

COMMON BRAKES

- Bad breath
- Body image issues
- Fatigue/Stress
- 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
- Lack of variety or adventure

YOUR SEXUAL BRAKES (<i>"I get distracted/turned off when you..."</i>)	Rate 0-10
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"Brakes and Accelerators" is a concept coined by Dr. Douglas Rosenau, author of *Celebration of Sex*