

THE 3-MINUTE TURN-ON

Identify your turn-ons (even if you're not sure you have any!)

WITH LEAH CAREY

Do you freeze up when your partner asks you what you want in bed? Or – even worse – does your partner not ask, and it's on you to figure out what to say so you can get some pleasure too?

I spent years drowning in both those feelings! Some partners never asked me what I wanted and I felt invisible because I didn't know how to communicate that I needed something more. Some partners DID ask, but then my brain spun into chaos trying to figure out what to say!

Ultimately, I discovered that the reason my brain froze is because **I was trying to figure out a technique to tell them**. Rather than inviting me to pleasure, I felt pressure to have an answer that they could do to me for a minute or two before we got back to satisfying *their* pleasure.

But “what I want in bed” is more complicated than that – and I bet what you want in bed is too. And part of the reason: it actually starts *long before we get sexual*.

If you're having trouble figuring out what your turn-ons are, it may be because **you're thinking about the kind of sex that will get you to orgasm, rather than focusing on getting your brain and body engaged and ready to play**. Starting with your senses is an effective way to get out of your head and back into your body – which is where the real fun is!

Imagine your turn-on cycle like a race car: it doesn't make sense to strategize crossing the

finish line if the engine hasn't even started.

So what gets YOUR motor running?! Let's figure it out! I'll get you started by sharing some of my own.

My turn-ons include: knowing that my partner is interested in what I'm thinking about and respects my opinions, even when theirs differ. Smelling him when he puts on aftershave. Admiring how he looks when he puts on a crisp shirt and nice pants.

And I'm not DTF (Down To F*ck) as soon as the bedroom door closes!

My turn-ons include feeling my partner look at my body with appreciation so that I know he wants me. It includes hearing his voice in my ear telling me how much he wants me (because, good lord, that man has a sexy voice!)

All of that can happen before he even puts his hands on me!

And sometimes when we're spooning while watching TV, all of a sudden I can't help but hit pause and turn over and kiss the daylights out of him! That sweet, gentle, non-demanding touch allows my nervous system to relax and allow in the feeling of being turned on.

My younger self would have been very puzzled that NONE of the turn-ons I just mentioned involve sexual touch. But today I know that I can't get sexual until I feel **present, relaxed, and desired**.

You'll find more examples on the next page, and on page 3 get started brainstorming your own!



PRIMING THE PUMP...

What we think turn-ons are supposed to be:

- Nipple tweaking
- Neck biting
- Being pushed against a wall
- Me going down on them
- Them going down on me

ON THE NEXT PAGE:

Use the boxes to start brainstorming what works for YOU. Think about the things that help you get "in the mood" so you're ready to engage in sexy activities.

It's okay if you don't have answers for every box - each person has different access points, so we're casting a wide net to find the ones that work for YOUR body and YOUR turn-ons!

And keep this list handy – as you pay attention, you may notice turn-ons that you never even knew were a *thing* for you!

What turn-ons can actually be (real list from a group of coaching clients):

- Holding hands
- Short, well-kept beards
- Being listened to with full focus and being asked questions (not just about sex)
- Fascinating conversation
- Nibbling earlobe (no tongue inside my ear)
- Light touch all over my body, especially my legs
- Cuddling
- Foot massage/any massage
- Soft or silky sheets
- Wearing lingerie
- Reading erotic literature together
- Teasing touch (touch/kiss everywhere except vulva/clit)
- His cologne
- Light touch on the outside of my breasts
- Bathing and showering together
- Kissing my neck/collarbone area
- Being cooked dinner
- Music by G Love and Special Sauce
- Making my partner laugh
- Wearing heels and a dress
- Swimming
- Eye contact
- Dancing
- Cowboys (cowboy boots, cowboy hats)
- Intelligent, connected conversation
- Feeling like they are really interested in me as a human being
- Being given instructions
- Cuddling with no expectation of sex
- Hearing my partner make noise when I'm touching them

Notice that some of these ARE sexual - that's fine!
But a lot of them aren't, and we forget to include those when our partner asks, "What turns you on?"



GET YOUR MOTOR RUNNING!

Hearing these sounds/words
make me feel sexier:

Ex: Music by G Love and Special Sauce

Seeing these things
make me feel sexier:

Ex: Cowboy boots, cowboy hats

Smelling these things
make me feel sexier:

Ex: Their cologne / perfume

Feeling these sensations
make me feel sexier:

Ex: Soft or silky sheets

I need this to feel safe enough
to relax and get sexy:

Ex: Cuddling with no expectation of sex

Things *I* do that make me feel sexy:

Ex: Wearing heels and a dress



The Debrief

Congratulations! You did it!

You are now a HUGE step closer to understanding how your engine runs!

Want to step on the accelerator? Now that you're in your body and feeling sexy, it's time to turn your attention to what to do with that sexual energy - in other words, what are the sexual activities that you really enjoy (or *think you might* enjoy)?!

Get INSTANT access to the [Tune In To Your Turn-Ons masterclass](#), including 3 videos, worksheets and a comprehensive workbook, for just \$27 with the coupon code "TITYTO" (normally \$47). [Click here now!](#)



Leah Carey is a sex and intimacy coach and host of the podcast **Good Girls Talk About Sex**. She works with people who were brought up to be “good girls” in releasing old-fashioned beliefs about what is “normal”, so they can identify and advocate for their true sexual pleasure and satisfaction.

As a child, Leah learned the lessons of the "good girl" very well.

As an adult, she got involved in a series of emotionally abusive relationships, always convinced that SHE was the problem – not pretty enough, smart enough, or sexually skilled enough.

At age 42, having lost both parents and determined to make a new life for herself, she started challenging her old beliefs about worthiness, attractiveness, and desirability.

Today, Leah reflect people's true sexual nature back to them, without the judgment, shame, or fear that can get in the way of seeing it for themselves.

She can guide you in embracing the sexuality that is innately yours, no matter what it looks like. You CAN sink so deeply into your true sexuality that the old version of yourself that was scared to speak up for your own needs feels like a mirage from another lifetime.

