



Sexuality and Fantasy Exploration Worksheet for Women

Client Name:

Date:

For the purpose of this questionnaire – let's define sex here as intimate sexual contact or any kind, rather than just sexual intercourse.

1. How often would you ideally like to have sex?
2. How often do you think your partner would ideally like to have sex?
3. How often do you have 'spontaneous' sex with your partner?
4. How often do you have 'planned' sex with your partner?



5. On a scale of 1-10 (1 being 'Never' and 10 being 'Always') Rate how you would describe your underlying intention when you have sex with your partner....

- a. To get something that you want or need. (It could be love, connection, support, or anything else.)
- b. Because you think it's fair and reasonable, it's part of your agreement (spoken or unspoken) and/or it's the 'right' thing to do in order to maintain a good relationship/marriage.
- c. As a spontaneous and unconditional offering of love.

6. On a scale of 1-10 (1 being 'Not comfortable at all' and 10 being 'Very comfortable') How comfortable do you feel about pleasuring yourself?



7. What parts of your sexuality:

a. Do you reject?

b. Do you feel are 'Bad'?

c. Are you afraid of?

d. Are you repulsed by?

e. Are you ashamed of?

f. Do you feel concerned about?



9. When do you most hold back in your sexual expression?

10. In your own words, what sexual energy do you love giving your partner the most? i.e. soft and sensual/passionate/girly/slutty/devotional...the list goes on!

11. In your own words, what sexual energy do you most avoid giving your partner but would like to feel comfortable in giving?

12. In your own words, what sexual energy do you most avoid giving your partner and you do NOT want to give your partner?



Sexual Fantasies

Firstly, sexual fantasies are normal! There is no shame in any sexual fantasy. Sexual fantasies are the mind's way of fulfilling a need. In this exercise, you are not writing something that you will necessarily physically act out. You're just writing what's in your mind or heart. It doesn't matter how fabulous and pleasurable or how dark and twisted or silly and ridiculous you might judge your fantasy to be.

The 'reality' of a sexual fantasy does not necessarily need to be played out to fulfil the need behind it. It's the energy of the fantasy that's important. For example - If you dream about being taken by an entire football team of strong sweaty men. That doesn't mean you're going to describe it here and then promptly go down to the local footy club to see who's free!

There are ways to communicate about your fantasies with your partner so that both partners both feel valued, loved, respected and desired.

There are also ways to share in each others' fantasies with love and trust so that that you can fulfil the need of the fantasy (for either partner) and express the energy of it in an authentically powerful way with real heart connection.

When this happens and a fantasy within you is freed, you free a part of your sexual expression which enables you to love even deeper, not only sexually, but in all aspects of your life. This of course leads to deeper fulfilment both in intimacy and in life for both you and your partner.



Sexual Fantasies

Exploration Exercise

Put at least half an hour aside to do the following writing exercise. Make sure you can be on your own with no interruptions in a clear and comfortable environment.

Before you start, make sure you feel relaxed and open. Allow this to be an enjoyable process where you let go of any judgment or inhibitions and let your imagination run wild! This is a process of inner exploration. No-one will judge what you write. If you wish, your writing can remain your own for no-one else to see. Not even me. Or if you want, you can share it in your coaching session and we can work together to create a healthy way for you to explore your fantasy with your partner. This has the potential to really deepen your love, connection and trust.

Describe your ultimate sexual fantasy. Don't let yourself be held back by what others would say. This is for your private imagination only.

What would you like to happen? What would you like to feel? ...See? ...Taste? ..Smell? ...Touch? ...Experience?

Now that you've explored and described your fantasy in full detail, if you want to share it with me, we can explore what needs this fantasy might fulfil for you. It might just hold the key to an opening for you to love even deeper through your sexuality and to feel even more deeply connected with your partner and more fulfilled.