

# Understanding Your Sex Drive

## A Worksheet for Exploring and Embracing Responsive Desire

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### PART 1: Getting to Know Your Desire Style

Read each statement below and check all that apply:

- I usually don't feel "in the mood" until we've already started touching or connecting
- I enjoy sex once it begins, even if I wasn't thinking about it before
- I rarely initiate sex, but I often respond positively when my partner does
- Emotional closeness or feeling cared for helps me feel more sexually open
- I used to feel spontaneous desire more often, but now it feels different
- I sometimes feel like something is "wrong" with my sex drive
- I've felt pressure to feel desire before engaging, and it's made me shut down
- I'm more likely to want sex when I feel relaxed, loved, or gently touched

How many did you check?

If you selected **3 or more**, you likely experience **responsive sexual desire**—a normal, healthy way that many people experience intimacy.

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### PART 2: Normalize & Reframe

Responsive desire is...

*A desire that arises **after** sexual or emotional stimulation begins—not before.*

It's like realizing you're hungry **after** someone starts cooking something delicious.

You didn't feel hungry before—but now that the experience is happening, you're interested.



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**This is normal. This is healthy. This is YOU.**

You are not broken.

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## **PART 3: Discover Your Pathways to Desire**

**What helps you feel open to intimacy?**

(Check all that apply—or add your own)

### **Emotional Cues:**

- Feeling loved
- Being appreciated
- Talking and laughing together
- Having time to connect without distractions

### **Physical Cues:**

- Holding hands
- Snuggling or spooning
- Back rubs or massages
- Kissing

### **Environmental Cues:**

- A clean, cozy space
- Music or candlelight
- No stress or pressure
- Being well-rested

### **Mental Cues:**

- Reading or watching something sensual
- Flirty texts
- Fantasizing
- Feeling sexy or confident



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Other things that work for me:

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## PART 4: Your Responsive Desire Plan

Use this space to make a plan for inviting desire into your relationship (or solo life).

1. One thing I want to try this week to create closeness:

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2. Something that helps me feel desired or open to touch:

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3. A gentle way I'd like to start intimacy (no pressure, just connection):

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4. What I wish my partner knew about my desire style:

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5. A phrase I could say when I'm open but not quite aroused yet:

*(Examples: "Let's see where this goes." or "I'm not there yet, but I'm open.")*

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## PART 5: Keep It Real

**Sexual desire is not a test.**

It doesn't have to appear on command. It doesn't measure love. And it doesn't have to look like the movies.

You are allowed to:

- Want connection first
  - Say yes after warming up
  - Say no if you're not into it
  - Ask for what feels good
  - Change your mind
  - Invite pleasure on your terms
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## Bonus Reflection (Optional)

**What would it feel like to stop judging your desire—and start listening to it instead?**

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