

My Desire Is Usually Highest When...

Check the cues that feel true for you right now

SAFETY AND CONNECTION

I can relax, choose freely, and feel close.

- | | |
|--|---|
| ☐ I feel emotionally safe | ☐ I feel physically comfortable |
| ☐ I can say no without consequences | ☐ I feel wanted without pressure |
| ☐ We have repaired a recent hurt | ☐ I feel seen and understood |
| ☐ Touch can stay affectionate | ☐ We can talk openly about what feels good |

ANTICIPATION AND FORBIDDEN

The build-up, imagination, or taboo feeling sparks something.

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| ☐ We flirt before seeing each other | ☐ I have time to look forward to intimacy |
| ☐ There is playful teasing | ☐ We keep a private secret together |
| ☐ It feels forbidden in fantasy | ☐ We explore a taboo theme in fantasy |
| ☐ We try something novel by agreement | ☐ There is suspense about what comes next |
| ☐ When you slowly undress me | ☐ When you slow sex down and each touch feels like "we shouldn't be doing this" |

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VISUAL EROTIC CUES

Fueled by direct genital stimulation, explicit sexual energy, and a straightforward focus on orgasm and standard sexual acts.

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|--|--|
| ☐ When I see your naked body | ☐ When I look at your naked genitals |
| ☐ When I watch you undress | ☐ When I can see that you are aroused |
| ☐ When I see you touch yourself | ☐ When I watch you give or receive oral sex |
| ☐ When I watch you touch my genitals | ☐ When I see your response to my touch |
| ☐ When I see us in different sexual positions | ☐ When I see your face during orgasm |
| ☐ When I see us engage in explicit sex play | ☐ When I can grab your genitals without a warm-up (with your consent) |

LOVE AND BONDING CUES

Affection and belonging make desire feel accessible.

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| ☐ We have meaningful conversation | ☐ I feel cherished or appreciated |
| ☐ We laugh and enjoy each other | ☐ My partner shows care during the day |
| ☐ We spend unrushed time together | ☐ I feel supported outside the bedroom |
| ☐ We share affectionate touch | ☐ Intimacy feels meaningful to us |

Other cues I notice in these categories:

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ROMANTIC IMPLICIT CUES

Subtle signals of romance invite desire without a demand.

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|---|---|
| ☐ A lingering kiss or embrace | ☐ A meaningful glance across the room |
| ☐ A thoughtful note or gesture: flowers, chocolates, or a foot massage | ☐ Music, dancing, or a shared atmosphere |
| ☐ Slow touch with no fixed destination | ☐ A gentle invitation instead of a request |
| ☐ Feeling courted or pursued | ☐ Space for desire to emerge naturally |

DANGEROUS AND AGGRESSIVE CUES

The feeling of intensity or risk can live in safe fantasy or agreed play.

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| ☐ A risky feeling in fantasy | ☐ A pretend forbidden scenario |
| ☐ Assertive energy I have asked for | ☐ A partner takes the lead by agreement |
| ☐ I take the lead by agreement | ☐ A consensual power dynamic |
| ☐ Strong, intense touch within my limits | ☐ A clear way to pause or stop any time |
| ☐ Fantasy of sex in a forbidden place (beach, public bathroom, or car) | ☐ Choking or forceful neck-play fantasy (no neck pressure) |
| ☐ Consensual biting | ☐ Consensual slapping |
| ☐ Consensual scratching | ☐ Being tied up or restrained by agreement |
| ☐ Being pushed against a wall by agreement | ☐ Consensual hair pulling |

Spiritual Cues

When faith, meaning, and purpose invite desire

SPIRITUAL CONNECTION

Notice the qualities, practices, and shared meaning that draw you closer.

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|---|--|
| ☐ When I see you participate in spiritual duties | ☐ When I see you being a good dad |
| ☐ When I see you engaged in your life purpose | ☐ When I see you praying or reading scripture |
| ☐ When I see you meditating | ☐ When you share enlightened thoughts |
| ☐ When I see you serve others with compassion | ☐ When we talk openly about our beliefs |
| ☐ When I see you live your values with kindness | ☐ When we share a meaningful ritual |
| ☐ When you support my spiritual path | ☐ When I feel aligned with you in our values |
| ☐ When I see you reflect and grow | ☐ When intimacy feels connected to something sacred |

Another spiritual cue I notice:

Which of these cues feels most meaningful, and why?

What Turns Me Toward Desire?

Notice your patterns without needing to explain every one

My three strongest cues right now:

1. _____
2. _____
3. _____

A category I want to understand better:

A cue I have not shared with my partner:

One invitation I would welcome more often:

Fantasy does not have to become action. If you choose to act on a cue, talk about consent, limits, and what feels safe to both of you first.

Neck pressure can cause serious injury; do not enact choking. Public-place cues are fantasies.

Source: NHS Scotland, Non-fatal strangulation (Right Decisions).

A checked box describes a possibility, never an obligation or a promise.