

PRACTICES

List practices you enjoyed, practices that turned you on, practices that led you to feel more connected to your body, heart, emotions, or voice.

STATES

List states that you experienced that you enjoyed, that you want to recreate or replicate, or that you want to increase or expand.

Name the Practices you do to successfully get and stay in each of these stages of arousal.

Setting the Stage

Getting & Staying Grounded

Generating Heat and Energy

Turning Myself On

Raising Energy, Electricity, and Excitement

Plateauing (Maintaining high energy before climax)

Creating Climax Once

Creating Multiple Climaxes in Succession

Reveling and Relaxing

Please name your most common distractions and the ways that you have successfully come back to embodied presence — paying attention to your body’s sensations and feelings — in the face of distraction.

DISTRACTION

ACTION TO PRESENCE

What are the best actions you can take to be more loving, appreciative, erotic, and present with your body and spirit?

What games do you want to play? What toys do you want to play with?
What do you want to do different next time?

List any of your unfinished business or unexplored territory.