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| **B**  Body | Gas Pedals:   * I bring all my senses (taste, smell, sight, touch, hearing into the sexual experience for further excitement * I feel desire for my partner * Touching my partner is just as important as being touched * I feel relaxed & energized * I like movement & different positions * Oral Sex |  | P1:  P2: |  | P1:  P2: |  | Brakes:   * Inhibitions or criticism about one's body * Partner’s body is a turn off * Over/under focus on my genitals * Difficulty getting staying aroused or too long/quick to orgasm * Painful Sex * Infertility * Medication sexual side-effects |
| **E**  Emotions | Gas Pedals:   * My partner listens to and respects me * My heart desires romance and connection during sex * Sex makes me feel safe and more open emotionally * Sharing sexual feelings is a way I become transparent and deeply known by my partner |  | P1:  P2: |  | P1:  P2: |  | Brakes:   * When my partner is disengaged with me emotionally, I don’t feel like having sex * I’ve been rejected by my partner so often, I rarely initiate anymore * I get anxious about my sexual performance * I get anxious about my partner’s satisfaction with me as a lover |
| **S**  Spiritual | Gas Pedals:   * When I have sex, I feel gratitude, joy and utterly alive * I feel spiritually transcendent in orgasm * Sex can make me feel like a part of God or like I am part of something sacred and bigger than myself * When I make love to my partner, I feel like I’ve come home |  | P1:  P2: |  | P1:  P2: |  | Brakes:   * Feelings of guilt or sinfulness pervade my sexual experience with my partner * Feelings of shame over my sexual responses, behaviors with my partner cause me to disengage * Sex can feel carnal or animalistic which feels dirty * I do it because it’s expected of me |
| **T**  Thoughts | Gas Pedals:   * I engage my memories, thoughts and/or fantasies about sex to anticipate intimate time * My creativity and planning enhance our sexual relationship * I can easily focus on sex and put aside other cares and worries |  | P1:  P2: |  | P1:  P2: |  | Brakes:   * I cannot separate intimacy time from my list of to-do’s * Fantasies feel wrong and I prefer to rely on sensation * At this stage in life, all my planning needs to go toward my work commitments; sex should just happen. * I fantasize about others which diminishes my desire for my partner |
| **S**  Sexual secure attachment Cycle | Gas Pedals:   * I feel safe, secure, open, engaged, curious and able to surrender to my partner * I am the initiator most of the time but feel wanted and desired by my partner * I am usually the responder in the cycle but often get the message my partner thinks I’m good in bed * Our balance works-Positive Cycle |  | P1:  P2: |  | P1:  P2: |  | Brakes:  *Pursuer*   * I am always checking to see if my partner is available or might reject my approach * I worry that my partner doesn’t think I’m attractive * I can get hyper, angry, even manipulative about sex   *Withdrawer*   * I find it hard to access my desire and sometimes dread my partner’s initiation * My partner doesn’t give me time to express my desire and I have to push back against their requests * Sometimes, I just do it to get it over with but don’t expect to get anything out of the it |
| **E**  Explore history, culture, family of origin, sexual orientation, and previous romantic relationships | Gas Pedals:   * My culture, family and faith supported my appreciation for my body, development and sexuality * My parents modeled a warm, affectionate romance * My family supported my sexual orientation and gender identity * My past sexual experiences (especially my first) were fun, safe, and meaningful * Hearing about my partner’s sexual past experiences would help me understand them better |  | P1:  P2: |  | P1:  P2: |  | Brakes:   * My parent’s relationship was characterized by acting out, infidelities or violence * My family was in turmoil over my sexual coming of age or my sexual coming out * My culture sent me negative or mixed messages about sexual pleasure, intimacy and who I was supposed to be * My first experience was painful, meaningless or in some way humiliating * My partner might be either too jealous or uninterested in my sexual history * There is unhealed infidelity in this relationship * I have a history of abuse, sexual trauma or molestation |
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| **X**  External | Gas Pedals:   * I think toys, vibrators, lubricants and other sexual accoutrements make sex more fun * Alcohol and/or substances help me relax into the sexual moment * Domination/submission or kink are exciting ideas to me * Interested in extra partners * I use porn or erotica to turn on |  | P1:  P2: |  | P1:  P2: |  | Brakes:   * I feel pushed by the suggestion for sex toys and vibrators * I worry about my partner’s need to use alcohol to get in the mood * My partner’s wishes for kink or power dynamics seem a little sick or scary * I believe my partner spends too much time watching porn and worry about sexual compulsivity or addiction |
| **T**  Talking | Gas Pedals:   * Talking about sex is a perfect way to make it better for both of us * Sexual debriefs after lovemaking add to the experience for me * We’ve found a sexual vocabulary that works for both of us * I am free in bed to direct my partner, share my explicit wishes and vocalize my pleasure |  | P1:  P2: |  | P1:  P2: |  | Brakes:   * I have never been open talking about sex and I am pretty quiet in bed * Evaluating a sexual interlude afterwards feels like pressure * My partner uses sexual words for acts or body parts that leave me cold or sound crude * My partner wants to do sex their way and doesn’t listen to me or remember what I’ve said |

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| **A**  Amount | Gas Pedals:   * I have orgasms most of the time and find sex pleasurable * I get turned on by my partner’s orgasm * I’m happy with the frequency of sex * We have a good balance |  | P1:  P2: |  | P1:  P2: |  | Brakes:   * I never or rarely orgasm * I’m dissatisfied with the frequency * I feel pressured and over-focus on my need or partner’s need to orgasm * My partner wants sex more than me |
| **L**  Laughter/Playfulness | Gas Pedals:   * Laughter really helps to relax and engage * Playfulness makes me feel connected * I think my partner appreciates my playfulness * Adult playground |  | P1:  P2: |  | P1:  P2: |  | Brakes:   * Joking around turns me off * My partner is too serious and focused on performance * We are on different pages and laughter is awkward * I wish my partner's initiation was passionate instead of funny * Feels like I’m with a child |

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| **K**  Kissing | Gas Pedals:   * Turns me on * Makes me feel connected * Is my favorite part of sex * Is romantic * Is intimate |  | P1:  P2: |  | P1:  P2: |  | Brakes:   * My partner doesn’t know how to kiss me. * Too little or too much * Too wet or too dry * It's not that important * Adds pressure * I do it for my partner |
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