

# 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?

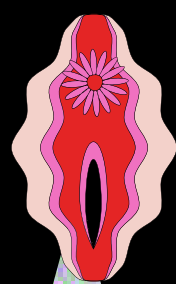
## Groin and feet

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?