

Getting to know your partner as a sexual person: take it in turn to ask each other the following questions – write down what your partner says so that you can remember it.

Domain	What my partner thinks and feels
<p>Heart: the domain of intimacy – how does it make you feel to be emotionally close to a sexual partner; what makes you feel close, connected and loved? What could upset you sexually or leave you feeling distant?</p>	
<p>Body: the domain of sensuality – what sort of touch do you find pleasurable – where and how do you like to be touched? What sorts of touch could be unpleasant or off-limits for you?</p>	
<p>Hands: the domain of action – what sorts of things do you like to do that bring you and your partner pleasure? What sorts of activities could be unpleasant or off-limits for you?</p>	
<p>Setting: the domain of experience – what sorts of settings do you enjoy? Where do you prefer to make love? What sorts of situations could be unpleasant or off-limits for you?</p>	
<p>Head: the domain of eroticism and fantasy – what scenarios turn you on? What scenarios are not erotic for you or could leave you cold?</p>	