

DELICIOUS INTIMACY - How To Create The Passionate Love Life Your Heart Desires

LET'S TALK ABOUT IT - INTIMACY CONVERSATION STARTER

“Comfort is the Enemy of Intimacy and Safety Is It's Best Friend!”

I WOULD ENJOY EXPLORING AND EXPERIENCING MORE (_____) WHAT THAT WOULD DO FOR ME IS ... (_____ TELL THEM YOUR STORY)

- **Emotional Intimacy** - feelings and needs
- **Physical Intimacy** - touch, contact, cuddles, kisses, hand-holding massage
- **Sexual Intimacy** - frequency - turn ons - turn offs - 5 flavors

WHEN I THINK ABOUT SHARING MY DESIRES, I FEEL...(_____) BECAUSE I TELL MYSELF THE STORY THAT YOU WILL...(_____ TELL THEM WHAT COMES UP).

* **excited, nervous, scared, ashamed, happy, vulnerable**
embarrassed, terrified, free, understood, courageous, etc

shame me, reject me, leave me, pull away
get excited, give me what i want, become vulnerable, etc

WHAT WOULD HELP ME OPEN UP AND SHARE HONESTLY IS IF YOU WOULD... (_____)

- **just listen**
- **listen and feedback what you hear**
- **listen and tell me how you feel hearing that**
- **listen and give me appreciation for being brave**
- **listen and the share vulnerably from your heart**

HERE GOES... I INTERESTED IN HAVING MORE...(_____)

- DATE NIGHTS
- EYE CONTACT
- CUDDLES
- KISSING
- INTIMACY
- TOUCH
- MESSAGES
- LOVE-MAKING
- WILD PASSIONATE SEX

- TANTRA
- SHARING OUR FANTASIES
- ORAL
- ROLEPLAYING
- PASSION
- APPRECIATION
- OPEN HONEST COMMUNICATION
- 5 EROTIC FLAVORS

List 5 erotic flavors

1) **ENERGETIC**: It's all about feeling the energy, from across the room, Turn on doesn't even need to touch

2) **SENSUAL**: Foreplay focusing on the five senses, Music, Smells, Taste, Touch, visuals

3) **SEXUAL**: Forget of foreplay, let us have sex now

4) **KINKY**: There's a wide variety, Taking in the edge of pain and pleasure, Dominance and submission, wild role-plays

5) **SHAPE-SHIFTER**: Someone who enjoys all four the other ones you can easily move between them

If I could have it all my way... I have a fantasy that I would enjoy... Having you whisper to me, acting it out...

**WHEN THAT INNER VOICE OF SELF-DOUBT SHOWS UP, SIMPLY SAY
"I'VE BEEN EXPECTING YOU... BUT NOT THIS TIME! THIS IS MY TURN!"**