## Sexual Accelerators & Brakes WORKSHEET

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 particularly like after you make love.

**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.

Rate Each Item -- Rate each accelerator from 0 (not much of a turn on) - 10 (totally turns me on) and each brake from 0 (not much of a turn off) - 10 (huge turn off) to indicate how much of an accelerator or brake each item is.

## **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

YOUR SEXUAL ACCELERATORS ("I love it/get turned on when you")	Rate 0-10

## **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 get distracted/turned off when you")	Rate 0-10

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