

'The Orgasmic Diet'

Use this worksheet as a way to increase your erotic imagination and get more accustomed to unleashing your fantasies.

Describe the most erotic dream you've ever had.

If you could have sex with anyone you choose, what would the perfect sexual partner look like, sound like, feel like -- be like?

What would the sex with this ideal partner include?

What is the naughtiest thing you can imagine doing and enjoying sexually?

Describe the most erotic scent you can imagine.

What sort of touch gives you the most pleasure?

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