

Setting boundaries: A vital skill for a healthy sex life

Guest: Leah Carey

www.LeahCarey.com / www.GoodGirlsTalkAboutSex.com



Short bio:

Leah Carey is a sex and intimacy coach and host of the podcast “Good Girls Talk About Sex.” She works with women to move beyond laying-back-and-accepting-whatever-their-partner-does-to-them, into being equal co-creators of their sexual experience. She offers group coaching, individual coaching, and PJ Parties for Grown-Ups where she leads you through an evening of chatting about sex with your best girlfriends!

Links:

- Website – www.leahcarey.com
- Instagram – www.instagram.com/goodgirlstalk
- Facebook private group – www.facebook.com/groups/goodgirlstalk
- YouTube – www.youtube.com/goodgirlstalk

Interview Questions: (I always enjoy a free-flowing conversation, so feel free to adjust these for your comfort, use these as a jumping-off point, or ignore them entirely!)

1. Setting boundaries feels scary, but you say it’s a vital skill for a healthy sex life. Why?
2. Is it possible to set a boundary with a partner without hurting their feelings?
3. What’s the difference between a rule and a boundary?
4. Why are boundaries so hard to communicate?
5. Why are boundaries hard to maintain in intimate relationships?
6. How do I figure out what my boundaries are?
7. Once I’ve figured out my boundaries, how can I communicate them to my partner?
8. What if my partner doesn’t like the boundaries I set?
9. When someone does something that feels bad to me, I freeze up and don’t say anything. Then later I feel like I’ve missed my chance to say anything. What can I do?
10. Is it possible to salvage the relationship if my partner violates a boundary?

Free download for your audience:

- 1) The three-minute game – Discover where your boundaries are by exploring with your partner - <https://www.leahcarey.com/threeminutegame>

Paid offering:

- 1) Want to dive deeper with your girlfriends? Schedule a PJ Party for Grown Ups!
www.leahcarey.com/pjparty

Longer bio, if desired:

Leah Carey is a sex and intimacy coach and host of the podcast “Good Girls Talk About Sex.” She works with women to move beyond laying-back-and-accepting-whatever-their-partner-does-to-them, into being equal co-creators of their sexual experience.

In her podcast, PJ Parties for Grown Ups, and one-on-one and group coaching, Leah’s focus is always on reflecting your true sexual nature back to you, without the judgment or shame that can get in the way of you seeing it for yourself. Her clients sink so deeply into their true sexuality that the old version of themselves that was scared to speak up for their own needs can feel like a mirage from another lifetime.

Find her at www.leahcarey.com or @GoodGirlsTalk on [Instagram](#), [Facebook](#), and [YouTube](#).

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