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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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