

SUPER SEX

S.U.P.E.R Sex is an acronym created by Shan Boodram over ten years ago to discuss the various elements that are crucial to a healthy and happy intimate life.

Set your terms

Use protection

Pleasure

Emotionally wise

Responsible

By combining traditional sex education, psychology and everyone's right to individualism S.U.P.E.R Sex works as a base for anyone seeking to understand their own sexuality plus intimate needs and how those things can interact with others in a healthy, optimal way.

For more information about Shan and the primary resources used to create this workbook please visit the last page

SET YOUR TERMS

Let's discuss boundaries, expectations, needs, wants, setting/ framing and intent

Love Languages (circle two)

Gifts
Acts of Service
Physical Touch
Words of affirmation
Quality Time

Sex Language (circle two)

Mental
Direct
Cat
Sensual
Negotiator

Kinsey Scale (circle one to represent your action and star one to represent your fantasy)

X - asexual
0 - strictly heterosexual
1 - Mostly heterosexual and incidentally homosexual
2 - Heterosexual and more than incidentally homosexual
3 - Bisexual
4 - Homosexual and more than incidentally heterosexual
5 - Homosexual and incidentally heterosexual
6 - strictly homosexual

What style of relationship do I thrive in (circle all that apply)

Casual - informal connections with great people/ person
Monogamous - exclusive two partner system
Monogamish - two partner system with flexibility to explore others digitally or in person but especially together
Open - two partner system where the primary couple may have experiences or sub relationships with others
Polyamorous - multi-partner system where all parties acknowledge and validate each partner's ability to love and engage in a relationship with more than one person at a time

Boundaries

1. What are your do nots?
2. Do I know and communicate my intentions in every intimate exchange?
3. What does my ideal relationship look like? What are the structure and rules? What is the general flow?

Final Activity: take all of your answers and put them in a paragraph to describe yourself as an intimate person

EXAMPLE

Hi I'm Shan, my love language is physical touch and acts of service meaning I am looking for an intimate partner who is excited to hold me and go buy groceries when I need the help! My sex language is direct, as a fan of language I love when someone I am interested in can put their desire for me into words. I also enjoy sensual and mental sex as well! I am a 0 on the kinsey scale in action but more of a 1 or maybe 2 in fantasy - being with a woman as apart of my sexual expression is something I can see myself doing when the time feels right to me. I thrive in an open relationship! As someone who studies sex and relationship for a living I am happy to have a partner who I can experience these things with without being limited in my experience with others as I see fit.

I do not like negging or any kind of downplay around my sexuality. Discouraging me from experimenting with something new or expressing myself as I see fit will be registered as a betrayal to me. I am very comfortable communicating my intentions and I expect for my partners to be able to do the same, I take betrayal and lying very seriously. Please be honest with me, I will attempt to understand you long before I judge you so do not feel the need to hide your truth.

My ideal relationship is sexually monogamous but emotionally open (especially in concerns with flirting and mentally engaging with others). The rules are to be your honest authentic self and be comfortable sharing that truth with me - your primary intimate partner. I require lots of stimulation mentally and physically as well as cooperative time where we help and focus on one another. That being said I encourage you to develop healthy relationships with family, friends, mentors, peers and others you experience attraction to - I plan to prioritize the same for myself.

USE PROTECTION

Healthy sexuality is when the climax of a sexual experience occurs in the act itself. Make a list beside each of the three items on how you use protection when engaging with

1. Sexual health
2. Emotional health
3. Self-esteem health

Using protection means preparing for the good and the bad and doing the leg work so in the moment you can have a sense of flow.

1. What does that mean to you?
2. How will you prepare yourself for effortlessness?

List of common sexually transmitted infections and diseases

Bacteria vaginosis

Urinary tract infection

Yeast infection

Herpes HSV1 and HSV2

Gonorrhea

Chlamydia

Syphilis

HIV

AIDS

Trichomoniasis

Final activity take all of the above findings and work it into a paragraph that details how you will honor your health and use protection in your intimate life

PLEASURE

See the below list of ways to define pleasure and add any of your own terms:

Euphoria
Relaxation
Joy
Orgasm
Multiple orgasm
Connection with higher self/ higher power
Connection with a loved one

Seduction Styles (circle those that apply)

1. Siren - catches people's attention by oozing sexuality
2. Coquette - the tease
3. Dandy - sexually fluid (neither definitively masculine or feminine)
4. Charmer - knows what to say to make someone feel good
5. Charismatic - the life of the party that everyone wants to stand next to
6. Natural - has an effortless almost childlike nature to them
(are not concerned with other's opinion)
7. Ideal lover - sees the potential in others and understands how to draw that out of them/
encourage them to be their best
8. Star - has an ethereal out of this world quality to them. They are mysterious and
inexplicably alluring
9. Rake - the player they have many people's attention and are not afraid to test the waters
with several of them
*Ardent rake - in addition to being a player they are also highly manipulative and not
always forthcoming about their multi-partner ways. They tend to keep partners but
playing against their self-esteem and inherent desire for love

Language to describe how I experience maximum pleasure (circle all that apply)

1. Edging - arriving at the brink of orgasm then stopping. Do this several times
2. Consistency - when something feels good keep doing it over and over
3. Orbiting - stimulation around and not on sensitive spots
4. Rhythm - a predictable and repetitive series of strokes, licks, sucks, rubs, etc..
5. Surprise - an unpredictable series of strokes, licks, sucks, rubs, etc..
6. Multiples - after one orgasm there will be more so continue to stimulate
7. Accenting - special attention to a particular area while stimulating others periodically
8. Framing - mental seduction (engage the senses and the mind)

9. Layering - putting a barrier between your erogenous zone and the stimulant
10. Staging - having a particular order you like sexual stimulation to progress with
11. Signaling - creating a road map of sounds/ touches for when things do and don't feel good
12. Hinting - Going close to a sensitive spot without directly stimulating it too often
13. Pressure building - pressing down on or around sensitive areas
14. Shifting/ jiggling - placing pressure near but not on the erogenous zone then moving it up and down or back and forth
15. Stroking the spots usually involving penetration - A spot, U spot, G spot, C spot
16. Sucking/ Squeezing/ Suctioning
17. Cocktailing - mixing them up

Final activity: take all of the above findings and work it into a paragraph that details how you will receive and interact with pleasure in your life

EMOTIONALLY WISE

1) **What is your attachment Style** (circle one):

1. Anxious - I tend to get fearful or uncomfortable when I don't hear or have contact with loved ones. I sometimes fear that distance is a sign that I do not matter to someone. I also tend to be very jealous and territorial
2. Secure - I like to have people around but am okay when they take space. I may have questions for someone who has put a lot of space between me and them but I do not jump to conclusions. I tend not to be that jealous or territorial
3. Avoidant - I like a lot of space between myself and others and tend to feel suffocated when someone asks too much of my time. I enjoy people but I don't feel as though I need them. I am not jealous or territorial over others at all

2) **What do I look for in a partner** (rank in order of importance)

- Shared politics/ religion/ outlook on life
- Emotionally stable - mostly content with no temper, no mood swings
- Securely attached - Not too clingy or not too distant
- High novelty seeker - Likes to do new things
- Supportive/ happy for my good news
- Intelligent
- Physically attractive
- Takes responsibility for self
- Partnership oriented - Enjoys working as a team not as an independent
- Similar interests
- Similar values
- Speaks my love language
- Strong life skills (cooking, cleaning, maintenance, finances, etc...)
- Good parenting skills

- Sexually compatible
- Financially independent/ affluent
- Good sense of humor/ good at connecting with others
- Trustworthy
- Faithful
- Strong leadership skills
- Follows directions / allows others to take the lead

Final activity: take all of the above findings and work it into a paragraph that details how you will ensure you are emotionally satisfied and stable in your intimate life

RESPONSIBLE

1. Is sex being put before the things that truly matter?
2. Am I using sex as a way to mask a deeper issue?
3. For me is sex the effect of a healthy intimate life or a replacement of it?
4. Am I acknowledging and working to improve the barriers that prevent me from having my best intimate life?
5. What behaviors in my intimate life throw my balance off whack and jeopardize my other priorities?
6. Do I love myself enough to share myself?

Self Centred Exercise

Make 3 detailed lists

1. Things I love about myself/ life
2. Things I hate about myself/ life
3. Things I am neutral about and accept as a flawed but fantastic part of who I am

Focus on the middle list. Beside each item you hate beside it write a plan of action to so that item can be moved up (things I love) or down (think I accept).

Final activity: take all of the above findings and work it into a paragraph that details how intimacy will play a responsible and healthy role in your life

BACKGROUND INFORMATION FOR FURTHER RESEARCH

Shan Boodram is a sex/ love expert certified as a sexual educator and as a clinical sexologist. Her book, LAID was a Canadian bestseller and she has appeared as an expert on CNN Radio, ABC, CBC, CBS, TLC, BET and MTV. She has over 20 million views on YouTube and has been featured in The New York Times, Forbes, Glamour, TIME and on The View.

For more information on Shan visit ShanBoody.com

To purchase her edition of CRAVE's vibrator necklace visit shanboody.com/shop and enter the promocode BOODY

Book Recommendation

1. She Comes First
Dr. Ian Kerner
2. The Science of Happily Ever After
Ty Tashiro
3. Mating in Captivity
Esther Perel
4. What Women Want
Daniel Berner
5. The Art of Seduction
Robert Green
6. The Social Animal
David Brooks
7. Hot Sex Tips, Tricks, and Licks: Sizzling Touch and Tongue Techniques for Amazing Orgasms
Dr. Jessica O'Reily
8. Attached
Amir Levine and Rachel S. F. Heller
9. Language to describe orgasm
OMGYES.com
10. Determine your love language accurately
5lovelanguages.com

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Because your journey to self love and acknowledgement is never truly finished