

GOOD SEX

Recipe



Name:

Date:

Partner:

Months/Years:

SEASONINGS

How you want it.

If you could describe good sex in three words, what would they be?

- 1.
- 2.
- 3.

STAPLES

What you want.

What three sexual activities do you most prefer?

- 1.
- 2.
- 3.

STEMS

Sentence stems to assist with communicating what you desire and inviting your partner to join you.

I want to try [seasoning, then staple] with you.

When you [staple] in a [seasoning] way, I feel so good.

Will you [seasoning-ly, staple] me?