

Erotic Love Map

Learn how to create a more satisfying sex life by knowing what specifically turns your spouse on and off erotically.

The sole purpose of this worksheet is to create a detailed love map of you and your spouse's sexual preferences and desires. The answers to these questions will allow you to become intimately familiar with each other's erotic and sexual selves. As you build this love map (aka an arousal map), take notes as you ask the following questions.

-  **What are some ways I can help your body and mind to get in the mood to be intimate?**
-  **What is the first thing you want me to do when we are in the bedroom?**
-  **What are things I can do to help arouse your 5 senses (taste, smell, touch, hearing, seeing)?
Do you feel like you have one sense that is stronger or more sensitive than the others?**

- 🗨️ Which parts of your body do you like to be kissed? Do you prefer soft and slow kisses or passionate and faster kisses?
- 🗨️ Do you like eye contact during foreplay and intercourse?
- 🗨️ What are the specific kinds of foreplay you prefer and why?
- 🗨️ Think about a time that we had sex that was very memorable for you. What made it memorable?
- 🗨️ Does moaning or groaning arouse you during foreplay and intercourse?
- 🗨️ Is oral sex something you want every time, sometimes, or you're not sure?
- 🗨️ Is there something I have done in the past that turned you on that you would like me to do again?
- 🗨️ Is there any part of your body you prefer not to be kissed, touched, massaged, or licked?
- 🗨️ What makes foreplay enjoyable for you?
- 🗨️ What makes intercourse enjoyable for you?
- 🗨️ Are there any positions and foreplay techniques that you dislike?