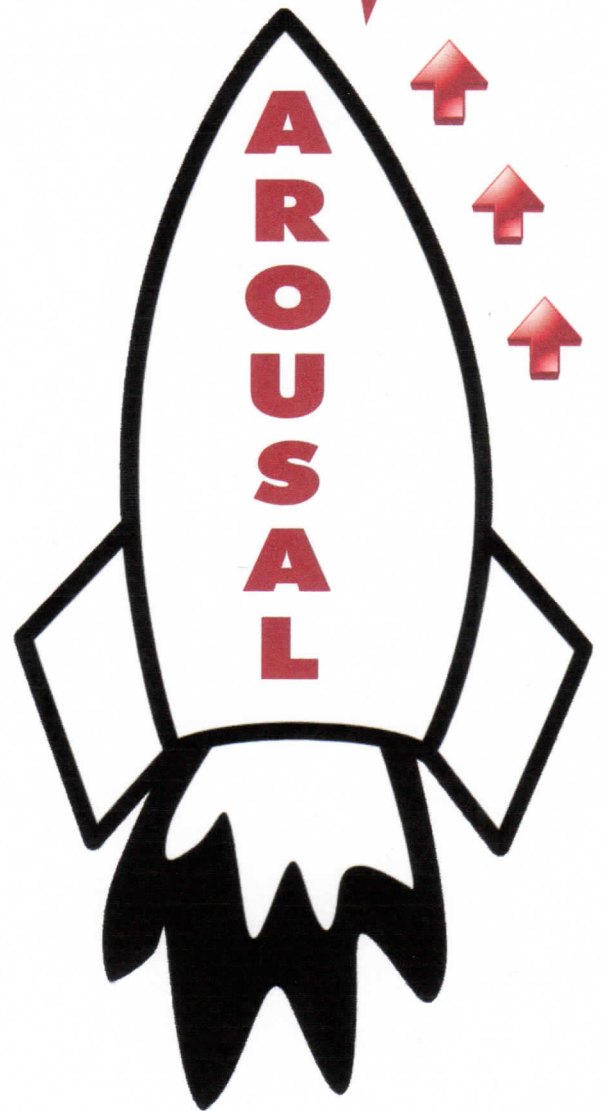


# YOUR PERSONAL AROUSAL SCALE

Either as a couple or individually do your best to identify what *would be* arousing (what you'd like to have happen) at each stage of the arousal process creating a "Personal Sexual Playbook." You might also include what behaviors *are NOT* arousing at that stage as well. The purpose is to help you both get better at identifying what is arousing, as well as reading where one is at sexually (reading sexual cues) throughout the lovemaking process. This will help you each increase in sexual confidence and achieve orgasm more easily as you each ascend the arousal scale.

**ORGASM!**

	TURN-ONS	TURN-OFFS
10		
9	etc.	
8	i.e. more intensity; more pressure on my clitoris / don't stop or change what's working!	
7	i.e. clitoral stimulation with breast stimulation too; talk sexy to me / don't enter me yet	
6	i.e. breast stimulation especially along the sides /	
5	i.e. could add French kissing if I seem ready; you'll notice I get more active as desire begins to show up for me (around 4-6) / don't get too far ahead of me	
4	i.e. could kiss or nibble on my lips / no French kissing yet	
3	i.e. could kiss my neck / don't kiss my lips yet	
2	i.e. more non-sexual touch like a backrub / don't want any sexual areas touched yet	
1	i.e. more talking or emotionally connecting / no sexual touch yet	



## Warm-up Steps that Precede and Include Arousal

- #1 She **DECIDES** (to go there)
- #2 **CONNECT** Emotionally (Talk)
- #3 **CONNECT** Physically (Touch)
- #4 **DESIRE** Shows Up
- #5 **Continuing AROUSAL...**