

PLEASURE MECHANICS

TELL ME WHAT YOU WANT... A WORKSHEET ON DESIRE

Tell Me What You Want...

For many of us, one of the most difficult steps is naming what we actually want out of our sex life.

Have you ever had the permission to think about what a great sex life would look like, on your own terms? In this playful worksheet we are going to guide you in getting more specific about the kind of sex you really want to be having.

All too often, we struggle when we compare our own sex life to some imagined ideal. Instead, take a moment to consider what YOUR ideal sex life would look like. What do you want to experience?

Remember, your ideal sex life is NOT a fantasy. Fantasy is the realm of the imagination, where anything is possible and there are no real world limitations.

Desire is the realm of real world longings and yearnings. Your actual sex life will be contoured by who you are, your life circumstances, your family life and many other factors that are both in and out of your control. So be gentle with yourself as you explore what you want MORE of. Don't think of some imagined "best sex life" - think about what YOU actually long for in your lived experience.

This playful exercise will help you think big to paint a picture of a sex life that would be more pleasurable and fulfilling for you. Once you have a more specific sense of what you are longing for, it can be easier to get more of what you want and less of what doesn't serve you!

Ready For More?

For more free resources to help you build a more pleasurable erotic life, on your own terms, visit us online:

www.PleasureMechanics.com/free

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What do you want out of your sex life? What do you want to experience? How do you want to feel?

In this playful worksheet, we are going to guide you in exploring naming out loud what you want more of, and getting more specific as you do.

First, take some time to let your imagination run wild, then fill in the paragraph below. You can use the word lists to prompt ideas, but feel free to make it your own and use any words or phrases that feel right to you!

Remember, you can revisit this exercise over time, as your desires and longings will shift over time. Allow yourself to be surprised and stay curious about yourself!

Tell Me What You Want...

I want to feel more _____1_____.

I feel most alive when I am _____2_____ and _____2_____.

I would love to experience sex that is more _____3_____, _____3_____ and _____3_____.

I want a lover that is _____4_____ and touches me _____5_____.

I want a sex life that includes plenty of _____6_____ and _____6_____.

Down the road, I might even want to explore _____6_____.

Based on your answers above, think about one specific thing you can do for yourself to get closer to the erotic experiences you want. What do you want to make happen?

One thing I can do to experience more of what I want in my sex life is:

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USE THESE IDEAS AS A STARTING PLACE & ADD YOUR OWN WORDS & DESIRES TO THE MIX

- 
- 
- 1.**
 - calm
 - relaxed
 - wild
 - confident
 - adventurous
 - free
 - alive
 - vibrant
 - enlightened
 - creative
 - purposeful
 - bold
 - 2.**
 - happy
 - relaxed
 - fit
 - well rested
 - desired
 - seduced
 - adored
 - cherished
 - loved
 - taken care of
 - safe
 - accepted
 - connected
 - wanted
 - appreciated
 - feminine
 - masculine
 - well dressed
 - taking risks
 - 3.**
 - loving
 - gentle
 - rough
 - kinky
 - experimental
 - passionate
 - spiritual
 - sultry
 - bestial
 - respectful
 - fun
 - joyous
 - goofy serious
 - creative
 - frequent
 - spontaneous
 - intimate
 - uninhibited
 - 4.**
 - passionate
 - devoted
 - loyal
 - exciting
 - caring
 - affectionate
 - dominant
 - submissive
 - easy going
 - curious
 - intense
 - enthusiastic
 - 5.**
 - gently
 - slowly
 - roughly
 - confidently
 - aggressively
 - sweetly
 - tenderly
 - eagerly
 - gracefully
 - hungrily
 - intentionally
 - skillfully
 - 6.**
 - flirtation
 - dancing
 - dirty talk
 - kissing
 - hugging
 - full body touch
 - massage
 - oral sex
 - erotic massage
 - erotic touch
 - anal play
 - erotic spanking
 - bondage
 - role playing
 - orgasms
 - power exchange
 - outdoor sex

FOR MORE RESOURCES:
PLEASUREMECHANICS.COM