

**TURN ONS | OFFS** (EMILY NAGOSKI)

**CATEGORY**

**INTENTION SETTING: FOCUS | AVOID**

<p>MENTAL/EMOTIONAL STATE OF BEING (Self-confidence, body image, worries about sexual functioning, health, mood distractability/focus, anxiety)</p>	TURN ON
	TURN OFF
<p>PARTNER'S ATTRIBUTES (Appearance, health, scent, mental state, behaviour, words)</p>	TURN ON
	TURN OFF
<p>RELATIONSHIP DYNAMIC (Trust, power dynamic, emotional connection feeling desired, sex frequency)</p>	TURN ON
	TURN OFF
<p>SETTING (Home, public, online, adult playground, watching partner do something positive)</p>	TURN ON
	TURN OFF
<p>THINGS YOU DID (Self-guided fantasy, Partner-guided fantasy (talking dirty), techniques used, erogenous zones)</p>	TURN ON
	TURN OFF
<p>OTHER (Kinks, Fantasies, Spiritual Experiences, Playfulness, Tease, Emotion that turns you on)</p>	TURN ON
	TURN OFF

## 5 LOVE LANGUAGES (GARY CHAPMAN)

LOVE LANGUAGES	STRENGTH
<p><b>1 WORDS OF AFFIRMATION</b></p> <p>Words hold real value within this language. Hearing "I love you" and other compliments are what they value the most. Furthermore, negative or insulting comments cut deep — and won't be easily forgiven.</p>	
<p><b>2 ACTS OF SERVICE</b></p> <p>For these people, actions speak louder than words. They want their partner to recognize that their life is rough and help them out in any way possible. People who thrive on this language do not deal well with broken promises — or perceived laziness.</p>	
<p><b>3 RECEIVING GIFTS</b></p> <p>For some people, what makes them feel most loved is to receive a tangible gift. This doesn't necessarily mean the person is materialistic, but a meaningful or thoughtful present it was makes them feel appreciated.</p>	
<p><b>4 QUALITY TIME</b></p> <p>This language is all about giving the other person your undivided attention. Being a loved one's main focus leaves quality timers feeling satisfied and comforted. Distractions, postponed dates, or the failure to listen can be especially hurtful to these individuals.</p>	
<p><b>5 PHYSICAL TOUCH</b></p> <p>To this person, nothing speaks more deeply than appropriate touch. That doesn't mean only in the bedroom — everyday physical connections, like handholding, kissing, or any type of re-affirming physical contact is greatly appreciated.</p>	

## PRIMARY SENSE (BARBARA CARRELLAS)

SENSES	STRENGTH (1-5)
<b>1 SIGHT</b>	
<b>2 SOUND</b>	
<b>3 TOUCH</b>	
<b>4 SMELL</b>	
<b>5 TASTE</b>	

## NON VIOLENT COMMUNICATIONS (MARSHALL B. ROSENBERG)

TO INSPIRE COMPASSIONATE, HEARTFELT CONNECTION SO THAT ALL NEEDS MAY BE VALUED

### 1 OBSERVATIONS

Observation without evaluation consists of noticing concrete things and actions around us. We learn to distinguish between judgment and what we sense in the present moment, and to simply observe what is there.

Clearly expressing how I am without blaming or criticizing | Empathically receiving how you are without hearing blame or criticism (Free of judgments, labels, diagnoses, opinions, etc.)

“When I see/hear/notice...” | “When you see/hear/notice...”

### 2 FEELINGS

When we notice things around us, we inevitably experience varying emotions and physical sensations in each particular moment. Here, distinguishing feelings from thoughts is an essential step to the NVC process.

How I | You feel (emotion or sensation rather than a thought) in relation to what I observe:

“I feel...” | “You feel...”

### 3 NEEDS

All individuals have needs and values that sustain and enrich their lives. When those needs are met, we experience comfortable feelings, like happiness or peacefulness, and when they are not, we experience uncomfortable feelings, like frustration. Understanding that we, as well as those around us, have these needs is perhaps the most important step in learning to practice NVC and to live empathically.

What I | You need or value (rather than a preference, or a specific action) that causes my feelings:

“... Because I need/value...” | “... Because you need/value...”

### 4 REQUESTS

To make clear and present requests is crucial to NVC's & transformative mission. When we learn to request concrete actions that can be carried out in the present moment, we begin to find ways to cooperatively and creatively ensure that everyone's needs are met.

Clearly requesting (and Empathically receiving) that which would enrich my | your life without demanding. The concrete actions I | you would like taken:

“Would you be willing to...?” | “Would you like...?”

EXAMPLE: “When I see you read the newspaper while I'm talking, I feel frustrated because I'm wanting to be heard. Would you be willing to close the newspaper for 5 minutes and hear my idea?”

#### FEELINGS (EXAMPLES)

Annoyed	Angry	Disgusted
Uneasy	Detached	Tense
Embarrassed	Tired	Sad
Vulnerable	Scared	Pain

#### NEEDS (EXAMPLES)

Beauty	Autonomy	Empathy
Mourning	Honesty	Love
Meaning	Safety	Respect
Community	Contribution	Mutuality
Authenticity	Transparency	Acceptance
To be valued	Play	Support

## SEXY TECHNIQUES TOOL BOX

RISK OF LOSING  
FREEDOM  
DANGER  
SPONTANEITY  
NOVELTY

SEXUALITY THRIVES ON  
(ACCORDING TO ESTHER PEREL)

TOOLS	NOTES / OTHER IDEAS
<b>BEGGINERS MIND / NOVELTY</b>	
ATTITUDE OF OPENNESS, EAGERNESS, AND LACK OF PRECONCEPTIONS WHEN STUDYING A SUBJECT (FROM ZEN)	
<b>COMMUNICATION/ JUDGEMENT FREE</b>	
<b>BEING IN THE NOW, NO EXPECTATIONS</b>	
<b>UNUSUAL SETTING / LOCATION / MOOD SET UP</b>	
VOYEURISM & EXHIBITIONISM	
<b>TECHNIQUE</b>	
GIVING + RECEIVING SEPARATION	
RANGE: SENSATION PLAY, BDSM, ENERGY PLAY	
COMMUNICATION: (DIRTY TALK, FLIRTY MESSAGES)	
<b>TIME</b>	
MIX IT UP, PLAYFUL & UNPREDICTABLE	
<b>TEASE / TENSION / DENIAL / RESTRICTION</b>	
CLOTHES ON	
KISSING ONLY	
EROGENOUS ZONES QUEST (UNUSUAL)	
TEASE, SEDUCTION & ORGASM DENIAL	
<b>PLAY</b>	
IDEAS, STORYLINE, FANTASY, MYSTERY	
INVOLVING OTHERS (THOUGHTS, PLAY ETC.)	

## RESOURCES

### BOOKS:

- ~ Emily Nagoski “Come as you are” (on female sexuality)
- ~ Esther Perel “Mating in captivity” (relationships)
- ~ Barbara Brennan “Hands of Light” and “The Light Emerging” (energy play)
- ~ Barbara Carrellas “Urban Tantra” (Tantra)
- ~ Tristan Taormino “The ultimate guide to kink” and “50 shades of kink” (book on BDSM)
- ~ Marshall B. Rosenberg “Nonviolent Communication: A Language Of Life” (Communication tools)