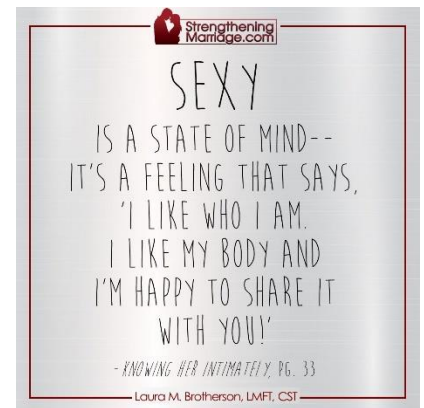


How to Embrace Your God-Given Sexuality

Knowing HER Intimately – Sexual Wholeness for Women

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The following items are things women can be doing to *embrace, awaken, nurture, develop, tune into* and *enjoy* their sexuality for their own wholeness and aliveness.

1. Get educated by learning more about sexuality from trustworthy resources to increase your sexual self-confidence (e.g. [Knowing HER Intimately](#)).
2. Listen to affirming audio material -- especially Chapters 1-2 of [Knowing HER Intimately](#). By listening to the *audio* version of these chapters over and over it specifically provides:
 - 1) positive mental reprogramming about sex (especially about embracing one's sexuality)
 - 2) an easy way to have healthy, positive sexual thoughts on the mind more often like men more naturally already do.
3. Do process writing (cleaning out mental clutter). Continue to do processing writing on any negative thoughts or feelings that come up about sex. To clean out the old stuff in your mind about sex, regularly write out 10 things you hate or are frustrated about regarding sex, your body, your husband, your marriage, etc.
4. Work on your own wholeness/differentiation. Challenge your old ways of thinking and being. Work on liking, accepting and making peace with your self and your body.
5. Work on developing your flirtiness. Working on being more playful and flirty with your husband (...especially sexually) is an invaluable way to *own, develop* and *embrace* your sexuality. (See additional handout "[Ideas for Being Sexually Flirty with Your Husband](#).")
6. Identify some personal/sexual affirmations that you repeat or write out on a regular basis, such as:
 - "I am embracing my God-given sexuality."
 - "I love to be flirty and playful."
 - "I love the connection we feel when we make love."
7. Tap out negative thoughts and feelings or tap in the affirmations with [EFT tapping](#).
8. Practice "putting in a good word for sex" by saying something positive or affirming about healthy marital sexuality to someone, somewhere every so often!
9. Get a professional massage to practice relaxing while "mostly naked" to tune in to your physicality and sensuality in a safe, non-sexual environment.
10. Practice "nurturing touch" by simply caressing your hand, arm or neck to learn to pay better attention to pleasurable tactile sensations and familiarize yourself with loving touch.
11. Dance to some fun music to connect with your physicality and your body.
12. Keep a sexual self-discovery journal of things you like (turn-ons) and things you don't like (turn-offs) about sex.

(Taken from Chapter 1 -- *Knowing HER Intimately: 12 Keys for Creating a Sextraordinary Marriage*)