Friends Couple Enrichment

Sharing about my sexual self

1. If I were the author of a book on sex, the title would be_____
   _____

2. My first sexual experience was_____
   _____

3. My most intense (positive) sexual experience was_____
   _____

4. I feel most erotic when_____
   _____

5. I feel least erotic when_____
   _____

6. I believe my best sexual experience is still to come (yes or no)_____

7. What I frequently like to experience in sex, or what is important. 1 (least) to 5 (most).
   Tenderness? _____
   Closeness? _____
   Intensity? _____
   Transcendence? _____
   Spiritual connection? _____
   Rebelliousness? _____
   Surrender? _____
   Dominance? _____
   Abandon? _____
   Freedom? _____
   Giving? _____
   Receiving? _____
   To be taken? _____
   To possess? _____
   Playfulness? _____
   Safety? _____
   Surprise? _____

Submitted by Fridriksson/Fick 2015