

**Sensory Aspects – List the elements of sex and sexual intimacy that bring you sensory joy, sensory distress and/or sensory challenges.**

	<b>Sensory Joy</b>	<b>Sensory Distress</b>	<b>Sensory Challenges</b>
<b>Tactile - Touch</b>			
<b>Gustatory - Taste</b>			
<b>Olfactory - Smell</b>			
<b>Visual - Sight</b>			
<b>Auditory - Sound</b>			
<b>Vestibular - Balance</b>			
<b>Proprioception - Body awareness (External)</b>			
<b>Interoception - Body awareness (Internal)</b>			