

I am sexy and I know it

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

It is prudent to do this exercise when you are in a space that feels safe for you, as there are aspects about your sexuality that you will be exploring.

Recollect a time or moment when your body experienced sexual pleasure. If you are finding it difficult to pin down to 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 become more creative drawing them. If you are struggling, a tip is to let go of your inhibitions for sometime and be assured that you are not being watched or judged!!

Some of the questions to help you get going:



What are some of your erogenous places?

What smells or visuals do you get turned on by?

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 are comfortable to dwell further here are few questions to ponder:

What kind of relationship do you share with your body? (Would want to or have you explore(d) your body, you could make use of a mirror to do so, as 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 would want to. 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 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?

