

THE SIX FOR SEX

It's no secret that most of us who have undergone a cancer diagnosis have experienced a disruption in our intimacy and our sex lives.

Whether it's a lowered libido, a lack of sensation, or trauma around our new bodies, it can feel like a hopeless dead end for many of us.

And I hear ya! It's not something that is often talked about or something that we have much guidance around. So how are we supposed to feel like it can change for the better?

Fear not my love! For not only do I truly believe that people can shift up their sex lives and have a much happier relationship with themselves, their bodies and their partners after cancer, but I have also witnessed it.

When we put intention into our lives, into our journeys, we have much more control over how and where they go. Our sex lives are not any different.

So let's get you started on making your sex life not only "better", but something that you feel good and excited about.

****This worksheet is designed to get you started on your journey, not as a one size fits all solution. If you need further help please contact me for a free consultation and together we'll figure out the next best steps for you****

out the next best steps for you**

Grieving

- A lot has been taken from us physically as well as emotionally. We may have a lot to grieve.
- It's difficult to create a new level of acceptance without letting go of the past.
- Let's give our losses the attention, the respect, and the space that they deserve so we can welcome in the new.

What needs to be grieved?
Physically?
Emotionally?

What are the emotions that you have around each loss?
Remember all feelings are valid so no judgment here

- Silently say to each of these grievances, one by one ..
- “Thank you for all you have provided for me. I appreciate you, I love you and I release you.”

Write down any other mantras of acknowledgment, appreciation, love, and release that may work better for you. Exercise this practice often to help release past attachments.

Unlearn

- We are all shaped by our upbringing and by society. Often, we absorb these societal “standards” as our own without even realizing it.
- Some societal beliefs are helpful, but many are unhelpful.
- Take a moment to look at what narratives have we absorbed as our own.

What concepts have you internalized from our society about your:
Body?
Sex life?
Sexual identity?

Time to Debunk!
We know these narratives are not true! So let's prove it!
Write your real, intuitive beliefs about each imposed narrative from above.

Action Steps

What action steps do you need to take in order to fully debunk these narratives?

Physical action steps?

Mental action steps?

Acceptance

- Our brain is our biggest sex organ, so working on self acceptance is key to being open to better sex and intimacy.
- Acceptance begins with our thinking, internal dialogue, and beliefs.
- Acceptance of the physical and of the mental are equally important.

List three things that you currently accept about the “new” you (physical and/or mental).

List what you are wanting to accept about your new body in appearance and in capability.

List what you are wanting to accept about your new “sex brain” (turn ons, confidence etc).

What action steps can you take to really accept these new thoughts, ideas, or concepts?

Learn

- We need to build a new familiarity with our bodies and minds which can take a little creativity and time.
- Pretend that you're new to the world of sex!
- Curiosity, playfulness, and an open mind are key to learning.
- Masturbation allows you to connect with your body without external judgment, expectations, or shame.

Write down ways you can experiment with your new body.

Your new brain?

What external resources or help do you need?

Communicate

- **Communication is key!**
- **Both communication with our sexual partners as well as with ourselves is important.**
- **Effective communication takes detailed understanding of your needs and wants.**

**In what ways
can you best
communicate
with yourself
emotionally?**

**In what ways
can you best
communicate
with your
body?**

In what ways can you best communicate with your sexual partner(s)?

**How will you make these happen?
List action steps for communicating with both yourself and your partner(s).**

Maintenance

- This is self-work, and like all self-work, it is ever-changing.
- Continuous maintenance is key for long-term success.
- Maintenance doesn't have to be huge! It can look like small moments of reflection throughout the month, a quarterly check in or something in between. Be creative!

In what ways can you maintain healthy sexual connection and communication with yourself? Physically and emotionally?

With your sexual partner(s)?

What external help, if any, is needed?

Remember!

**You are perfect exactly how you are
right now.**

**Sex begins in the brain so don't forget
to spend time working there.**

**You are deserving of a healthy and fun
sex life!**

All feelings are valid.

You know what is best for you, always.

Trust your gut!

Get extra help if you need it. Always.

You're doing great. You are not alone.

I'm here if you need any help.

You got this!

XOXX

~Adriana