

Sexual Cues Assessment

Read through all your sexy and not-so-sexy contexts. What do you notice as reliable contexts for great sex, and reliable contexts for not-so-great sex?

Contexts that Make Sex Great	Contexts that Make Sex Not-So-Great

Identify 5 things you and/or your partner could hypothetically do, if you decided to work toward creating more frequent and easier access to the contexts that improve your sexual functioning:

	Things to do	How much impact?	How easy?	How soon can you do it?
1				
2				
3				
4				
5				

Then select the two or maybe three that feel like the right combination of impact, ease, and immediacy, and list all the things that would have to happen in order for this change to occur. Be as CONCRETE AND SPECIFIC as you can. These should be ACTIONS, rather than abstractions or ideas or attitudes. Ask yourself, “If we decide to create this change, what goes on our To Do list?”

Change 1:

Change 2:

Change 3:

Then select just one change that you will actually implement. Choose a start date together that feels like good timing. Ideally this will be within the next month. Make your plan. And do it.