

General Suggestions for Enjoying Your Sexuality

- Go slow. Take small steps. Don't rush into sex.
- Avoid putting pressure on each other. Have fun and don't be too serious.
- Re-explore your own sexuality...think about what you expect. Share this with your partner.
- Try to understand and value the aspects of your sexuality that are not directly related to sexual activity.
- Fantasize...remember the brain is the most important sex organ!
- Talking about sex gets easier over time – use your own words.
- Try other forms of giving pleasure – re-discover what feels good for you and your partner.
- Look beyond intercourse – expand your sexual repertoire.
- Think about touching – sometimes showing a partner can be helpful.
- Don't be afraid to experiment with lubricants, massage oils, vibrators...
- Create a romantic setting. Look at the timing of the activity.
- Love-making should focus on pleasure for both partners. Appreciate your partner. Remember teamwork is essential!
- Changes can be an opportunity for growth and increased sexual pleasure.
- Re-discovering sexuality amidst challenges takes time – be patient with yourself.
- Seek help if you need it.

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Revised: January, 2007, by Sally Breen, RN, BSN

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For further information: Contact the Sexual Health Rehab Service, GF Strong Rehab Centre