

This worksheet is about figuring out what YOU want and don't want in your sexual life. We don't often take the time to sit and think through the details of our desires. Instead, we may think broad things like "I want sex more often" or "I wish it was more spicy!" We don't have a society that prioritizes putting time into sexual fulfillment and at the same time, sets the standard that we all need to feel sexy, be sexy, have lots of sex, and be fulfilled sexually by others doing the same.

... so what do we do now?

First things first, we need to learn about ourselves. Secondly, we need our partners to learn about themselves. Thirdly, we need to learn how to communicate what we learn with each other.

As a thank you for joining the newsletter, I'm excited to share this exercise with you that's used both in my courses like REVEALED, and in my private client sessions.

Some tips to get the most of the exercise:

- 1) Start by listing every kind of sexual behavior or practice that you can think of. Think of everything on the spectrum from having your hand held to the kinkiest, wildest kind of sex act you have heard about. Think of sex acts that are solo and those that are with others. Go BIG and WIDE with your ideas.
- 2) Start filling out the square that feels the easiest for you. Do you know pretty quickly what you have done before and don't want to try again? Start there. If you feel stumped / run out of things from your list, check out the list of suggested terms.
- 3) Fill out each square with at least 10 terms. Know this is just a snapshot of where you are today. It was different last year. It will be different next year. Have fun with it! This is all information that you should feel curious about.

Release yourself from judgment and shame.

The Four Quadrant Exercise

What have you done that you
would like to do again?

What have you done that you
would NOT like to do again?

What have you not yet done that
you would like to do?

What have you not yet done that
you would NOT like to do?

Use the blank column to start your own list first,
then review a short list of acts that you may know of.

- | | | |
|---|---------------------------|-----------------------------------|
| • | • Missionary | • Sitting on Face |
| • | • Cuddling | • Reverse cowgirl |
| • | • Kissing hand | • Sex on top |
| • | • Biting | • Sex on period |
| • | • Tickling | • Urination play |
| • | • Sucking toes | • Exhibition/ Voyeurism |
| • | • Slapping/Punching | • Phone sex |
| • | • Thuddy | • Outdoor sex |
| • | • Doggie Style | • Strip tease |
| • | • Give blow job | • Video recording |
| • | • Flogging/Caning | • Eating food off body |
| • | • Whipping | • Costumes |
| • | • Sex swing | • Doctor/ patient role play |
| • | • Fire play | • Oral on a vulva |
| • | • Nipple Clamps | • Takedowns/ kidnaping |
| • | • Threesome | • Sacrilegious scenes |
| • | • Shibari/Rope play | • Master/ servant |
| • | • Leather/ Chain | • Teasing |
| • | • Suspension | • Sex at a public building |
| • | • Shackles/ Locks | • Orgasm Control |
| • | • Licking neck | • Strangulation/altered breathing |
| • | • Group sex | • Gags |
| • | • Tantra position Yab Yum | • Sensory Deprivation |
| • | • Tongue kissing | • Watching porn/sending porn |
| • | • Sucking ears | |
| • | • Ethic non monogamy | |

This list is not meant to be exhaustive ... it's endless!