

Life Long Love Academy

Sexy Contexts



Think of a positive sexual experience and describe it in detail, paying particular attention to what turned you on.

CATEGORY

DESCRIPTION

Mental & Physical Wellbeing

- Physical health
- Body image
- Mood
- Exercise routine
- Working with a coach

Partner Characteristics

- Physical appearance
- Physical health
- Smell
- Mental state



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Sexy Contexts



Relationship Characteristics

- Trust
- Frequency of Sex
- Feeling Sexy
- Power Dynamics

Setting

- Private
- Vacation
- Public
- Acts of Service
- Phone Play Party
- Outdoors
- Scenic Enactment

Other Life Circumstances

- Pregnancy
- Job Position
- Change in the Body
- Surgery
- Holiday

Things You Do

- Body Parts Stimulated
- Sensed You Stimulated
- Outfit You Wore
- Requests You Make
- Talking Dirty
- Intercourse
- Foreplay



Not-So-Sexy Contexts

Now think of a negative sexual experience and describe it in detail, paying particular attention to what turned you off. Please do not use a traumatic experience here.

CATEGORY

DESCRIPTION

Mental & Physical Wellbeing

- Physical health
- Body image
- Mood
- Exercise routine
- Working with a coach

Partner Characteristics

- Physical appearance
- Physical health
- Smell
- Mental state



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Not-So-Sexy Contexts



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Inspired By Emily Nagasaki, PhD.

