



## Tools and Power Tools for Bringing Back Your Sexy

1. Mirror Practices
2. Forgiveness ~
  - I'm sorry
  - Please forgive me
  - I love you
  - Thank you
3. Change the station from K-FUK to K-Luv
4. Agreements
  - Be gentle and tender with you and your partner (if you have one) as you talk openly and honestly about intimacy and sexuality.
  - When one person talks, the other listens ~ with curiosity, compassion and openness. Imagine that you could put your ego or agenda aside and put yourself in their shoes.
5. Reflective Listening ~ listen for the words, feelings and body language. Reflect back what you're receiving and check to see if you got it right. If not, ask for more.
6. Share your Sex History
  - Your first sexual experience, however you define it
  - Your first kissing, petting, going further
  - Your masturbation experiences
  - If you got caught playing doctor or masturbating, and what that was like
  - Your first orgasm, if you've had one
  - Any experimenting you've done, with toys, same sex partners, anal sex, oral sex, anything that comes to mind
  - Any sexual wounding you have and what happened (abuse, abortion, etc)
  - Any sexual secrets you have
  - What you like and what makes you feel good and what's not so great for you
  - How breast cancer has affected your sexiness, libido, and your body
  - Whatever else comes to mind
7. Weekly Date
8. Othercourse
9. Vaginal Renewal Program
  - Moisturize
  - Massage
  - Internal Massage with wands
10. Your most powerful sex organ is your brain