

PLEASURE MECHANICS MINDFUL SEX

DISTRACTIONS INVENTORY

Ever feel distracted during sex?

You are not alone!

It can be really easy to get distracted during life, and sexual moments are no exception.

Staying present during erotic encounters and paying attention to the arousal in your body are advanced skills that can be developed over time. But the first step to being more present for all the pleasure that awaits you is learning how to manage your distractions. And the first step in managing distractions is beginning to pay attention to what distracts you most frequently.

Some distractions can be more easily managed than others - it is easier to remove the dirty laundry from your bedroom than it is to slay years of shame! But once you see the patterns in your distractions, you'll be better able to deploy strategies to focus your attention back where it belongs - the pleasure and connection available to you!

Distractions can do more than just cause your attention to waiver - they can become major barriers to your arousal. Some distractions put the brakes on our arousal, making it harder for our bodies to stay in the erotic zone. If one distracting thought leads to another, in just a few moments you can be hijacked into a totally unsexy headspace.

Learning to manage your erotic distractions is a process that will happen over time. First, start paying attention to your erotic experiences and the distractions that come up. Use this interactive worksheet to take inventory of your most common patterns of distraction. Then think through strategies to minimize or eliminate major distractions! These strategies can include easy fixes (putting a lock on the door to manage the worry of kids barging in) and long term emotional work to excavate old attitudes and myths that get in the way of your sexual wellness. '

Need support through this process? A few sessions with a great therapist can go a long way towards understanding and optimizing your erotic experience.

Ready For More?

For a complete podcast episode on managing erotic distractions:
www.PleasureMechanics.com/distraction

Ready to practice the skills of mindful sex? Join us and get started, at your own pace:
www.PleasureMechanics.com/mindful

FOR MORE MINDFUL SEX PRACTICES:
PLEASUREMECHANICS.COM/MINDFUL

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DISTRACTIONS INVENTORY WORKSHEET

How often
are you distracted by...

Never Once In Awhile Frequently All The Time!

	Never	Once In Awhile	Frequently	All The Time!
Daily Chores / To Do Lists				
Financial Pressures				
Concerns About The Kids				
Concerns About Aging Parents				
Other Family Issues				
Unpleasant Smells				
Taste Of Lover's Skin or Mouth				
Texture Of Lover's Skin				
Unpleasant or Painful Touch				
Visual Stimulation: Clutter or Mess				
Visual Stimulation: Own Body				
Visual Stimulation: Partner's Body				
Other Visual Stimulation				

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DISTRACTIONS INVENTORY WORKSHEET

How often
are you distracted by...

Never Once In Awhile Frequently All The Time!

Sounds of Bodies

Sounds In House

Safe Sex Anxiety: Preventing STIs

Preventing Unwanted Pregnancy

How Body Looks

How Body Smells

How Genitals Look

How Genitals Smell

Anxiety Over Sexual Skills

Anxiety Over Erection or Orgasms

Making Too Much/Not Enough Noise?

Concern Over Partner's Experience

Other Distractions:

FOR MORE MINDFUL SEX PRACTICES:
PLEASUREMECHANICS.COM/MINDFUL