The Twelve Intelligences and Sex

> This self-reflection accompanies *How Do I Have a Better Sex Life? The Way to Greater Sexual Satisfaction* at ThoughtsFromATherapist.com, which takes sexuality through each of the twelve intelligences. Search "better sex life" on the site to find it.

The twelve intelligences come from **The Architecture of Human Systems (AHS)**, William Hambleton Bishop's model of mental health. Each is a capacity through which we meet life, and sexuality draws on every one of them. The intelligences are defined in *The Architecture of Human Systems: Twelve Intelligences Behind Mental Health* at ThoughtsFromATherapist.com (search "architecture of human systems"). Nothing on this sheet is a score. Better sex is better in each of the twelve, and each of us fills in our own sheet.

Directions

One box per intelligence. A few words per space is enough.

IDENTITY

Knowing that we are a person

What do I specifically like? Where do I hold "I should already know" or "this is the right way to do it"?

RELATIONAL

Responding to the person in front of us

How do I give feedback so that my partner can meet the needs I have? How do I receive feedback? What do I do when the feedback is ambiguous?

SOMATIC

Getting into the body

How present am I in my body during sex? What helps me release the cognitive constraints of the day?

EMOTIONAL

What I want to feel

Passion, adventure, surprise, comfort? Do I need physical closeness to open emotionally, or emotional closeness to have sex?

Thinking, moving, choosing, and setting up

Directions: one box per intelligence, answered for my own sexuality. A few words per space is enough.

COGNITIVE

The beliefs I carry about sex

One belief I hold about sex, and how it may be helping or impeding my own sexuality or my partner's.

KINETIC

The dance

The type of sex we have most, and the technique it asks for. What do I do to maintain my body as an instrument of pleasure?

VOLITIONAL

Choosing that sex matters

How it shows that sexuality is important in our relationship: maintaining my body, flirting throughout the day, reading my partner's signals. What degree of novelty keeps me excited?

STRATEGIC

Setting up the sex we want

What counts as foreplay for me, for the type of sex I want? Which logistics need to be out of the way?

The system and what sex means

The same directions.

ECOLOGICAL

Sex and the whole system

What does sex do for our whole relationship? When I answer "do I want sex?", what do I consider besides whether I am horny?

EXISTENTIAL

What sex means to me

Which purposes of sex mean the most to me? Which mean the most to my partner?

Spirit and play

Directions: one box per intelligence, answered for my own sexuality.

SPIRITUAL

Transcending dualism

When has sex felt as though the two of us were one? What am I grateful for?

CREATIVE AND PLAYFUL

Adult playtime

What game would I like to play? What would increase excitement and immersion while respecting our boundaries?

THE INTELLIGENCE I WOULD MOST LIKE TO GROW IN OUR SEX LIFE

No total and no type. The one box above where I had the most to say, or the least.

THE INTELLIGENCE:

WHAT GROWING IT COULD LOOK LIKE:

TOGETHER

What I would like to share with my partner

Our sheets do not need to match.

SOMETHING I LEARNED ABOUT MYSELF	SOMETHING I WOULD LIKE TO ASK MY PARTNER

The twelve intelligences are separate enough to be spoken about one at a time, and they all interplay.