

Sheri Winston's CENTER FOR THE INTIMATE ARTS

Hot Wholistic Sexuality Playsheet

Game 1: Know Yourself

Do this as a spontaneous writing exercise. Don't think about it – just write the first things that pop into your head. Write as much as you want for each.

Sex is...

When I imagine myself having sex I feel...

When I describe my sexual self I say I am....

My body is...

My darkest fantasies are or include...

If my genitals could speak they'd say...

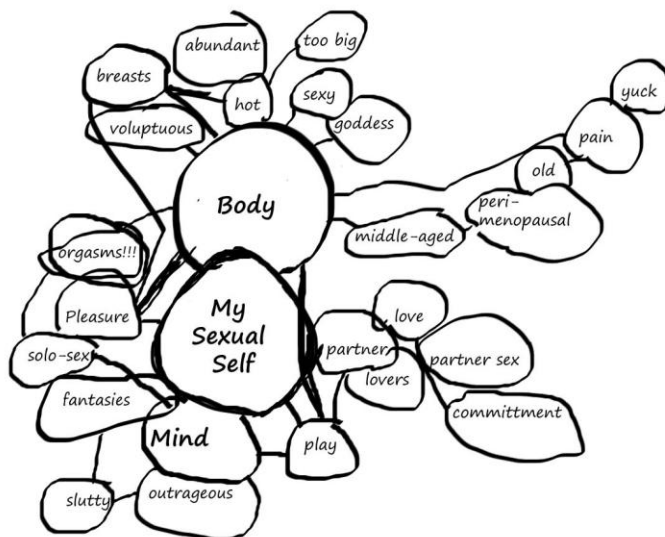
Game 2: Mapping Your Sexuality

On a blank page, draw a circle in the middle and put your sexual self inside (Write "Sexual Me" of "My Sexual Self").

Then start to write whatever words pop into your mind, circle each and draw connecting lines, allowing a map of connections to emerge.

Or make a collage of images. Either way, it's interesting to keep playing with it and adding to it.

Example:



Game 3: *Why Sex?*

Make a list of your reasons for having sex. You may want to include current ones as well as ones that may have been operating in the past.

Why do other people do it? Make a list of other reasons to be sexual that aren't on your list.

Game 4: *Lifelong Learning Journey*

Visualization: Find some quiet time and reminisce about where you started your sexual journey, the milestones along the way and where you are today.

Journal:

1. After completing the imaginary journey through your past and present, write down the major things that you learned.
2. Write Your Sexual Short Story: limit 100 words

Game 5: *Sexual Energy*

Visualize: Imagine any scenario that gets you turned on! Attractive person across room, who looks at you and smiles invitingly; a really great kiss; a hot partner lavishing the exact kind of attention on you that you love.

Notice what happens to your mind, body, heart and spirit! Enjoy!

Game 6: *Make Your Own Games!*

Be like a child and invent your own games for exploring and expanding your sexuality!

