

# The Unsexy List

Factors that close down our desire (also known as our sexual brakes) are important to identify so we can work out what elements in our lives turn us off.

And the best way to explore what is closing down your desire is to write your own “unsexy list”.

This is a list of everything that makes you feel unsexy.

You might want to include things like:

- Certain types of clothing
- Situations or environments (e.g. rooms of the house, who is overhearing, amount of time available for sex, time of day)
- Your mental/emotional/physical state (e.g. bloated, tired, pre-menstrual, hygiene states)
- Things to do with your senses (e.g. smells, sights)
- Things to do with sex (e.g. positions, the way it's initiated, where it happens)
- Negative thoughts or limiting beliefs you might have
- Attitudes or societal ideas

The idea is to add to it all the time as you continue to learn more about yourself and what has an impact on your desire.

So use the space below to write down your “unsexy list”- the things personal to you that close down your desire.



Things that make me feel unsexy: