What Is Foreplay for Me?

> This self-reflection accompanies *How Do I Have a Better Sex Life? The Way to Greater Sexual Satisfaction* at ThoughtsFromATherapist.com, which describes the many things foreplay can be. Search "better sex life" on the site to find it.

The word foreplay means very different things to different people. Foreplay is about meeting the unique needs of the person in front of us: what makes them excited for the type of sex we are going to be having. Sexual touch before penetration is one form among many. Nothing on this sheet is a score. Each of us fills in our own sheet.

MY TOP THREE PURPOSES FOR SEX

From the fourteen purposes in the article: pleasure and release, reproduction, vitality, emotional intimacy, bonding, romance, passion, relaxation, play, fantasy and exploration, sensory and spiritual connection, relational repair, sensuality, relational generosity.

1. _____

2. _____

3. _____

What helps me get in the mood

*Directions: one **X** on each line, for how this form of foreplay usually lands for me.*

	A TURN-OFF MOST OF THE TIME			SOMETIMES			HELPS
A soft caress on the shoulders, hours earlier in the day	○	○	○	○	○	○	○
Flirting with each other throughout the day	○	○	○	○	○	○	○
Flowers	○	○	○	○	○	○	○
A long, lingering gaze	○	○	○	○	○	○	○
Kissing	○	○	○	○	○	○	○
A romantic dinner	○	○	○	○	○	○	○
Engaging in a shared hobby	○	○	○	○	○	○	○
Cuddling with a favorite show	○	○	○	○	○	○	○
Emotionally supportive communication	○	○	○	○	○	○	○

Filling this in on a screen: click a dot and type the letter for the mark.

More forms of foreplay

*One **X** on each line. The last two lines are for forms of my own.*

	A TURN-OFF MOST OF THE TIME			SOMETIMES			HELPS
An overt expression of importance or validation	○	○	○	○	○	○	○
Provocative language	○	○	○	○	○	○	○
The dishes done and the counter clean	○	○	○	○	○	○	○
Sexual touch or genital stimulation	○	○	○	○	○	○	○
Oral sex	○	○	○	○	○	○	○
Other: _____	○	○	○	○	○	○	○
Other: _____	○	○	○	○	○	○	○

TYPE OF SEX

Foreplay for the type of sex we are having

If the sex is more emotional, the foreplay may have more to do with being compassionate. If the sex is more about play, the foreplay may be removing logistical responsibilities.

WHEN THE SEX IS EMOTIONAL	WHEN THE SEX IS PLAYFUL	WHEN WE HAVE A FEW MINUTES

WHAT FREES MY MIND

The logistical responsibilities that keep me in my head, and what it would take to have them out of the way.

WHAT I WOULD LIKE MY PARTNER TO KNOW ABOUT FOREPLAY FOR ME