

Re-Kindle Your  
*desire...*



**Bring Sexy Back!**

With Dr. Megan Fleming  
Clinical Psychologist and Sex & Relationship Expert



***RE-KINDLE YOUR DESIRE  
& BRING SEXY BACK!***  
**WORKBOOK**

Use this workbook in conjunction  
with the 60-minute audio. It's filled with  
Exercises and How-To's!

This program is being offered for educational purposes only. No diagnosis or treatment regarding a specific medical condition is being offered.

## INTRODUCTION

Welcome to the *Re-Kindle Your Desire & Bring Sexy Back!* Audio Program. I am so excited that you have chosen to participate in the program.

Sometimes you forget what it's like to feel sexy and have desire when you're dealing with kids, family, careers, deadlines, and households...who has time for spicing up your love life? Now you have that feeling that your sex life is lacking. You're in a rut. It's the same old sexual routine with your partner time after time.

**I want to teach you how to take your sex life to a whole new level!**

Maybe you just need a little spicing up. Maybe you feel disconnected from your body and the potential pleasure it can bring you...do you feel hopeless and afraid...resigned to the possibility that things might never change?

Great sex involves feeling deeply loved and adored, whether you are with yourself or with another person. When you can achieve this level of intimacy with both yourself and with a partner, you'll create a desire that keeps you wanting more.

When you take control of your sexy mind, you will be able to communicate that, which is deep inside you. It means your feeling life-force energy stream through every part of you and expressing your sexuality in your own unique way.

This audio and workbook is designed to show you that taking ownership of your sexual pleasure will move you out of that stuck space.

## THE BENEFITS OF A GREAT SEX LIFE

Before sharing with you the keys to a great sex life, I want to highlight exactly why making this change is worth it.

*First of all, sex is both rejuvenating and invigorating.*

*Sex is also a natural anti-depressant and stress reliever.*

*Sex is a great way to give and receive love.*

It can also be a strong force for personal growth...the inspiration for self-realization and spiritual nourishment promotes intellectual stimulation.

As you read this, I'm wondering if you've ever really experienced how fantastic sex can be. I'm wondering if you've ever allowed yourself to truly let go, to let all of the feelings and sensations possible with sexual pleasure wash over you.

If you haven't, I can assure you that by following the steps throughout this workbook, you WILL!

By filling out the worksheets on the following pages and working to change your mindset and awaken your desires you will get to a place where you can experience sex like you've never known before!

### REWRITE YOUR STORY- IT'S AN INSIDE JOB!

Many of you are under the influence of a sex story that doesn't serve you. This story may come from messages you received growing up. It may stem from religious beliefs. It's existence may be due to early childhood experiences, unwanted sexual experiences, traumatic experiences, or even a lack of experience. There are many paths that one can take on the way to an unsatisfying sex life. There are just as many sexual stories that we unconsciously tell and re-tell ourselves. Stories that ensure we never move forward.

I understand this. I understand what it's like to be in a sexual rut, and what it takes to get you out of one. I know what it feels like to be hostage to an old story that no longer serves you.

So today I am inviting you to write a new narrative. So let's start by recognizing why you are here. I know you are here because you want to feel more desire, and you want to experience greater sexual pleasure. Being able to acknowledge this is the first crucial step. But now that you've admitted to yourself that you aren't satisfied, you have to be willing to change your mindset when it comes to intimacy.

#### **What does that mean?**

1. You need to foster a non-judgmental attitude toward how you're feeling.
2. You need to be open and receptive to the possibility that change can happen.
3. You will need to be willing to take chances and try on new behavior & ways of thinking.
4. You need to approach this process with constant curiosity, and a willingness to learn.

What follows is a guided meditation that will help you center your mind and prepare it for the learning process ahead. So take a deep breath in, exhale...and another. Leave everything else to the side. This is your time; with nothing you need to do right now and no demands whatsoever.

Allow yourself to take in what feels like it fits and notice what feels doable right now in this moment and what may take a little more time or need more support. Everything you need is available to you when you are ready to accept and choose it.

Okay you should have taken a few minutes to work on your breathing and get your mind and body in place where you are ready to learn.

So let's talk more about what it means to rewrite your story. In order to illustrate this concept, I'm going to share with you a passage from Daphne Rose Kingma's *Garland of Love*:

*"Whatever you dream of, hope for, want to change, or wish would happen in your life – it's happening now. Wanting change, dreaming a dream, wishing for things to become as you envision them to be are all acts of the unconscious that, molecule by molecule, set in motion the chemistry of change.*

*Imagination is instantaneous, but achieving what we hope for takes time. Still, once we have started to hold a vision – in our hearts and minds, in the feelings of hope and expectations that we quietly acknowledge to ourselves – we have already initiated the process that can make the possibility real.*

*So whatever you desire, whatever chance you want to occur, whatever outcome you seek, remember that it's happening now. The desire itself is already creating the outcome."*

Let's apply this passage to sex. In rewriting that last line in order to apply it to your intimate life, it would read:

*Whatever SEX you desire, whatever change in your sexual experience that you want to occur, whatever SEX outcome you seek, remember it's happening now. YOUR desire for greater sexual pleasure is itself already creating the outcome.*

As you make your way through this workbook, you, too, will have the chance to rewrite your own story from the inside out.

But first, what does your story look like now? And where does your pleasure come from? **Take a minute to rate yourself based on where you feel your pleasure comes from:**

	Not at all					Completely				
Your Mind:	1	2	3	4	5	6	7	8	9	10
Your Body:	1	2	3	4	5	6	7	8	9	10

Most of us believe that pleasure comes from our bodies. We believe that the mind has an influence, but that it plays a much smaller part than the body itself. But that's only a small piece of the picture.

It's true that our ability to know a feeling and experience it *does* come from our physical body. But that being said, our brain / mind is our biggest sex organ. I know that this is a line we hear / read all the time, but it's true. It's ultimately our minds that determine how much pleasure we are open to experiencing.

### **A Sexy mind is a terrible thing to waste!**

Sadly, many women unwittingly do that. Often – because of what has or has not happened – many women tell themselves a story about who they are and what will or won't happen for them. They define their limits by what they've already seen, or what others tell them to think, do, or believe.

But the story you've been telling yourself doesn't have to be the *whole* story!

**THE FOUR KEYS TO UNLOCKING YOUR EROTIC POTENTIAL**

**Key #1 –**

Open your mind and the rest will follow...before I explain what this means, let's do a few exercises together. **Write down any thoughts, feelings or sensations that come up when you read the following words and phrases.**

**Worksheet 1: Words Carry Feelings**

<b>Passionate Sex</b>	
<b>Foreplay</b>	
<b>Angry Sex</b>	
<b>Slow Sex</b>	
<b>Makeup Sex</b>	
<b>Outdoors</b>	
<b>Sex Toys</b>	
<b>Light Touch</b>	
<b>Firm Hands</b>	
<b>Vibrators</b>	
<b>Lights On</b>	
<b>Lights Off</b>	
<b>Dildo</b>	
<b>Orgasm</b>	
<b>Vagina</b>	
<b>Penis</b>	
<b>Anal</b>	
<b>Vulnerable</b>	
<b>Quiet</b>	
<b>Loud</b>	
<b>Exposed</b>	
<b>Aroused</b>	

What was that like? What thoughts popped up? What feelings did you notice? Were you surprised? Which words and phrases did you like? Which words made you feel uncomfortable?

The reason I asked you to notice your reaction to these words is because I wanted to give you the opportunity to notice that you already have feelings about these words and what they mean to you. They may bring good, bad, or neutral feelings. Some may speak more strongly and directly to you than others. But, in reality, there is no good or bad...no permitted or prohibited. Any limitations are ones that we've imposed, either consciously or unconsciously.

We are not blank slates when it comes to sex. We have a lifetime of experiences and messages that have formed over time, and that shapes what and how we think about sex.

I'm asking you to move beyond what you already know and make room for something new.

Worksheet 2: **I would have a great sex life today if only...**

**Is there one particular thing you feel you need to make your sex life amazing, or are there many things that pop up into your mind? And are these things specific to your current partner? Write these things out below:**


In writing these things down, I'm inviting you to notice what do you name and feel are the barriers that are keeping you from having the sex you desire.

Notice if the items above are external issues, like your partner, your partner's qualities and behaviors, or specific situations. Or perhaps it's something inside you:



your thoughts, your feelings, and/or your approach to sex.

This is your story. This is what you tell yourself about sex and, by extension, what you experience.

In speaking about manifestation, Wayne Dyer says that you can end up manifesting the things you *don't want* into your life rather than the things you *do want*, by focusing on the things you're dissatisfied with rather than the things you want.

In telling yourself this skewed story of what's possible for you in the bedroom, you're doing the same thing. Your negative thoughts and limiting beliefs have become self-fulfilling prophecies.

I invite you to shift focus and meditate upon the positive... the vision of what you want. I invite you to change your story. Keep the worksheet above somewhere safe, and start focusing on the things there... the things you want to manifest into your intimate life.

Worksheet 3: Looking Inward To Find What You Want

***Close your eyes and imagine your ideal lover. What are the qualities of that person? Is it creativity? Intelligence? Sensitivity? Humor? Good looks? Is it someone who is passionate? Who knows what they want? Who is romantic and/or honest? Is it someone who takes charge or, on the flip side, someone who follows orders? Write your answers below.***


Now, in looking over this list you've created, take note: How many of these qualities do you yourself have? How many would you like to have? Is it possible that what you seek in your ideal lover is you?

The point of this exercise is to stop looking outside of yourself for what you want. When you come to realize that you can singlehandedly give yourself many of the things you want, need, and enjoy, you will be able to stop looking to others for happiness and fulfillment.

Let's just try one more exercise (for now). At this point, you're probably feeling more aware of the part your thoughts and reactions play in the quality of your intimate life. These thoughts and reactions are an integral part of your story and, in turn, your story shapes the world you experience. Let's take a look at how well you're doing turning yourself on and owning your sexual pleasure.

## Worksheet 4: Mind Over Matter

<b>I turn myself on when... (I think about... do... don't do... feel...)</b>	
<b>I turn myself off when... (I think about... do... don't do... feel...)</b>	

As you filled out this quickie worksheet, did you find yourself struggling to make sense of these questions? It could be because you spend most of your time thinking about what *your partner* does or doesn't do that turns you on and off.

You're not alone in this. It's what most of us do. We need to notice the bad things in our lives before we feel compelled to take action. What I want you to get is that, even when these things we tell ourselves are true, and there are things that your partner does that are a real turn off or drive you nuts. The point is, they just are. Good or bad. When you accept this and them (and no...that doesn't mean your partner doesn't have to equally stretch or that things will always be this way), it just means you accept right now in this moment what is.

Now that you've opened your mind to the possibility of making change by looking inward, I'd like you to start practicing the 5 to 1 rule.

This rule comes from the work of the internationally renowned marriage researcher John Gottman. It states that, for every negative thought you notice, you should also make the effort to pinpoint or focus on five positives.

For example, you're feeling frustrated because your partner has been working

overtime lately. What else is also true in that moment that you can be thankful for or appreciate? Perhaps you could remind yourself that you have a partner who loves you. Perhaps you could think back to a time when your partner did something particularly thoughtful. Perhaps you could feel gratitude for all of the times the two of you have had fun together. Perhaps you could feel gratitude that his job affords the two of you additional financial security, or that the work he's doing is something he loves.

When you think of all of these positive things together, that one negative begins to seem very small. When you consciously and purposefully redirect your attention to the things you want more of in your life, things change.

One caveat: Focusing on the positive doesn't necessarily eliminate the negative. But when you stop fueling the negative, it shrinks in size, and holds less sway over your life.

Now apply this to your sex life. Focus your attention on what you want in the bedroom and, by extension, create the experiences that turn you on. Transform the way your sex life looks on the outside by transforming yourself on the inside.

### Key #2 -

#### **Dream your dream and create YOUR vision.**

Now that you've become more attuned with the ways in which your mind can affect what happens in your body, and in your bedroom, it's time to scrap that old story that's been holding you back and write an entirely new script.

So go back to those worksheets in the previous sections. Review the things you want more of and use those desires as the raw materials for this vision you will manifest in your life.

Then, put it all together and write it down. Really take time with this, spending 20-30 minutes to really let your mind wander to examine and explore all of the possibilities of what your heart and mind truly desire.

Worksheet 5: The (New) Story of My Life

**As you write out your vision below, be sure to include as many details as you can. Imagine with all five of your senses how you want your life to look and feel. Add your own pages to give enough detail so that anyone reading this would be crystal clear what you desire are inviting in into your life and committed to showing up for in your thoughts and actions.**


**Key #3 –**

**Fall Passionately in Love with Yourself**

We are all on a journey. As we grow older, our bodies change. As we grow older, our desires change. Oftentimes, we get stuck imagining ourselves as the person we used to be, when the person we have become is just as — if not more — beautiful. When the person we have become has new and equally valid needs.

When you come to see yourself as you are now — and accept that new vision — your energy changes. After all, there's nothing more attractive to your partner than confidence... sexual or otherwise.

So take a good, long look at yourself.

Go on.

Worksheet 6: **Beautiful Me**

<b>Look at yourself in a mirror and spend time focusing on what you like or love about your body. Then, write down those things you love, or at least like, in the worksheet below.</b>

As you do this, I realize it may feel like too much of a stretch to say you LOVE any part of your body.

That's why I encourage you to start with the things you merely like. Your strong shoulders...the curve of your hip...your open, expressive eyes...your beautiful smile.

When you are taking the steps to get to where you truly want to be, the road can seem hard. Arduous. Often, you have to take small steps. Baby steps.

And if you take a step and don't get the desired outcome, you can't look at it as failure. Instead, you have to go back and understand why things turned out the way they did. Sometimes, the reason something didn't turn out the way you wanted it to is because the step was too big.

The part of this key that I *really* want you to get is that if you don't love yourself... if you don't feel your self-worth... if you don't know that you matter and that you're important, you *will* get stuck. Your judgmental and negative thoughts will only hold you back. These negative thoughts literally change our bodies.

The reality is our bodies are 60% water. Water, we've learned from Dr. Masaru Emoto's experiments can be changed by our words. Words can actually affect the crystalline structure of water. If you weren't already aware, it's important for you to know that your thoughts carry energy and that energy can change the structure of the water in you!

Dr. Emoto observed the effects of words, prayers, music, and environment on water. He hired photographers to take pictures of water after being exposed to the different variables and subsequently frozen so they would form crystalline structures. The results were nothing short of remarkable.

Here's the link to a YouTube video so you can see for yourself the powerful difference words can have on water molecules.

<https://www.youtube.com/watch?v=tAvzsjcBtx8>



Words are very powerful, indeed. Because of this, I'd like you to try going at least 24 hours without a negative thought.

This will be a toughie, but don't despair. Anytime you notice negative thought, just reframe it into a positive one that's also true and restart the clock. If you find this too frustrating, just take notice of your negative thoughts, reframe them, and observe over time whether or not it becomes easier to focus on the positive.

Have compassion for yourself during this process. It may prove more challenging than you anticipated.

And because it's easier to love yourself when you treat yourself right, I'd like you to start implementing these self-care tips into your daily life. (These are non-negotiable. I'm notorious for saying Self-care does not equal selfish, and you need to start making both yourself and your pleasure a priority.):

1. Get plenty of sleep. At least seven hours of sleep is recommended (National Sleep Foundation 2013 International Bedroom Poll). That being said, I think we all know for ourselves what feels like the right amount. So listen to your body, and adjust your sleep schedule accordingly.
2. Exercise regularly. The health benefits will be huge, and will also positively affect how you feel in your body. I love nothing more than a good cardio session to release tension in my body. The more tension we hold within us, the more reactive we'll be to disappointing situations.
3. Eat well. Be mindful of what you put into your body. Consider what is and isn't nutritious, and be sure to get all of the essential vitamins you need. In the winter, a number of my clients end up with vitamin D deficiencies and, as a result, they experience higher levels of fatigue, and lower mood swings.
4. Orgasm regularly. Just as cardio is good for your physiology, so are orgasms!

They release dopamine and oxytocin, which are considered the pleasure and attachment hormones.

In summary, taking care of yourself is like refueling your inner gas tank so that you will have more to give. Loving yourself and connecting with your confident sexy self will make you a magnet for your partner.

### Key #4 –

#### **Take Action. Communicate Your Needs and Desires So They're Actually Heard.**

Now that you're more in tune with both your body and mind, it's time to pinpoint what feels good and gives you pleasure, so that you can communicate that to your partner.

If you've been in a relationship for any significant period of time, you've probably fallen into routine. Most couples do. Sex starts feeling scripted. Even worse, it's starts being boring. After while, it may no longer even feel worth having. This is certainly the case with the many couples I've seen that has stopped having sex altogether.

This is because — whether you're in relationship or single — we all need novelty.

Even when things are good, we tend to take the familiar for granted.

So how can you inject more novelty into your love life?

1. Explore your turn-ons. You can do this in a variety of ways. Read erotica, and make note of which stories turn you on the most. Watch erotic films, and be mindful of what thoughts, images or behaviors gets your nether regions tingling. Spend time **without judgment** noticing what turns you on.

As you explore, realize that fantasy is just that. Being turned on by a concept does not mean you would be aroused by a specific action in reality. Heck. Sometimes, I daydream about robbing a bank... never worrying about money again! But I wouldn't do it.

2. Communicate with your partner. Talk about what turns each of you on. Also talk about the things you've never tried before... things you might be open to trying.

If you're like most couples, things that you both enjoy are on your sexual menu. Things that either of you weren't open to trying, didn't like in previous relationships or tried on together awkwardly, have fallen off your menu. Revisit a conversation now with everything you can think of that you'd like to try or experience.

Consider something you tried together in the beginning of your relationship that didn't feel right, and might feel right to you now. Role Play for example may not have felt right in the beginning of your relationship because you didn't yet really know your partner. Now, it could potentially be really HOT! The greatest thing about having a partner you know and trust is that you can explore your boundaries within the safety of your relationship knowing that you've got each other's backs.

Take it slow, put a toe in the water, so to speak, to learn what does and doesn't feel good to you both. Explore, Play, get Curious. Make a shared list of all the experiences you want on your sexual menu. Then, rank them as Yes, No or Not for Now. Anything you both say yes to have a green light for initiating. Anything No is off the menu and the Not for Now, is a No to be revisited in time to see whether or not it might ever feel right to add to your menu.

### Worksheet 7: Yes/No/Maybe

Your New Menu Item	Will you tell your partner?		
	Yes	No	Maybe

As you communicate with each other, avoid placing blame, or casting things in a negative light. Present your thoughts and ideas in a way that generates excitement for both of you, rather than presenting them as a lack or deficiency in your partner, or in the life you share together.

For example, instead of saying, "Don't drop me!" beg your partner to hold you tight.

Instead of saying, "Our sex life is horrible!" say "We have a sex life that, day by day, is becoming more exciting and pleasurable."

See the difference?

3. Finally, be compassionate with yourself. If you're feeling exhausted, distracted, or upset, those are not good times to stretch yourself. Be mindful of those times when you're more open and receptive to trying something new... and just as mindful of those times when you're not. After all, relaxation is the foundation of arousal.

### YOUR FOUR KEYS

- 1. Own your story**
- 2. Create your dream & vision**
- 3. Love and take care of yourself**
- 4. Take action!!!**

You know have the 4 keys and all you need to re-kindle your desire and bring sexy back! I have loved sharing these keys with you. You've already taken the huge first step by purchasing and starting this program. Congratulations!

Practice all these steps and bring any questions you might still have for me to the Live Q&A call on March 5th. I'll be sending you an email next week to start collecting your questions for anyone who might not be able to make the live call (everyone will receive the recording).

I hope you use this audio and workbook as a resource to come back to time and time again. I've heard many clients tell me; they hear something different and take away something new every time they've returned to listen.

What I'm covering right now I KNOW may feel to simplistic and not hold the level of detail that you may need to really vision your future. I've been a therapist for 15 years, believe me I know that sometimes we have blocks and feelings that prevent us from "trying on" new behaviors or even allowing the possibility of a dream or different experience for our future. Others of you may have the picture and see the dream but are still really unclear for yourself, what your own personal next right growth stretches are and how to pace them in a way that ensures your happiness.

Sometimes you already have someone in your life to share this journey with in a confidential and safe space. If you don't and your stuck moving forward on your own, I want you to know that I'll be sharing details on the live call March 5th for the option of joining a 4-week small group experience to share and learn with other women, who like you, are prioritizing reclaiming their sexual desire, inviting and showing up for more pleasure in their lives.

The part I most want you to get is that whether you do it alone, with me, in a small group or with your partner, it really doesn't matter. What matter's is that you do it! Take the time, decide and act on behalf of yourself and your future.

I'm here for you all on your own personal journey to rekindling your desire. If you're interested in connecting or working with me sooner, love to hear from you. I feel privileged to share in your journey and I'm dedicated help you past any personal hurdles that might be keeping you from fully re-kindling your desire and bringing your sexy back!



### ABOUT THE AUTHOR



Dr. Megan Fleming is a nationally recognized certified Sex & Relationships Expert.

She has over 15 years of experience working with individuals and couples to discover what's getting in their way and teaches them the skills and strategies to get the sex and relationships they want.

Dr. Fleming is also a clinical instructor at the Weil Cornell Medical College. She is known for her practical advice and easy to follow guidance. A media go to expert for all aspects of sex & relationships; she's been featured on Anderson Cooper, Oprah Winfrey Network, MSNBC, Cosmopolitan, Men's Health, Maxim and The New York Times among others.

Dr. Megan has been married for 14 years, and has 2 kids.

For more information on Dr. Megan Fleming and her work, visit her website at:

<http://greatlifegreatsex.com/connect/>