

CLIMAX WORKSHOP WORKSHEET

DATE

M T W T F S S

FINDING CLARITY

Without judgment, reflect on what truly turns you on sexually. What patterns do you notice? And how does it make you feel emotionally when you experience them?

Think back to your earliest sexual arousal. What was it that sparked this feeling in you?

When you imagine your most arousing sexual scenario, what emotions arise? What specific aspects made it so fulfilling?

What was your worst sexual experience? What specific aspects made it uncomfortable or unsatisfying?

WHAT GETS IN THE WAY

Think about your recent intimate moments. What thoughts kept pulling your attention away?

What beliefs or stories do you tell yourself that might be holding you back from fully enjoying pleasure?

If these mental barriers were completely removed, what new insights about yourself and your desires might you discover?
