

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

<b>EXAMPLE</b>	<b>Sensory Joy</b>	<b>Sensory Distress</b>	<b>Sensory Challenges</b>
<b>Tactile – Touch</b>	Holding hands. Cuddling. Body stroking – gentle.	Partner(s) licking my nipples. Cuddling too firmly. Partner(s) slapping my bum.	Stroking my nipples.
<b>Gustatory - Taste</b>	Wet kissing.	Oral sex – taste of semen.	Oral sex – giving.
<b>Olfactory - Smell</b>	Nice scents – candles, aftershave or perfume.	Smell of bodily fluids – sweat.	
<b>Visual - Sight</b>	Seeing my partner(s) naked. Seeing my partner(s), clean-shaven. (face, armpits and genitals).	Sight of bodily fluids – semen, blood, urine.	
<b>Auditory - Sound</b>	Music – played at a low level.	External noises – loud music, phones ringing, dogs barking. Sexual groaning/moaning – loud. Tickling.	Dirty talk – giving and receiving.
<b>Vestibular - Balance</b>	Certain sexual positions – against a wall.	When my partner(s) head is too close to my face. Dizziness after sex.	
<b>Proprioception - Body awareness (External)</b>	Penetrative at the right tempo and pressure (deep pressure sensations).	Awkward body position.	
<b>Interoception - Body awareness (Internal)</b>	Orgasm.	When orgasm takes longer than expected, my clitoris can feel quite sensitive.	Seeing my partner(s) struggle to interpret bodily sensations.