

EROTIC VALUES

MAP

(me)



Consider how these values influence your sex life.

What others are important to you? List them in the following columns in order of importance.

- release
- physical satisfaction
- pleasure
- connection
- intimacy
- well-being
- romance
- excitement
- spiritual experience
- enough time
- varied activities
- sumptuous surroundings
- being naughty /taboo
- simple and 'normal'
- ecstatic
- in control / surrendered
- involves genitals
- orgasm
- anything else?

always important

sometimes important

rarely important

never important

EROTIC VALUES

MAP

(my partner)



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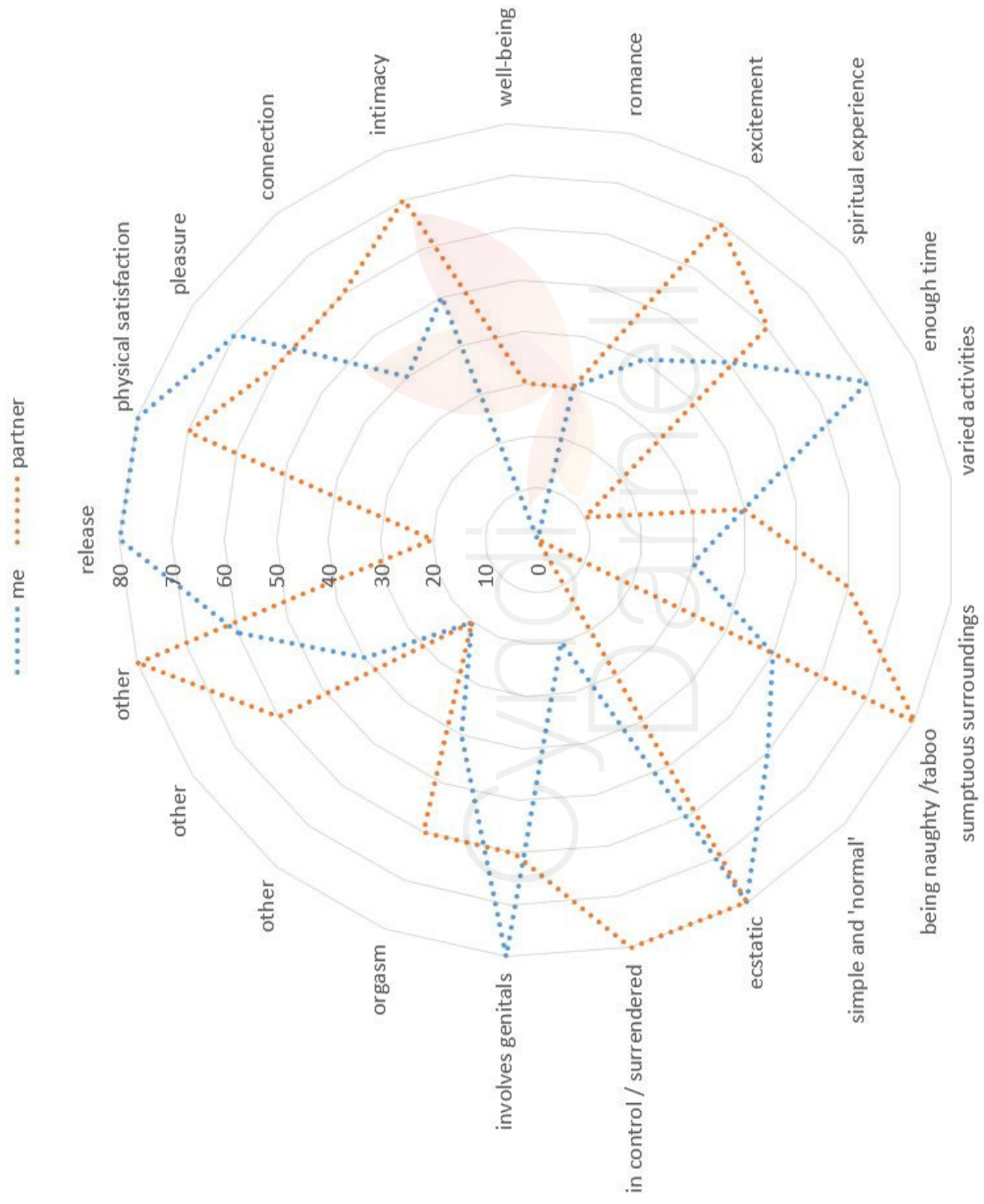
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EROTIC VALUES MAP



For a visual version of your erotic values you can map them on a chart like this. Give each value a numeric score based on its importance. 0 being not important and 80 being very important. Plot yours in one colour and partners' in other colours. Use it as a tool to learn more about what engages you erotically, or as a tool to initiate conversations with your lover/s about what's important to you both during sex and play.

EROTIC VALUES MAP

..... me partner

