

# STELLAR *Life*

Hosted By *Orion*

## Sexual Therapy

10 Point Checklist

**Kongit Farrell**

Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar Life!

# STELLAR *Life*

Hosted by *Orion*



# 10 STEPS YOU CAN TAKE TODAY

**Take charge of your health, wellness, and success.  
Here are 10 steps that can move you closer to your goals – today.**

- ☐ Don't be ashamed of or hide from your sexuality. You deserve pleasure in whichever way you desire.
- ☐ Be more open to taking sex therapy especially if you've experienced sexual trauma in the past.
- ☐ Observe your sexual behaviors and responses to determine if you need to change something. You can fix pain during intercourse, difficulty in orgasming, and more.
- ☐ Communicate openly with your partner. Let them know your likes and dislikes and what turns you on.
- ☐ Know your partner's likes and dislikes. Another form of pleasure is giving pleasure back.
- ☐ Curate your environment so that it can be an inviting place for sex. You can add some lighting or music but make sure it suits both of your moods for lovemaking.
- ☐ Reach out for help if you are struggling. There's always someone who will understand you and help you learn more about your intimate self.
- ☐ Find things and activities that make you feel beautiful. Achieving pleasure is a combination of stimulating the body and the mind.
- ☐ Don't be envious of couples or women you see on the media. Realize that what the media portrays about sex is far from real life.
- ☐ Know your self-worth. If you are in a bad place in your relationship, have the courage to change your situation so that you can make way for positivity in your life.