

# Your Turn Ons & Turn Offs

There are many factors which determine whether a sexual experience is enjoyable or not so enjoyable.

Knowing what those are for YOU will help you to create better, more pleasurable and satisfactory sexual experiences much more often.

**These factors include such things as:**

Location / Time of day / Temperature

Clothing / Lighting / Mood / Alcohol

Food / Drugs / Contraception / Ovulation

Privacy / Autonomy / Family / Consent / Beliefs / Faith / Respect

Physical health / Mental health / Medication / Menstrual cycle

Tension / Performance fears / Pregnancy fears / Fear of an STI

Feelings about your partner / Closeness / Level of intimacy / Love

Emotions / Stress / Anger / Anxiety / Worry / Resentment / Infidelity

Cleanliness / Personal grooming / Body Image / Shame / Embarrassment

Who initiates sex / How sex is initiated / Level of intimacy / Desire

Sexual position / Particular sexual preferences / Sex Toys / Porn

Your body / Your partner's body / Your pleasure / Your partner's pleasure

Pain / Sexual Problem / Climax / Orgasm / Ejaculation / Level of arousal

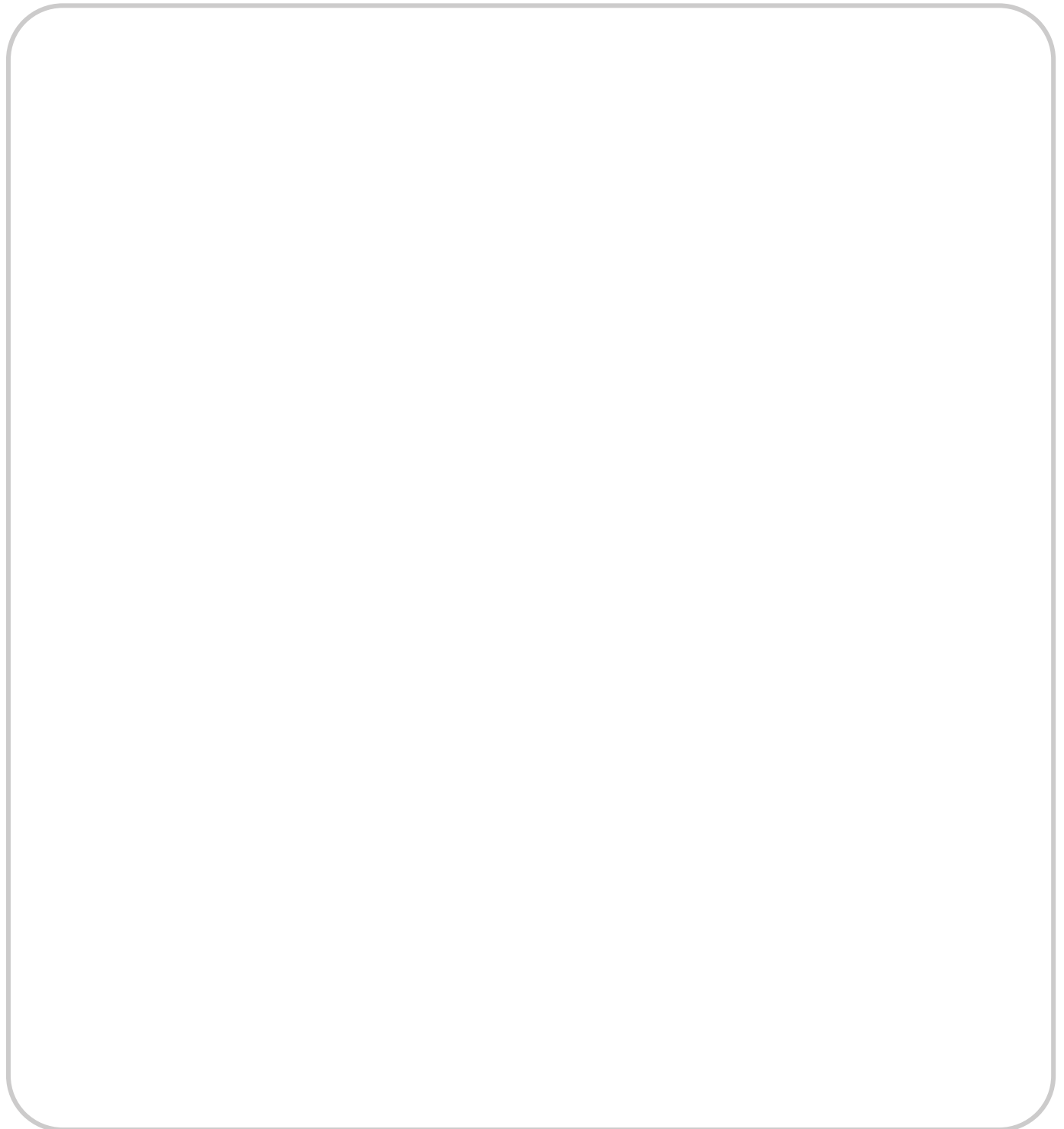
Amount of time / Level of energy / Comfort of the environment / Noise



## Turn On - Highly Aroused

Think of a couple of examples of when sex has been **good**, whether with a partner or solo-sex, and you've been **highly aroused**.

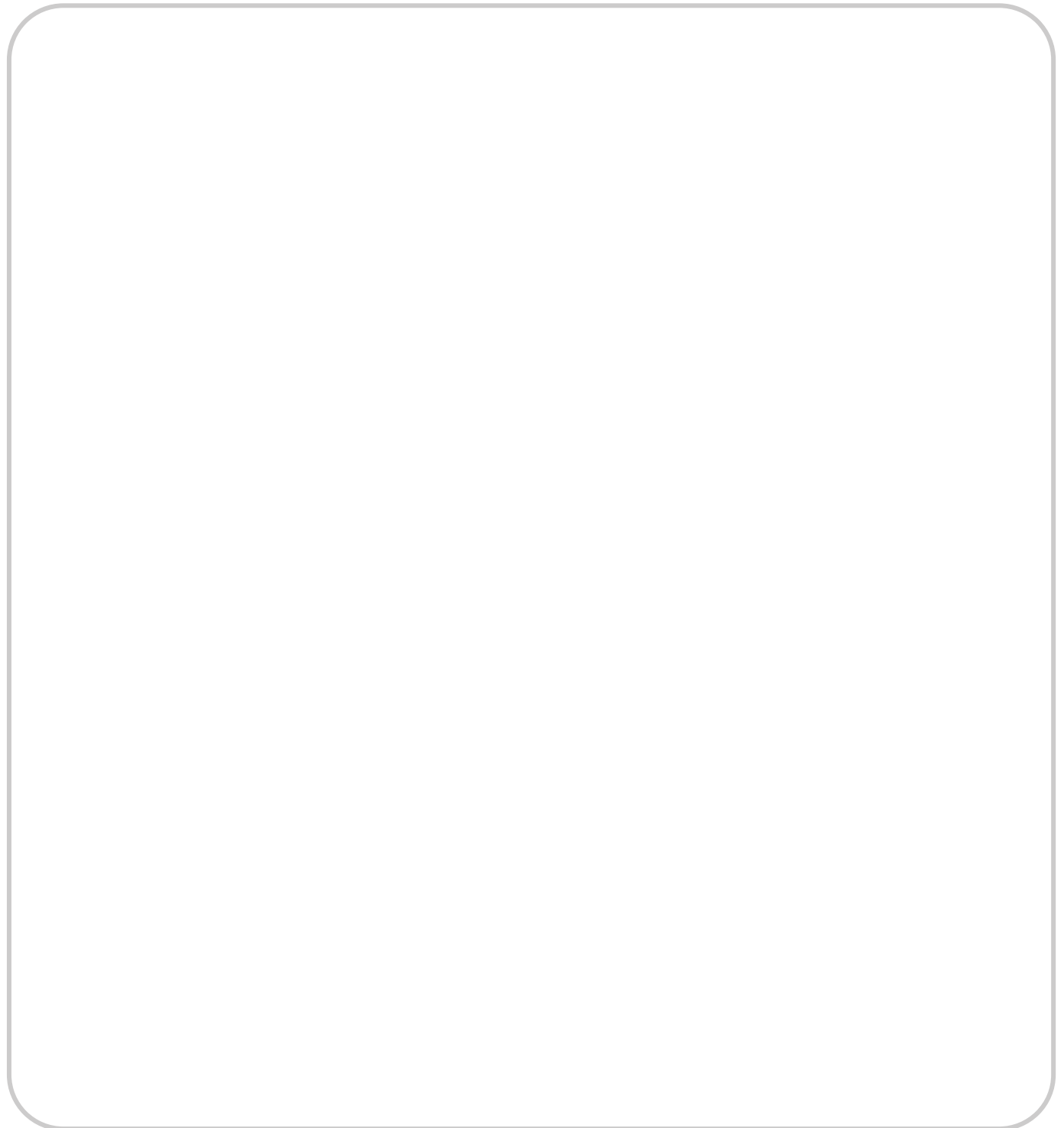
Reflect, and then write down a list of all the factors that were present, which incited the enjoyable sex on those occasions. You can use the list above, and add any others that you can think of.



## Turn Off - Much Less Aroused

Then think of a couple of examples of when sex **wasn't so enjoyable** with a partner, or with solo sex, and you were much **less aroused**.

Reflect, and then write down a list of all the factors that were present, which inhibited the enjoyment of sex on those occasions. You can use the list above, and add any others that you can think of.



## Rate your list

Now, go back to your lists and give each thing a rating from 1-6 as follows;

1 = Absolutely necessary for sex to happen

2 = Important for my experience/pleasure

3 = Nice to have, but not a deal breaker

4 = Not important at all

5 = Would spoil my experience/pleasure

6 = A resounding NO, an absolute deal breaker for me.

Once you've done that, you will have a better understanding of your conditions for good sex. You will understand your accelerators for arousal and recognise the things that put on the brakes, that turn off your arousal and dampen desire.

Reflect on where you can do MORE to incite arousal and enjoyment and more importantly, what actions you could take to remove or mitigate your turn offs.

A large, empty rounded rectangular box with a light gray border, intended for the user to reflect on their sexual experience and list actions to improve it.





# North Hampshire Clinic

At the North Hampshire Clinic, we specialise in Sex Therapy, Relationship Therapy, Sex Coaching and Sex Education.

We offer a non-judgmental, safe environment for you to explore your sexuality, your relationships, and the issues that they may bring.

We have a healthy outlook on sex and we don't have any trouble talking about it.

In our society, people often find it difficult to talk about sex and to find open, sex positive information, Our mission is to change that!

