

# LESSON 2

## SEXUALITY SELF-REFLECTION

When do you feel the most alive in your sexuality?

---

Do you find you get into routines or patterns that make you less excited or interested?

---

Do you find yourself getting in your head while you are being sexual? For example, do you get distracted by negative thoughts about yourself or your partner? Or with thoughts about needing to perform? Do you ever find your mind wandering to think about practical or unrelated things?

---

What would help you be more present in the moment with your partner? For example, would spending time talking personally with your partner, going out to do something novel together, or being in nature help you feel more connected?