



Fantasy Map:

Journal Prompts for Enhancing Sexual Pleasure

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Communication is key to any relationship. But before you can express your desires, you need to identify what they are first. The journal exercise below is designed to provide that clarity. You'll notice the questions aren't just about physical touch. Why?



Context matters.

Being tickled when you're in the throes of passion will feel different than being tickled when you're rushing to get the kids out the door to school. So it's not just about the action (tickling), but the context in which the action is happening.

That's why we take a holistic approach to desire and identity all the elements that go into creating a deeply fulfilling sexual experience.

You'll get out of this practice what you put in - let it all pour out on the page. This is a time to **be bold**.

*Start by recalling a peak sexual experience,
or envision your ideal sexual experience.*

Where are you?

What's the energy like in the room?

How are you being *touched*?

What *props* (if any) are present?

What *thoughts* are going through your head?

What can you *smell*?

What can you *hear*?

What happened right *before* the experience began?



What else is going on in your *life*?

What is unique about *this* moment?

What elements of the experience can be *replicated*?

What do you need in order to make that *possible*?

Now that you have identified your desires, it's time to communicate them! We invite you to [download our Pleasure Script](#) to help make that process easier. Looking for more support? Kim is a CTI trained coach who loves to help people experience the sex life they desire. Check out our [Wholehearted Lover](#) and [Libido Lift](#) programs for more details. We also have a number of [blog posts](#) and [YouTube videos](#) to guide you on your journey.

Love,

Kim & Amy