Part 1 Worksheet 1: Identify When the Problem Occurs

Reference: Female Identifying hecklist

Using the Female Identifying Checklist as reference, take your time and make a list of when you lose awareness of arousal and find it difficult to achieve orgasm. For example, before sex, during masturbation, during foreplay, during intercourse, when changing sexual position, when your partner changes speed.

The rest of the worksheets will build on this step.

I lose awareness of arousal at the following times:

I find it difficult to orgasm at the following times:

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Part 1 Worksheet 2: Identify the Causes

Reference: Female Identifying Checklist

Again, using the Female Identifying Checklist as well as the PDF Female Switching Technique Part 1 Summary as reference, make a list of the possible causes which made you focus on the wrong subject matter. Take your time to figure this out, as it will enable you to more easily plan your strategy for sex in Part 2.

Losing Awareness of Arousal

For example, focused too much attention on your partner's needs, thinking about shopping and other required tasks, don't like your partner's verbal or physical technique, worrying about how long (he) will take and if you will have enough time to orgasm.

List specific details, for example if you're not aware of sensation in your vagina is it because all your attention is on your partner? Are you focused on sexually arousing thoughts, feelings and actions or is your mind wandering and worrying about losing your arousal? Do you enjoy your partner's technique? Take your time to think about this and be as specific as you can.

I lose awareness of arousal because:

If losing awareness of arousal (or a low libido) has been a problem for you, what now stands out for you about why this has happened?

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Early Ejaculation

For example, worrying about losing control, focused too much on my own arousal, focused too much on how arousing my partner is. Take your time to really think about this and list specific details, for example if you're overly focused on how arousing your partner is, is it when she makes noise? Is it when you see her nude body? Is it when she wants you to go hard and fast? Be as specific as you can.

I lose ejaculation control because:

If losing ejaculation control has been a problem for you, what now stands out for you about your previous sexual procedure?

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