

# Self-Reflection Exercises for getting to know Yourself and your Sexuality better

## Physiological Component

How would you describe your relationship with your body?

---

---

---

---

---

How is your relationship with your genitals? (What are the first words that come to your mind when you think about them? How and how often do you get in contact with them (hygiene, masturbation, thoughts,...)? How often and intensively do you feel them?

---

---

---

---

---

What kind of physical exercise do you regularly do?

---

---

---

---

---

What kind of movements and sports do you like (slow, fast, with muscle tension, relaxation, new and exciting, calm, intense, moderate,...)?

---

---

---

---

---

What are your erogenous zones (parts of your body where sensual touch feels particularly good and arousing)? This could be anything from your knee, toes, butt,...

---

---

---

---

---

## Cognitive Component

How much do you know about sexuality? What are the sources you got/get knowledge from?

---

---

---

---

---

What are the first words/phrases/sayings that come to your mind when you read *sex(uality)*?

---

---

---

---

---

What in your opinion are *the right ways* to live and experience sexuality? Which variations and forms of sexuality do you perceive as *not right*?

---

---

---

---

---

What is *good sex* for you? How did this opinion come about?

---

---

---

---

---

How do you think do your partner(s) experience and think about sexuality?

---

---

---

---

---

Is there anything about your sexuality you feel particularly positive or negative about?

---

---

---

---

---

# Sexodynamic Components

How would you describe your gender identity? How well are your body, mind and gender identity aligned?

---

---

---

---

---

How well connected do you feel to your inner god(dess), lover, sexual power, seducer/ seductress...(however you want to call it)?

---

---

---

---

---

How does sexual desire and pleasure feel like for you? Where in your body do you feel it?

---

---

---

---

---

Do you have sexual phantasies? If yes, when and in which form do they appear?

---

---

---

---

---

What are the things that turn you on sexually? What are the things that turn you off?

---

---

---

---

---

---

---

---

---

---

# Relationship Components

How easy/not easy is it for you to form and maintain intimate relationships? How do you usually attract/approach people you are interested in?

---

---

---

---

---

What kind of feelings do you feel when you are with your intimate partner(s)? Where in your body are these feelings located?

---

---

---

---

---

How do you usually communicate your desires, criticism, thoughts,... to your partner(s)? How do they perceive it?

---

---

---

---

---

Are there any recurring patterns in your relationships? If yes, what do they look like?

---

---

---

---

---

What are the things you do to maintain love, trust and connection? What are the things you do to maintain a sexual connection, desire and sexual satisfaction?

---

---

---

---

---