Mating in Captivity: Unlocking Erotic Intelligence Esther Perel

Sample of questions that partners ask each other

When do you feel most erotic? Do you like chocolate? Do you prefer sex or chocolate? How do you like to be touched? What's forbidden for you sexually? When do you feel most free? Is there something sexual you long for? What's a sexual dilemma for you? In which situation do you feel most tense? Do you think of other sexual partners when you're with one? Do you sometimes feel daring in sex? What is more difficult for you: to talk about sex or to do it? What do you want most erotically with your partner? What turns you off? When is sex most pleasurable? When do you think of being naughty? Do you fantasize of same sex partners? What is a vulnerability around your sexuality that you struggle with? Where do you like to be touched? What is a negative sexual memory? When do you fell most beautiful? Are there things in your sexuality that scare you, that you would like to change? When do you feel most shame? Is there a barrier you'd like to cross? When do you feel most attractive?

What is and event in your sexual history that stands out? What was your first sexual experience, and how different is it today? What's the best compliment you like to receive? What 's your experience with masturbation? What is the role of sex in your life? When do you feel most untouchable? What's your favourite pose? When do you feel most dull? When you think about having [?] Are there things in sex that scare you? Are there things about you that you haven't told? What are the rules of sex in your life? Do you often pretend? How comfortable are you communicating your sexual wants or dislikes? Do you feel confident exploring, touching fulfilling your partner's wants? What are your guilty pleasures? What are you ashamed about? How do you talk about sex and your sexuality at this point in your life? Something I'd like to change in relationship to my sexuality.