

Come back into *your body*...

Sometimes we need to slow down, take some deep breaths, and come back into our body. She already knows the answers—but we need to be still and spacious enough to listen.

- 01 Where in your body have you been rushing instead of arriving? Where do you feel it, and what would it feel like to slow down there?

- 02 What is sex to you, now? What makes for "good sex"?

- 03 What's your flavor of not-great sex (keep-him-happy sex, I-don't-know-what-I-like sex, something else)? Are you ready to stop tolerating it?

- 04 How do you turn yourself on?

- 05 What helps you feel tapped into your own arousal and erotic energy these days?

- 06 When have you performed during sex, for a partner, for yourself, for an idea of who you should be? What would presence look like instead?

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- 08 What fantasy or image have you kept quiet out of shame? What would it mean to let yourself simply imagine it, without acting on it or judging it?

- 09 What has your body been trying to tell you lately that you haven't fully listened to?

- 10 If you gave yourself full permission, what would your best sex right now actually look like?