

THE FIVE SENSES WORKSHEET

Think of your five senses— touch, taste, smell, sight, and sound. Now write down the first time you received any information that was sexual or sensual through each of these senses. For each one, answer the following questions. Think about the context and the energy that you felt in that moment too. Set aside some time to do this exercise alone.

1. How old were you?
2. How did it make you feel, and what did you think?
3. Who else was there?
4. What was their reaction?
5. What was your reaction to this?
6. How does it feel to remember this now?
7. How do you think it shaped your ideas and ideals around your sexuality?



Vision

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.



Hearing

1.

2.

3.

4.

5.

6.

7.



Smell

1.

2.

3.

4.

5.

6.

7.



Touch

1.

2.

3.

4.

5.

6.

7.



Taste

1.

2.

3.

4.

5.

6.

7.

FINAL REFLECTIONS

- Think of how old you are now and looking back, do you still think the same/feel the same about them?

- How are these serving you? Are they enhancing your intimate connections or hindering them?

