

THE *Language* OF *Desire*

Module Eight Worksheet

Fantasy Journal

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Fantasy Journal

In this module we will be exploring fantasies. I want you to use this opportunity to create a journal of your sexual fantasies.

Remember my approach to sexual fantasies: don't judge them! Fantasies are creative impulses of desire. They are totally normal and everyone has them. Just because you fantasize about something...

...it does not mean you actually want to act it out

...it does not mean you are deviant in any way

...it does not mean you want to sleep with someone outside of your relationship

Here is a list of some of the most common sexual fantasies that women have:

- Sex in a public place
- Sex with a stranger
- Sex with a boss/co-worker
- Being dominated by a man
- Dominating a man
- Watching each other masturbate
- Having sex outdoors
- Having a threesome
- Sex by force (this is a tricky one – I talk more about in lesson 8.3)
- Watching other people have sex (voyeurism)
- Having people watch you have sex (exhibitionism)
- Having sex on an airplane
- Sex with a celebrity/athlete

- Being videotaped during sex
- Using food and sex toys during sex
- Recreating a specific sex scene from a movie
- Seducing a younger man/cable guy/pool boy/gardener

Some fantasies are very detailed and tell an entire story, while other fantasies might be more like flashes of imagery or ideas that happen as you are approaching and experiencing orgasm. I find that a lot of people dream about their fantasies. Our subconscious has free range when we are sleeping, and the edit button is turned off. This can be where some of the stranger fantasies show up.

Some fantasies make absolutely no sense! Just remember - don't judge yourself!

Step One: Write 'em down

Grab your journal and jot down some of your personal fantasies. Take a moment to get centered and just let your thoughts flow.

Treat this as a brainstorm. You can write little keywords (like “domanatrix” or “outdoor”) or be totally detailed and write out the entire scene. There is no wrong way to do this!

I've found that once I get the ball rolling, I will begin to remember other fantasies. They show up seemingly out of the blue as well as when I'm having sex. Boom! Image of George Clooney dressed as a pirate seducing me at a karaoke bar. See? I told you sometimes they are strange.

Go back to your list and add to it as needed. Also, use this exercise as the foundation for completing the exercises in this module (and others).