

Come as You Are _ Questions and Appendix

Think about what it would feel like to be a warm and erotic woman who is curious and playful about sex. What is it like? What else is true?

- What strategies would you use to create more time for sex?
- What would give you more energy for sex?
- What aspects of your relationship would enhance sex?
- What challenges in your relationship would you like to overcome?
- What would your relationship with your body be like?
- How would you initiate sex?
- How would you respond when your partner initiates?
- What sexual cues would you notice?
- What kinds of thoughts would you have about sex?
- How do you feel about your partners sexual arousal, desire, and orgasm?
- How would you feel about your own desire, arousal, and orgasm?
- How would you feel about giving pleasure?
- How would you manage the cultural shaming that some would try and impose?
- What would be your favorite thing about your sexuality?

I can lose myself in my partner's touch with no worries or distractions about anything except the moment. Stay in the moment...no worry...no shame...no embarrassment...nothing but bliss.

I can think about romantic interludes that I have experienced and let that build my desire.

All the doors and windows of my sexuality are open...I'm a big exuberant YES. I am curious. I am open to the adventure of more more more.

I will not allow anything to get in the way of my pleasure.

I will allow myself what I want and not judge myself.

Exploring my sexuality is exciting... more than scary.

I will turn to sex when I am uncertain of feelings.

Sex is a part of my life...it is not a separate part of me. It is always present in my life. I am a sexual being and exude sexuality. I am a goddess and shine bright.

There is no pressure to be or do anything that is not 100% of what feels right to me. My voice is strong and can communicate my needs and desires. I will accept what is given, if it what I truly desire. I deserve ultimate fulfillment from my life.

I will find ecstatic pleasure... it cannot coexist with shame, stress, fear, anger, bitterness, rage, exhaustion, frustration. I will practice ecstasy outside of all those things in sunshine and radiance and comfort and openness to the universe.

Appendix 1: Therapeutic Masturbation GOAL = PLEASURE

30 minutes

Create context

Touch everywhere on your body...find pleasure points

Stimulate indirectly

Direct stimulation

Keep breathing

Then share what feels good to you to your partner

Appendix 2: Extended Orgasm

Extending and expanding orgasm is a kind of meditation.

Learn to let go of thoughts floating in and out.

Create and context and set aside an hour or two (What!!!)... liken it to a jog vs marathon

Begin with breathing exercises.

Imagine arousal on a scale of 0-10

Start at 0 and go to 5 (definitely turned on and aroused)

Go back to 1 and allow tension in muscles to dissipate.

(Bring back any stray attention and always remember to breathe)

Up to 7, down to 3

(7 is pretty aroused...take foot off accelerator without putting on brakes...coast)

Up to 8, down to 4

Up to 9, down to 5

(9 is very very high... you are on the train track...going fast...attempt to realize it is whole body vs just genital...allow a slower orgasm to spread over all parts of you)

Up to 9.5, down to 6

(9.5 is the screaming bittersweet edge)

Up to 9.5, down to 7

(deliberate effort to ease tension away from abdomen, buttocks, thigh muscles... sense the arousal in the genitals and let it radiate through the body)

9.5 to 8

9.5 to 9

Hover and hold. Like bathwater coming in and out.