out of his way for you (or someone else) or did something heroic? Did he look amazing emerging from a steamy shower one morning or sexy chopping some firewood?

4. What is a favorite memory that HE may have mentioned to you? Does he have a certain dress or hairstyle you wear that he has requested or commented on? Has he brought up a particular sexual experience you've shared that he really enjoyed or wants to do again?

5. What are other sexy, erotic, funny, incredible memories from your sex life that come to mind?

Step Two: Connect to the emotions

Of the memories you've brainstormed, which are your favorites and why?

Usually our favorite memories tie in to feeling emotionally close with our partner. So think about how you felt before, during, and after. What feelings did his actions/behavior inspire in you?

Step Three: Savor the details

When you think of the most favorite memories, write down as many descriptive adjectives about the memory you can think of. Make note of as many ways the memory affected your senses.

What did you see, hear, smell, taste, touch during the memory?

Step Four: Tell him!

I want you to take a favorite memory and quickly remind him of it. This is just a quick little exercise for the fun of it. I find texting to be a great way to share, but you can do this in person or over the phone, too.

Example 1:

You: Remember that time we got stuck in that awful traffic jam coming back from the lake last summer and ended up making out in the car?

Him: Yes, that was crazy!

You: I loved how you made me feel like a horny teenager. And when traffic finally started moving I was disappointed ;)

Example 2:

You: I just heard a Keith Sweat song. Reminds me of that time you put on the Slow Jams from the 80s Pandora station and turned down the lights...

Him: Oh I remember that! We made sweet love that night.

You: Mmmm...yes. Thinking about what a masterful lover you are gets me very turned on.

Example 3:

You: Remember the time the hotel housekeeper forgot to knock when we were in Chicago?

Him: Haha, yeah she got an eyeful!

You: Maybe we just couldn't hear her calling "Housekeeping!" because I was moaning so much. You certainly had me going that morning ;)

This little memory jog isn't necessarily meant to be explicit, but feel free to go there if you'd like. There are plenty of exercises in the program where I will be asking you to use these memories to be down and dirty ;)

This is more of a sweet and quick connecting point to get you both simultaneously thinking of a pleasant or fun shared experience. I like to do this often with my guy as it keeps the good feelings from our relationship top of mind and keeps us feeling close.

Final thought

Use this journal to inspire your creativity. When new memories are created, add them to the list! Having these shared experiences thought-through and top of mind are a big part of stoking the passion in your relationship.