

BODY SCAN

WHAT DOES
MY BODY SAY
IF IT'S INTO
IT?



BRAIN

Am I thinking my partner is SO HOT I wanna rip their clothes off?

Am I curious to try something new, and feel totally comfy to say stop if I change my mind?

Are my mind and body connected?

Am I think sexy, horny thoughts?
Sounds like you're ready to go!

Neck and sholders

Am I feeling relaxed and comfy?



Heart and Gut

Do I feel excited - like gentle butterflies in your stomach?

Do I feel safe and and your body feels relaxed?

Do you notice your body wants to naturally move towards the other person?

Groin and feet

Does my genitals feel tingley or warm?

Do my toes feel twitchy - like excited?

Does my skin and partners skin feel really nice to touch?

Do I notice any physical signs my body is turned on?



BODY SCAN

WHAT DOES MY BODY SAY IF IT'S NOT INTO IT?



BRAIN

Am I thinking anxious or worried thoughts?
Am I wondering if I even want to do this?
Is this all moving too fast? -

Let's stop and slow down

Neck and shoulders

Do I notice a lot of tension?
Are my shoulders near my ears?

Am I actually in the right state of mind to be able to make this decision right now?



Groin and Feet

Do my legs feel stiff and heavy and hard to move?
Does it feel icky to touch myself or have someone else touch me?

Heart & Gut

Am I feeling anxious - like angry butterflies in my stomach?
Do I feel sick or ick in my body?
Does my body feel stiff like it doesn't want to move?
Do I feel like I want to move away from my partner or leave the room?

