

Exercises

Cultivate Passion and Independence

It's attractive when my partner...

I am passionate about...

I feel most alive when I...

I feel comfortable and at peace in my body when...

I am really good at...

Facilitate the Partner to Lover transition

I turn myself off when...

I turn myself on when..

I find myself most drawn to my partner when they...

Write down activities that appeal to you to:

Step 1: Build anticipation throughout the day.

Step 2: Connect with your partner on an emotional level when you see each other first.

Step 3: Carve out time for activities that facilitate the Partner→Lover transition.

Exercise 3

Niel G. Amen's

12 principles to make your love unforgettable:

- ☐ Take your partner's breath away: do something amazingly thoughtful and out of the ordinary.
- ☐ Do something special on a regular basis.
- ☐ Do something special on an intermittent or unpredictable basis.
- ☐ Frequent, loving eye contact.
- ☐ Learn what pleases your partner sexually.
- ☐ Teach your partner what you like.
- ☐ Sexual novelty can boost lasting love
- ☐ Do something a little edgy.
- ☐ Use every sense.
- ☐ Do something great for someone your partner loves.
- ☐ Summarize and immortalize loving moments.
- ☐ Learn from parrots: share your food, groom each other, sing constantly, build nests together, repeat each other's words and actions.

Sexual Desire checklist

The following is a list of many sexual activities you might want to try or integrate into your sex life. As you fill out this list, remember that there is no right or wrong answer. There's nothing wrong about wanting everything on this list or not wanting most of these activities. (Also be forewarned: a lot of times we think we might want something, only to discover upon trying it that we don't actually want it at all!)

The Basics

Give oral sex

Receive oral sex

have partner sit on my face as I give oral sex

sit on partner's face and be given oral sex

69 partner

be more vocal towards partner during sex

have partner be more vocal

be rougher in sex towards partner

have partner be rougher to me in sex

be shown what partner likes from porn

show partner what I like something from porn

watch porn together

be watched by partner while I masturbate

watch partner masturbate

mutually masturbate

be woken up with sex or oral sex by partner

wake partner up with sex or oral sex

cum over partner's breasts/neck (pearl necklace)

cum over partner's face (facial)

have partner cum over my face (facial)

swallow partner's cum

swap my cum with my partner

take pictures of partner

have sexy pictures taken by partner

take pictures of us having sex

film ourselves having sex

give partner a sensual massage

Yes

No

Maybe... if

have partner give me a sensual massage
 have longer teasing and foreplay sessions with partner
 have partner strip or give me a lap dance
 strip or give a lap dance to partner
 have partner talk dirty to me
 talk dirty to partner
 have sex while on period
 listen to romantic music while having sex
 wear stocking and high heels for partner during sex
 thrust my penis between partner's breasts
 use mirrors while having sex

Playing with Toys

have partner use a butt plug
 use a butt plug while having sex with partner
 use dildos in sex
 use nipple clamps
 use sex furniture (such as a sex swing or ramp)
 use vibrators during sex
 wear a cock ring (vibrating/non-vibrating) during sex
 be spanked by partner with toys (whip/paddle)

B.D.S.M.

act as furniture to be used by partner
 have partner act as furniture to be used by me
 be a 24/7 slave for partner
 have partner be a 24/7 slave
 be a submissive brat towards partner
 have partner be a submissive brat
 be a submissive servant towards partner
 have partner be a submissive servant
 be bitten by partner
 bite partner
 be blindfolded by partner
 blindfold partner
 be commanded and/or denied orgasms by partner

Yes

No

Maybe... if

Yes

No

Maybe... if

command and deny orgasms for partner
 be dominant towards partner
 Dominate partner
 Be submissive for partner
 Submit to partner
 Be slapped or punched by partner during sex
 Slap or punch partner during sex
 be spanked by partner's hand
 be submissive and worship one of partner's body parts
 have partner worship one of my body parts
 have my hair pulled by partner
 be called obscene words (bitch, slut, whore, etc)by
 partner
 call partner obscene words (bitch, slut, whore, etc)

B.D.S.M. Toys and accessories

spank partner with toys (whip/paddle)
 be struck with a cane
 have partner strike me with a cane
 be suspended while having sex with partner
 have partner be suspended while having sex
 be tied down or otherwise restrained by partner
 have partner wear a ball gag
 have partner wear a chastity belt
 have partner wear a dog collar with a leash
 have partner wear earplugs during sex
 have partner wear hoods or half-hoods
 use a riding crop on partner
 have partner use a riding crop on me
 use restraints on partner
 wear a ball gag for partner
 wear a chastity belt for partner
 wear a dog collar with a leash
 wear earplugs during sex
 wear hoods or half hoods for partner

Yes

No

Maybe... if

Role Play Scenarios

Boss/secretary

Teacher/Student

Doctor/Patient

Policeman/prisoner

Personal trainer/client

Rape play

Incest play

Anal Play

anally finger partner

anally fist partner

anally penetrate partner

lick partner's anus

be anally fisted by partner

be fingered anally by partner

be licked anally by partner

double penetrate partner with me and a toy

peg partner with a strap-on

Group and Public Fun

be bukkake'd by partner and other men

be fondled by partner in a public setting
(restaurant/theater)

fondle partner in a public setting (restaurant/theater)

go to a nudist resort with partner

go to a pleasure resort with partner

go to a sex or swingers club with partner

go to a strip club with partner

have my pictures shown over the internet

have sex in a car

have sex in a place where you might get caught

have sex in front of an outward facing window

have sex in the woods or in a park

have sex in work environment (office, etc)

have sex monogamously with other couples (don't touch
other couples)**Yes****No****Maybe... if****Yes****No****Maybe... if****Yes****No****Maybe... if**

have sex with another person while partner watches
 watch partner have sex with another person
 include another couple in sex (small orgy)
 include another female in sex (menage-a-trois)
 include another male in sex (menage-a-trois)
 double penetration by your partner and another man
 include more than two men in sex
 include more than two women in sex
 let another person/people/couples watch us have sex
 participate in an large orgy (more than 4 people)
 show pictures of us having sex over the internet
 show pictures/film of partner over the internet
 triple penetration by your partner two other men
 watch other couples have sex (live)

Other Fetishes

be given a foot job
 give partner a foot job
 give partner a golden shower
 have partner give me a golden shower
 be fisted by partner
 fist partner
 be shaven by partner
 shave partner
 cross dress

Yes

No

Maybe... if

<p>Sexy names I might like being called...</p>	<p>Names I might want to call my partner...</p>
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