



# HOW TO WANT SEX AGAIN

TRAINING WORKBOOK

# HOW TO WANT SEX AGAIN

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## Welcome to this 3-part video training!

I am glad you're here.

You're here because you want to learn, so I've created this free worksheet to help you capture and absorb all the important information that's here.

Even with the best of intentions, by the time this training is finished, you'll have forgotten half of what you learned.

There is scientific evidence that the very act of writing — *using an actual pen and paper* — helps us remember things and integrate them into our brain.

So print this workbook, grab a pen or pencil, and follow along.

You'll soak up the incredible amount of information presented here, taking you one step to wanting sex again.

To find your way back to the videos, scan this QR code and pick up where you left off.

In service of your sexual pleasure and wellness,



# VIDEO 1/3: Hidden Truths & Dangerous Myths about Women's Libido



## LIBIDO MYTH #1:

My sexual desire *should* be \_\_\_\_\_ and I should be able to \_\_\_\_\_, the way my man can.

Why this myth is dangerous to my extraordinary relationship:

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Why I am no longer willing to continue to believe this:

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## LIBIDO MYTH #2:

I am a \_\_\_\_\_ who can do it all — serve everyone, do everything — and, even if I am exhausted, I should be \_\_\_\_\_.

Why this myth is dangerous to my extraordinary relationship:

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Why I am no longer willing to continue to believe this:

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# VIDEO 1/3: Hidden Truths & Dangerous Myths about Women's Libido



## LIBIDO MYTH #3:

I should \_\_\_\_\_ with the man I love,  
*just* because \_\_\_\_\_.

Why this myth is dangerous to my extraordinary relationship:

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Why I am no longer willing to continue to believe this:

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## LIBIDO MYTH #4:

I can have \_\_\_\_\_, even \_\_\_\_\_ sex, *and still*  
expect \_\_\_\_\_ to crave more of it.

Why this myth is dangerous to my extraordinary relationship:

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Why I am no longer willing to continue to believe this:

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# VIDEO 2/3: Is Not Wanting Sex a Big Deal?



## The 10 relationship-destructive behaviors:

Check the box if this applies to your relationship.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_
- 7. \_\_\_\_\_
- 8. \_\_\_\_\_
- 9. \_\_\_\_\_
- 10. \_\_\_\_\_

# VIDEO 3/3: Noble Strategies That Backfire & Threaten to Ruin Your Relationship (and Make It Impossible to Fix Your Libido)



**Noble Strategy #1:** \_\_\_\_\_

\_\_\_\_\_

How it limits my life, love and relationship:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Noble Strategy #2:** \_\_\_\_\_

\_\_\_\_\_

How it limits my life, love and relationship:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Noble Strategy #3:** \_\_\_\_\_

\_\_\_\_\_

How it limits my life, love and relationship:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# VIDEO 3/3: Noble Strategies That Backfire & Threaten to Ruin Your Relationship

(and Make It Impossible to Fix Your Libido)



**Noble Strategy #4:** \_\_\_\_\_

\_\_\_\_\_

How it limits my life, love and relationship:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Noble Strategy #5:** \_\_\_\_\_

\_\_\_\_\_

How it limits my life, love and relationship:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Now that you know all of this ....

Will you say **yes** to finding your connection to yourself and your partner so that these patterns do not happen again?

The blueprint that I've seen work again and again is not a secret. It is my signature *Feed Your Libido* online course.

It is the *only* program that understands how these myths lead to the destructive patterns that work against your relationship and guides you through the exact steps to change by helping you:

1. Understand your body and sexual desire and be able to listen and pay attention to what you need
2. Show up to sex from a full cup and with desire from *within*
3. Engage sexually with your man in a way that builds intimacy and closeness
4. Enjoy sex that is pleasurable for you, at your pace, and that honors your body

It's all online, with videos that you watch at your own pace and transformational exercises that make change possible, not just theoretical.

It's the 5-step blueprint that *will* transform your good and great relationship and make it an *extraordinary* one.

Scan the QR code below and [go to the information page](#) to register.

In service of your sexual pleasure and wellness,

