



TURNED-ON

WORKBOOK

by Morgane Horn, Sex & Intimacy Coach

AND HOST OF THE BEYOND GREAT SEX PODCAST

My Turn-Ons & Turn-Offs

My turn-ons

Make a list of things that activate your accelerator. Be as specific as you can. These can be directly related to sex or not.

E.g. Feel sexy in my body. Partner pushes me against wall. Watch Partner do the dishes. Listen to erotic podcast. Get praised at work and feel powerful. Feel I'm the object of Partner's desire when they tell me they want to have me...

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My turn-offs

Make a list of things that hit your brakes. Be as specific as you can. These can be directly related to sex or not.

E.g. Feel uncomfortable in my skin. Partner does not help with the kids. Feel overwhelmed at work. Worry about not being able to orgasm or perform. Worry Partner doesn't love me. Feel unappreciated or criticised. No social life outside home.

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What can you start doing today to maximise turn-ons and minimise turn-offs?

Brainstorm thoughts you can practice, things you can put in place. What is within your control and within reach? Include "easy fixes" like putting a lock on the bedroom door if a turn-off is the fear of kids walking in.

Daily Journal

Date:

On a scale of 1 to 10, how much do you feel like having sex today?

/10

What is your predominant feeling?*

Is it likely pushing your accelerator or your brakes?

**A feeling is a physical sensation in your body. You know it is a feeling if you can use one word to name it or if you can describe the feeling sensations in your body.*

✓ Feelings: I feel angry; I feel disgusted; I feel love; I feel a weight on my chest and my stomach is swirling; my face feels hot and my palms are sweaty

✗ Not Feelings: I feel like my husband doesn't care about me; I feel like my partner will never change; I feel like I will never get an orgasm, I feel like we are in a rut.

What are you thinking that is generating this feeling?

How would you like to feel instead?

What would you have to be thinking to feel that way?

What does your body need today? How can you give yourself love and pleasure?

List 3 actions you could take to move you closer to a 10, and go and do them.

Now when you think about having sex today, has anything shifted? Why?

*Hi! I am
Morgane Horn,
Sex & Intimacy Coach*



If you have found this work helpful and want to take it to the next level, I've got you! Book your discovery session through [this link](#). Together we will put a plan in place tailored for you so that you can create the passionate and deeply connected sex life you have been dreaming of.

