

In this PDF, I have all of the questions I ask you during this weeks video presentations so you can pause the videos and write your answers here.

Questions:

What turns you on?

What do you need to take place for you to feel your turn-on?

Do you have a set sequence that must take place in order for you to experience your turn-on? If yes, describe it.

Are you willing to invest time in discovering the full expanse of your turn-on? If yes, how will you start to do this? Describe what it looks like.

Are you familiar with your erotic edge? How do you feel when you come close to it?

Do you create any stories about yourself? If yes, what are they? Make a list of everything that turns you on, yes, even the ones that are not 'normal' or 'found in fairytale stories'.

Labels serve as a means to identify who your potential lovers could be: *straight, lesbian, bi, gay, gender-fluid, monogamous, polyamorous, BDSM,* and so forth.

But are you really those labels?

Can you really box in the pure wildness of your erotic spirit?

What is your current relationship to self-pleasuring?

How often do you self-pleasure?

When you do self-pleasure, are you shameless and free or do you find yourself impatiently seeking the end result of orgasm?

How we self-pleasure prepares us for how we are sexually with another. How sensual are you with yourself? How patient and curious? How much are you willing to explore in regards to your own pleasure?