

THE *Language* OF *Desire*

Module Nine Worksheet **Libido and Longing**

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Libido and Longing

“They say when you are missing someone that they are probably feeling the same, but I don’t think it’s possible for you to miss me as much as I’m missing you right now” —Edna St. Vincent Millay

“so I wait for you like a lonely house
til you will see me again and live in me.
Til then my windows ache.” —Pablo Neruda

Longing is part of a long distance relationship. When you are separated from your love, it may seem like the seconds tick by so slowly.

Soooooooo slowwwwwly.

The exercises and techniques in this module show you how to keep the spark of passion alive in your sex life when you are separated, which is a wonderful way to stay connected on an intimate level despite not being able to be together face to face.

But what do you do with yourself in the here and now? In the reality of living in the space between seeing each other again?

To answer those questions, I present to you The Least Sexy Worksheet in this program!

When I was separated by distance, I found a way to keep myself productive when all I wanted to do was lie in bed and daydream of him. Because truly, I could lounge around like it was a flippin’ olympic sport. . . doing nothing but thinking about his sexy ass.

And I tell you, I would have taken the gold medal!

So instead of letting my life around me crumble in shambles of neglect while I lounged in a self-made purgatory of desire, I created a little game.

I did mindless tasks and daydreamed **at the same time**.

Let me show you how. We all have a to-do list of chores and boring grown-up responsibilities, right?

- Clean and organize the laundry room
- Sort out the junk drawer
- Pressure-wash the driveway
- Sort through old piles of mail
- Purge closets for charitable donations
- Sweep and dust under large pieces of furniture
- Wash the windows

You know, all the dumb stuff that tends to get overlooked when doing normal day-to-day housekeeping. Which, before you know it, you can't remember the last time you did the task.

So when I was feeling particularly yearny and reaaaalllly wanting to while away the hours daydreaming about him, I'd crank the tunes and pick a chore from my list.

Because the task at hand was mindless, I'd let my mind wander to thoughts of him.

Sometimes I'd daydream that he was there with me as I was doing the chore. Like he was sneaking glances at me. So I'd wiggle my ass or move more provocatively.

Sometimes I'd use the time to daydream about sex. Other times I would carry on imaginary conversations. Yes, out-loud pretend conversations. Like I'd completely lost my marbles.

Don't laugh!

But I found out was that doing things like this made the time tick by a little faster. It put some of that pent up energy to use. And it got some of that dumb shit DONE and marked off my to-do list.

Step One: Make your list

Go ahead, grab a piece of paper and make your list of tasks and chores that need to be done around the house.

You can think of areas in your home you know he pays attention to or are places you might want to “christen” next time he’s there (like the now-cleaned-up laundry room).

If you are one of those neat-freak Martha Stewart types who doesn’t have a list of neglected chores, you can play the same game while doing your regular chores.

You can also do things out in the community. Use your spare time to help someone out and get your mind off of missing him.

- Volunteer at a park or beach clean-up day
- Sign up to serve lunch or dinner at a homeless shelter
- Spend a few hours working at a food bank
- Volunteer to walk dogs at the local animal shelter
- Read books to school children or seniors

If you run out of things to do, you can also offer yourself to a friend or family member who’d appreciate the help with those sorts of tasks.

Step Two: Get to work!

This one’s pretty simple: pick a task and get to it, sister. And think of how great it will feel to mark that stuff off your to-do list! And let your mind wander to all manner of delicious and dirty thoughts about your man while you are working.

Don’t get me wrong, I absolutely do think it is nice to be self-indulgent at times and let yourself lounge about longing for your man. Balancing that lounging with some manner of productivity at times is also helpful.

But if they ever do make lounging while daydreaming about sex an olympic sport, I am soooo in the running for gold!