

Beliefs Screening

Having clear intentions will support you in having the sexuality you've always wanted. Unfortunately, we often follow society's sexual scripts - following other people's preferences instead of prioritizing what actually serves us.

Step 1 - Awareness of Disempowering Beliefs

What is holding you back?

BELOW YOU WILL FIND SOME EXAMPLES OF DISEMPOWERING BELIEFS – TICK THE BOXES OF THE STATEMENTS THAT RESONATE WITH YOU. (These are here just to give some ideas, they may or may not be relevant to you.)

- Sex is dirty.
- Masturbation is shameful, I should be doing it quickly, discreetly & in private.
- Sex is taboo and I shouldn't talk about the details of my sexual experience and masturbation experiences with friends.
- Sex is a "waste of time"
- I should naturally know what to do in the bedroom and know how to have good sex
- The man's pleasure and orgasm is the priority, not mine
- I rarely orgasm during sex but that's just normal for women.
- I take too long to orgasm, I shouldn't take so long
- Orgasm is the goal of sex and masturbation
- The definition of having sex is a penis inside a vagina
- Foreplay is optional. If there's foreplay it should be done quickly so we can hurry up and get to the real stuff (penetration)
- I am only sexy if I look slim, have perky breasts, shaved pubic hair, etc.
- Menstrual blood is dirty and smells bad
- I shouldn't make love while menstruating
- My vagina is dirty, ugly and smells weird
- Everybody else is having great sex but me
- If I have a partner, I shouldn't be masturbating
- Heterosexual sex looks like this: kissing, taking off clothes, quick foreplay, penetration,orgasm, the end



- Sex is over when we both orgasm
- I feel uncomfortable during penetrative touch or intercourse, but that's just how it is
- If I can't orgasm I should fake it to make my partner happy
- Oral sex isn't real sex
- I have to behave and look a certain way during sex to be sexy
- I am sexually broken
- Something is wrong with me, I will never enjoy sex

ARE THERE ANY OTHER DISEMPOWERING BELIEFS THAT YOU ARE CARRYING THAT WERE NOT INCLUDED IN THE LIST? WRITE THEM BELOW.

Step 2 - Clarify Your Sex Intentions

What do you want more of?

WRITE DOWN 5 INTENTIONS THAT YOU WOULD LIKE TO CALL INTO YOUR SEX LIFE. FEEL FREE TO DRAW INSPIRATION FROM THE LIST BELOW OF EMPOWERING, SEX-POSITIVE INTENTIONS. (The list is there to support you so you may choose your intentions from there, or come up with your own.)

1. May I _____
2. May I _____
3. May I _____
4. May I _____
5. May I _____



EXAMPLES OF SEX – POSITIVE INTENTIONS:

- ✓ Be more connected with my body during sex
- ✓ Feel sexy as I am, with no need to perform, lose weight or change anything about myself
- ✓ Be present during sexual play
- ✓ Unleash my full sexual potential
- ✓ Be connected with my heart during love making
- ✓ Harness my sexual power
- ✓ Unleash my full orgasmic potential
- ✓ Be comfortable in expressing myself sexually (comfortable making sounds, moving freely in my body and own my sexual desires and needs)
- ✓ Love my yoni as it is, embracing her look, smell, and taste
- ✓ Enjoy the natural ebb and flow of pleasure, rather than focusing exclusively on achieving orgasm
- ✓ Be kind and loving towards myself during sex, and drop self-criticism
- ✓ Accept my sexuality
- ✓ Feel free and unashamed to be me
- ✓ Connect with my sexual energy during sex
- ✓ Feel connected to my heart and soul during erotic play
- ✓ To use my sexual expression as a way to deepen my spiritual connection
- ✓ Harness my sexual power to enhance my creativity
- ✓ Let my sexual energy and pleasure to flow freely through my whole body, not only around my genitals



Step 3 - Let the Intentions Guide You

- a. Set intentions before sexual play
- b. Come back to your intentions throughout your sexual play

WHAT IS YOUR SEXUAL INTENTION RIGHT NOW? FEEL FREE TO GET INSPIRED BY THE EXAMPLES, THEN WRITE YOUR OWN BELOW.

Example of intention setting:

"May I feel more connected with my body, heart and soul.

May I let go of judgments, mind-chatter and doubts that are holding me back from fully embracing my sexual self.

May I let my sexual energy flow through my body, expand my pleasure and embrace fully my sexuality.

May I let go of an agenda and trust that whatever I am feeling is perfect as it is.

May this journey support my personal growth, expand my consciousness and deepen my connection with my soul."

My sexual intention:

