

I am sexy and I know it

Intent and Purpose: To express your sexual desires without feeling judged and enhance your sexuality by embracing it.

It is prudent to do this exercise in a space in which you feel safe, since you will be exploring aspects about your sexuality.

Recollect a time or moment when your body experienced sexual pleasure. If you find it difficult to pin down a particular moment, take yourself to a fantasy world where you know your body will experience pleasure. Become aware of your sexual thoughts, desires and experiences.

If you feel safe doing so, you could journal these experiences that bring you pleasure or be more creative and draw them. If you are struggling, a tip is to let go of your inhibitions for some time and be assured that you are not being watched or judged!!

Here are some questions to get you going:



What are some of your erogenous places?

What smells or visuals turn you on?


Do you like to be touched in a certain way?



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What stimulates your mind to experience positive sexual experiences? Any sexy songs, erotic stories, podcasts or movies that excite you.

What makes you feel most sensual or sexy? Any particular clothing, accessory, food item or anything else?



If you feel comfortable,
here are a few more questions to ponder over:

What kind of relationship do you share with your body?

(If you want to explore, you could use a mirror - as we suggested in the Create your own self-care toolkit)



How has your sexuality changed over time?

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If you wish to draw



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You could come up with your own list of positive sexuality affirmations that you can revisit anytime you want. To begin with, here are some suggestions.



I am a sexual being, whether I have sex or not.



I am within my right to have a positive sexual experience without having to feel guilty or shameful.



I respect others' choices and I am aware that consent is sexy.



I allow myself to connect with my body in a positive manner, whenever I might want to experience pleasure.

What are yours?

