

Step 2 - Increase Your Sexual Fire

by creating your Arousal Map

Libido and sex drive are deeply intertwined with our emotional wellbeing, mental state, and physical state.

It's important to talk about libido on a level that's holistic and comprehensive.

Dual Model Control

(Erik Jassen, John Bancroft - Kinsey Institute)

Like the name suggests, there are two main systems for our sexual response:

The Sexual Excitation System (SES) is responsible for activating our arousal when we perceive sexually relevant stimuli such as smells, visuals, sounds, touch, even thoughts. It constantly scans our environments for sexually relevant stimuli and acts as a turn on.

The Sexual Inhibitory System (SIS) is mainly responsible for switching off our sexual desire if it is not appropriate to be turned on, and is constantly scanning the environment for reasons to turn off arousal.

Examples of this could be the risk of unwanted pregnancy, being afraid of not being able to orgasm, of not lasting long enough, lack of self confidence, etc.

Most of our sexual functioning can be seen as a balance or imbalance between these two systems.

It's important to understand:

- *What activates your systems?*
- *How sensitive are those triggers for you?*

Everyone is different and has unique personalities and experiences that affect their sex drive.

A lot of people are focused on what turns them on. However we must work with the inhibitory system first so we can remove the 'turn offs', because arousal comes when the excitation system is on and the inhibitory system is off.

If we don't "turn off" the SIS, although we might feel aroused and turned on, we are not able to access deep states of surrender and pleasure if our SIS is activated.

Make sure you create a map of your SES and SIS and also make sure you are aware of your lover(s) map, as everyone is different.



Create Your Arousal Map

SEXUAL EXCITATION SYSTEM

What turns you on? What makes you feel aroused? What sets you on fire?

Examples of answers: *feeling sexy, low lights, wearing lingerie, compliments from your partner, candles, music, feeling confident, having plenty of time, using sex toys etc*

1. _____
2. _____
3. _____
4. _____
5. _____

SEXUAL INHIBITORY SYSTEM

What turns you off? What makes you feel not fully into sexual play?

Examples of answers: *time pressure, fear of unwanted pregnancy, feeling tired or stressed, being afraid of taking too long to orgasm, feeling ugly, being self-conscious of your smell, etc.*

1. _____
2. _____
3. _____
4. _____
5. _____

