Sexual Accelerators & Brakes WORKSHEET

Sexual Accelerators (Turn-ons) -- those things that lead to greater interest and arousal both before (warm-up) and during lovemaking.

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 sexual accelerators and brakes. If you're not sure, start keeping a sexual self-discovery journal (or use a secure note app) to jot down a few things you especially liked or didn't like after you make love.

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
- Romance novels/chick flicks
- 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
- 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

Compiled by Laura M. Brotherson, LMFT, CST
StrengtheningMarriage.com (Mar 2020)

"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…)