THREE 3 THINGS

Fill out this worksheet individually.
Later, you'll share and discuss your answers together.
Be honest and specific, but also kind and constructive in your language.

Examples:

Things I enjoy:

1. "I love when we take our time with foreplay,"
2. "I enjoy it when you kiss my neck,"
3. "I feel so connected when we maintain eye contact."

Things to explore:

1. "I'd like to try using a vibrator together."
2. "I'm curious about trying new positions."
3. "I'd love to experiment with sensual massage"

1. Three things I enjoy about our sex life:

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2. Three things I'd like to explore in our sex life:

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THREE 3 THINGS

Gentle Reminder: This is about open communication and mutual understanding. There are no right or wrong answers. Approach the discussion with openness, curiosity, and respect.

Additional Questions:

3. Is there anything that used to feel good but doesn't anymore?

4. Is there something you've always wanted to try but haven't brought up yet?

5. How do you feel about our current frequency of sexual activity?

Notes for Discussion:

Use this space for any additional thoughts, questions, or concerns you'd like to discuss.