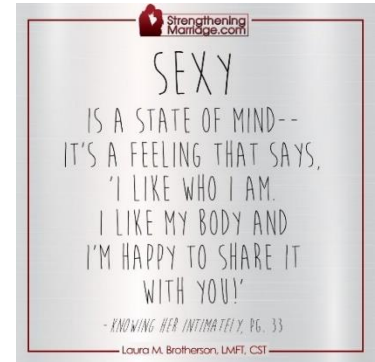


How to Embrace Your God-Given Sexuality

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 (“responsive”) sexuality for their own wholeness and aliveness. Embracing and developing one’s sexual self is how women create their own “psychological testosterone.”

1. **Get Educated.** Get educated by learning more about sexuality from trustworthy resources to increase your sexual self-confidence (e.g. [Knowing HER Intimately](#)).
2. **Listen to *Knowing HER Intimately*.** 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, and affirming sexual thoughts on the mind more often (like men more naturally already do).
3. **Do Process Writing.** Do process writing (cleaning out mental weeds/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 Wholeness.** Work on your own [wholeness/differentiation](#). Work on having a solid self (that isn’t a reflected sense of self). Challenge your old ways of thinking and being. Work on liking, accepting, and making peace with your “self” and your body.
5. **Work on Being Flirty.** 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. **Use Sexual Affirmations.** Identify some personal/sexual affirmations that you repeat or write out on a regular basis, such as:
 - “I am a sexual being.”
 - “I am embracing my God-given sexuality.”
 - “I love to be flirty and playful.”
 - “I love the connection we feel when we make love.”
 - “I enjoy feeling pleasure and passion.”

7. **Tap Out Negatives.** Tap out negative thoughts and feelings or tap in the affirmations with [EFT tapping](#).
8. **Speak Up for Sex.** 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. **Practice Relaxing and Tuning In.** 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. **Use Nurturing Touch.** 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. **Move Your Body.** Dance to some fun music to connect with your body and your physicality.
12. **Keep a Sexual Self-Discovery Journal.** Keep a sexual self-discovery journal of things you like (turn-ons/accelerators) and things you don’t like (turn-offs/breaks) about sex.

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