

I'd like to talk about my sex life

My person is:

Date:

Before the conversation I have...

- Had a think about what kind of sex life I would like and thought about what practical steps I might have to take in order to achieve this.
- Thought about how this is going to impact on me. How big of an issue is this for me? How strongly do I feel about it?
- Considered what I want for my sex life. More sex? Less sex? Different types of sex? Or do I need some helping looking for a sexual partner(s)?
- Asked for some language or communication support if I need it.
- Got ready a pen and paper, glasses or hearing aids, and this checklist, so I can make notes on what is said.
- Asked for someone to be with me at the meeting, or listen in on the conversation if that is right for me.

During the conversation I will remember to ask...

- My person to repeat things for me, or to say things in a way that makes sense to me. If I want to, I will ask my person to wait while I write things down.
- What support I will need? Will I need help to attend events? Will I need access to literature? Equipment? Medication? Will I need access to online? Do I need help with this?
- If I am thinking about having more sex, do I need new clothing? Access to sex toys? Access to condoms? Access to erotica?
- Are there any other factors that affect how I might begin a new sexual relationship? Is there anyone I need to tell? Can I do this or do I need to get help to do it?
- If my person knows of any new ideas that might be useful, e.g. websites, etc where I might meet someone who could be a potential partner for me.
- Do I understand any possible risks involved looking for a sexual partner? i.e. potential upset, rejection, or failure to succeed?

Before I finish the conversation I will check...

- Have I told my person everything I wanted to say? Have I asked all my questions? Have I made a note of the answers and do I understand them?
- For more conversations or research, do I understand where I might need to go or what I might need to do to satisfy my sexual needs and wants? What I need to do in advance? e.g. Do I need to research new sexual practices, or communities e.g. swingers
- Before I begin looking for a way to satisfy my sexual needs, do I have an idea about what kind of sexual activity is right for me? Is there anything I know that I would not welcome in my sex life?
- If I have a particular person in mind that I would like to pursue a sexual relationship with, do I have a plan in mind about how I am going to approach that person?

