



RELATIONSHIP TOOLS

HOW WE USE SEXUAL DESIRE

We choose to be sexual, so let's identify your reasons and motivations. We all have different motivations & desires when it comes to how sexuality is used, reasons behind wanting to be sexual, what needs it fulfills, etc. Our motivations may not be too present or powerful, or our needs may not be getting met because our partner has a different set of needs and motivations. This may bring up feelings of disappointment, rejection, dissatisfaction, and ultimately, disconnection. This exercise helps you explore "WHY" you are sexual. Consider where you overlap and where you don't with a partner. For this exercise, "sexual desire" is meant broadly related to pleasure & orgasm, and also physical intimacy. Also consider if needs feel unmet, how else to meet that need.

BELOW ARE COMMON MOTIVATIONS TO SEEK OUT SEXUAL CONNECTION. WHICH ONES APPLY TO YOU, HOW IMPORTANT ARE THEY, AND DOES THAT NEED FEEL MET AT PRESENT? (0 = NO IMPORTANCE AT ALL, 10 = THE MOST IMPORTANCE)

For Physical Pleasure	Importance (0-10):	<u>Is This Need Met?</u> YES [] NO []	<u>Other Ways to Meet Need?</u>
To Feel Loved	Importance (0-10):	<u>Is This Need Met?</u> YES [] NO []	<u>Other Ways to Meet Need?</u>
To Relax	Importance (0-10):	<u>Is This Need Met?</u> YES [] NO []	<u>Other Ways to Meet Need?</u>
Because you're "Supposed To"	Importance (0-10):	<u>Is This Need Met?</u> YES [] NO []	<u>Other Ways to Meet Need?</u>

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To Improve Self Esteem or to Feel Attractive	Importance (0-10):	<u>Is This Need Met?</u> YES [] NO []	<u>Other Ways to Meet Need?</u>
For Procreation	Importance (0-10):	<u>Is This Need Met?</u> YES [] NO []	<u>Other Ways to Meet Need?</u>
To Make Up after a Conflict	Importance (0-10):	<u>Is This Need Met?</u> YES [] NO []	<u>Other Ways to Meet Need?</u>
To Punish the Partner	Importance (0-10):	<u>Is This Need Met?</u> YES [] NO []	<u>Other Ways to Meet Need?</u>
To Improve Your Bad Mood	Importance (0-10):	<u>Is This Need Met?</u> YES [] NO []	<u>Other Ways to Meet Need?</u>
To Improve a Partner's Mood	Importance (0-10):	<u>Is This Need Met?</u> YES [] NO []	<u>Other Ways to Meet Need?</u>

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For Survival (e.g. Money, Safety, Housing)	Importance (0-10):	<u>Is This Need Met?</u> YES [] NO []	<u>Other Ways to Meet Need?</u>
To Express Ourselves or for Spiritual Purposes	Importance (0-10):	<u>Is This Need Met?</u> YES [] NO []	<u>Other Ways to Meet Need?</u>
To Detach from the World	Importance (0-10):	<u>Is This Need Met?</u> YES [] NO []	<u>Other Ways to Meet Need?</u>
To Avoid Feeling Certain Emotions	Importance (0-10):	<u>Is This Need Met?</u> YES [] NO []	<u>Other Ways to Meet Need?</u>
To Pass the Time / Out of Boredom	Importance (0-10):	<u>Is This Need Met?</u> YES [] NO []	<u>Other Ways to Meet Need?</u>
To Express Commitment	Importance (0-10):	<u>Is This Need Met?</u> YES [] NO []	<u>Other Ways to Meet Need?</u>

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As Evidence that Our Relationship is Secure	Importance (0-10):	<u>Is This Need Met?</u> YES [] NO []	<u>Other Ways to Meet Need?</u>
To Test My Partner to See if they Still Love Me	Importance (0-10):	<u>Is This Need Met?</u> YES [] NO []	<u>Other Ways to Meet Need?</u>
To Fix the Relationship	Importance (0-10):	<u>Is This Need Met?</u> YES [] NO []	<u>Other Ways to Meet Need?</u>
Other:	Importance (0-10):	<u>Is This Need Met?</u> YES [] NO []	<u>Other Ways to Meet Need?</u>
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