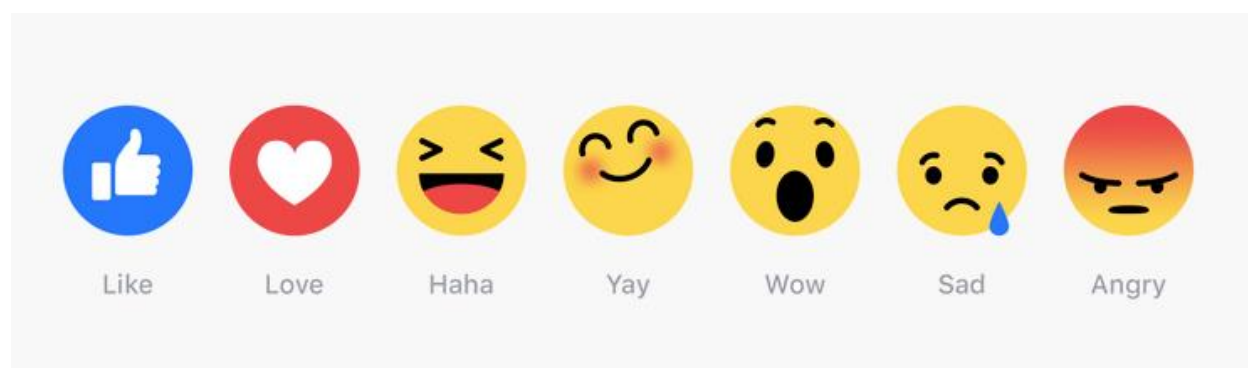


Erogenous Zones Worksheet

Dear _____,

- I thought maybe you might like to know where I love to be touched.
- I would love to know where you enjoy being touched.
- I am curious if you would like to help us discover my erogenous zones.
- I was wondering if you would like to help us discover your erogenous zones.

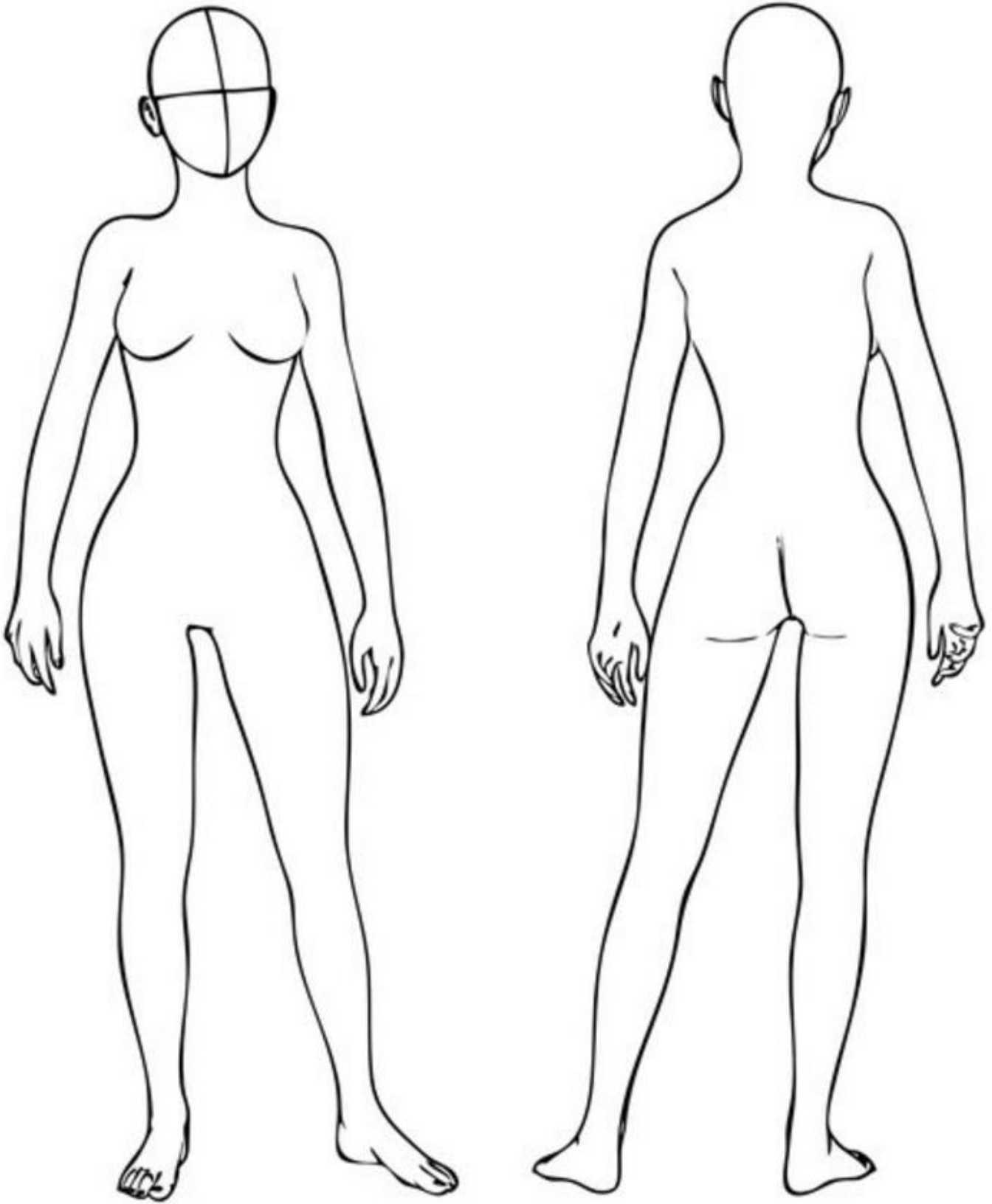
Rating System: Use the following rating system to let me know what comes up for you in terms of emotions, beliefs, and sensations (pleasure, numbness, tickles, sadness, anger, surprise, love, safety, like it, pain, distaste, disgust, sizzle, etc).

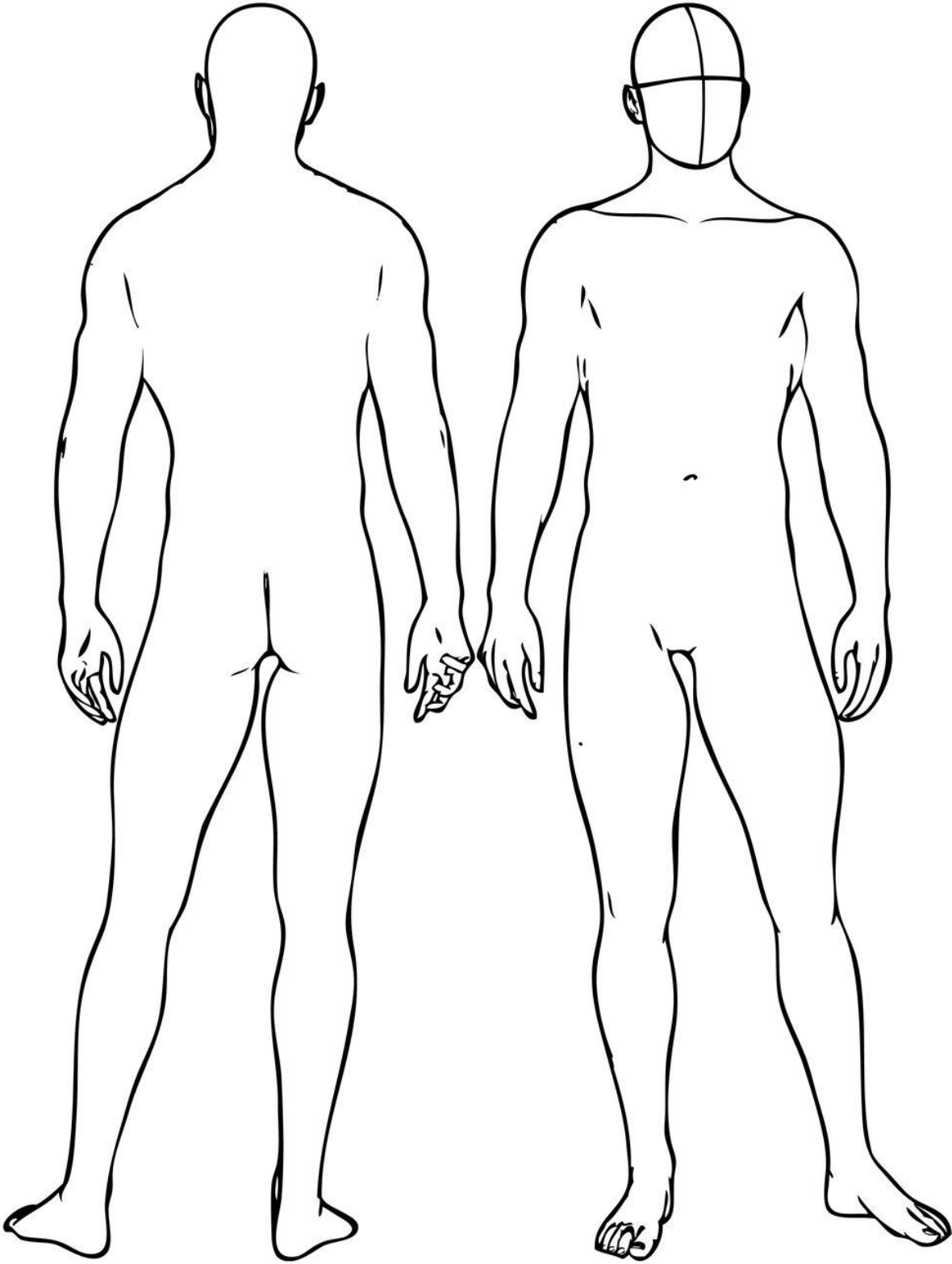


Ok, now it's time to share our discoveries. (mark your findings on the figures)

What would you like next?

- I am hot and ready for the next level of intimacy with you.
- ...I am fulfilled and tired and would love to snuggle and go to sleep.
- ...I don't feel like I'm in my body and would like to talk later.
- ...I am shut down and distraught and ready to go to therapy to get some help over this hurdle.





Can we get together and do this again?

...Yes

...Maybe...I would like to alter the exercise in these ways:_____

...No, I feel stuck. I think we need to get some professional help.

...Other:

Love,
