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Maximize Your Sensual Potential

When you think about sex, what makes you warm up, and what leaves you cold? Are you ready to go, or do you want to be romanced? Would you consider yourself a microwave or a slow cooker?

What about your partner? Is it okay to be different?

This worksheet will help you to slow down, to check in with yourself, to check in with what is erotic for you, and to talk to your partner about it.

- Don't worry about a script – sex is an exploration of feeling and sensations, best guided by being receptive to your partner's responses.
- Have no fear of making mistakes. As long as you both are 100% present in the moment and approaching your lovemaking with open hearts, mistakes are unlikely.
- At every age, be creative in your approach toward pleasure for each other. As physical ability changes, change your approach. Let your partner know.
- Draw upon past positive experiences but be receptive to today's responses. What may have been perfect in another time and space may not be perfect now.
- Create a cocoon of safety around yourself and your partner. Tell your partner what you may have limits around and what you don't have limits around.
- Stay present in the experience; check in with each other to be sure it is safe, healing or transformative.

The Partner's Pledge – use these to stay heart-centered

- Be present, aware and open
- Be curious and exploratory
- Be receptive and responsive
- Be expressive and spontaneous
- Be attuned and relaxed