Sexual Accelerators & Brakes WORKSHEET

Sexual Accelerators (Turn-ons) -- those things that lead to greater interest and arousal.

Sexual Brakes (Turn-offs) -- those things that hinder your arousal or enjoyment of sex.

What fuels your fire or dampens your fire? Identify your specific sexually accelerators and brakes.

COMMON ACCELERATORS

- Talking/connecting emotionally
- Reading each other well (i.e. knowing when to be more aggressive or when to take it slow)
- Ambience -- music, candles, lingerie, cologne/perfume
- Thoughtfulness/common courtesies
- Certain positions
- Trust/emotional safety -- willing/able to be vulnerable
- Specific kinds of touch
- Auditory arousal -- verbal stimulation
- Active, engaged, takes initiative
- The right timing
- A wanting/seductive look

COMMON BRAKES

- Bad breath
- Body image issues
- Going too fast or too slow
- Temperature too hot or too cold
- Too aggressive/too forward
- Too passive
- Disengaged/duty sex (body's there/ heart isn't)
- Certain positions
- Pain (i.e. scratched, jabbed, hair pulled)
- Inhibitions (i.e. Good Girl Syndrome, not feeling safe emotionally)
- Criticism
- Manipulation
- Fatigue/Stress
- Lack of variety or adventure

Compiled by Laura M. Brotherson, MS, MFT
StrengtheningMarriage.com (Jul 2014)

"Brakes and Accelerators" is a concept coined by Dr. Douglas Rosenau, author of *Celebration of Sex*

YOUR SEXUAL ACCELERATORS (I love it/get turned on when you…)

YOUR SEXUAL BRAKES (I get distracted/turned off when you…)