

SEXUAL EXPERIENCE JOURNAL



NAME OF PARTNER

DATE

LOCATION

LENGTH OF EXPERIENCE

DAYTIME OR NIGHTTIME

ONE WORD TO DESCRIBE THE EXPERIENCE

CATEGORY

RATING

ENVIRONMENT	1	2	3	4	5	6	7	8	9	10
ATTRACTION	1	2	3	4	5	6	7	8	9	10
GRATIFICATION	1	2	3	4	5	6	7	8	9	10
TURN ON	1	2	3	4	5	6	7	8	9	10
CONNECTION	1	2	3	4	5	6	7	8	9	10
DESIRE FOR PARTNER	1	2	3	4	5	6	7	8	9	10
COMFORT	1	2	3	4	5	6	7	8	9	10
PLEASURE	1	2	3	4	5	6	7	8	9	10
WELL-BEING	1	2	3	4	5	6	7	8	9	10
NUMBER OF ORGASMS	1	2	3	4	5	6	7	8	9	10
HOW WELL WERE YOUR NEEDS FULFILLED?	1	2	3	4	5	6	7	8	9	10
HOW PLEASURED DID YOUR PARTNER SEEM TO BE?	1	2	3	4	5	6	7	8	9	10
OVERALL EXPERIENCE	1	2	3	4	5	6	7	8	9	10
CONFIDENCE	1	2	3	4	5	6	7	8	9	10
ABILITY TO STAY HARD	1	2	3	4	5	6	7	8	9	10
LEVEL OF HARDNESS	1	2	3	4	5	6	7	8	9	10

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CATEGORY	ASSESSMENT		
EXPERIENCE TYPE	MIND	BODY	SOUL
WOULD YOU HAVE SEX WITH THIS PARTNER AGAIN?	YES	NO	NOT SURE
PACE	SLOW	FAST	MIXED
HOW FULLY DID YOU SURRENDER?	FULLY	PARTIALLY	SHUT DOWN
WHERE WAS YOUR FOCUS MOST OF THE TIME?	FEARS	HER	MY PLEASURE

WHAT WERE YOUR TURN ONS OR MOMENTS YOU LOVED?

Large grey rectangular area for writing responses to the question: "WHAT WERE YOUR TURN ONS OR MOMENTS YOU LOVED?"

WHAT WERE YOUR TURN OFFS OR MOMENTS YOU DIDN'T LIKE?

Large grey rectangular area for writing responses to the question: "WHAT WERE YOUR TURN OFFS OR MOMENTS YOU DIDN'T LIKE?"

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DESCRIBE YOUR ORGASM(S):

A large, empty rectangular box with a light gray background, intended for the user to describe their orgasm(s).

WHAT WERE SOME POSITIVE THOUGHTS YOU WERE HAVING DURING THE EXPERIENCE?

A large, empty rectangular box with a light gray background, intended for the user to describe some positive thoughts during the experience.

DID YOU HAVE ANY INTRUSIVE THOUGHTS DURING THE EXPERIENCE?

A large, empty rectangular box with a light gray background, intended for the user to describe any intrusive thoughts during the experience.

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DESCRIBE YOUR FAVORITE / SEXIEST MOMENT:

A large, empty rectangular box with a light gray background, intended for the user to describe their favorite or sexiest moment.

SOMETHING YOU'VE NEVER EXPERIENCED OR TRIED BEFORE:

A large, empty rectangular box with a light gray background, intended for the user to describe something they've never experienced or tried before.

HOW DO YOU FEEL ABOUT THIS SEXUAL EXPERIENCE?

A large, empty rectangular box with a light gray background, intended for the user to describe how they feel about the sexual experience.

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HOW DID YOU FEEL ABOUT YOUR PARTNER, YOURSELF AND THE EXPERIENCE IMMEDIATELY FOLLOWING ORGASM?

A large, empty rectangular box with a light gray background, intended for the user to write their response to the question above.

LIST YOUR PROGRESS AND GLIMMERS IN THE FORM OF TINIEST PERCEIVABLE WINS: (REMEMBER, YOU'RE LOOKING FOR THE THINGS THAT WERE 1% BETTER THAN THEY HAVE BEEN PREVIOUSLY.)

A large, empty rectangular box with a light gray background, intended for the user to list their progress and glimmers as instructed.

THINGS TO REMEMBER:

This is a 1% process. You will always be able to find something that was 1% better than before because you have learned something different in this guide and implemented something different in your sexual experiences. Different input, different outcome. It is impossible to not make progress. Every sexual experience will have glimmers. Find the glimmers, moments of pleasure that lasted seconds or less at a time and record them. Keep your focus on them relentlessly. What you focus on GROWS.

You may feel that this progress isn't enough, which can be understandable, but it is extremely important that you keep shifting your focus away and unblending from wanting to look at what hasn't changed. This is THE thing that will keep you stuck or moving backwards. It can be very seductive to want to go back to tracking what isn't working but I can promise you that this focus only leads to more of what you have already experienced - more ED, more feeling out of control, more lack of confidence. Always remember!: UNBLEND, UNBLEND, UNBLEND! You cock follows your focus and so does your progress!

Anytime you feel you are struggling, go back and relisten to the audio guide over and over.

This is your initiation into greatness! If it were easy there would be no massive payoff! Keep ticking the boxes no matter how you feel. Keep shifting your focus away as many times as it takes. Keep bringing your focus to what feels amazing and before long you will be shocked at what a powerful man you have become! If you are in the valley of disappointment in your journey right now, KEEP GOING. If you quit, you will fail! If you give in to the seductive voice of "it's not working" you will never heal or step completely into your power! Every SINGLE one of my clients has cured their ED - but during the process they thought they were the one special one that couldn't do it, they had many relapses and many intrusive thoughts to unblend from! It is normal and part of the process! YOU'VE GOT THIS! KEEP GOING!!

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AFTER READING THE PREVIOUS PASSAGE, LIST YOUR 1% WINS AND GLIMMERS AGAIN. DO IT WITH ENERGY! REMEMBER, IT DOESN'T MATTER HOW YOU FEEL RIGHT NOW! LET'S GO!

A large, empty rectangular area with a light gray background, intended for writing the 1% wins and glimmers.

WHAT CAN YOU DO BETTER NEXT TIME? WHAT DO YOU HAVE TO TIGHTEN UP OR TWEAK DURING THE NEXT EXPERIENCE?

A large, empty rectangular area with a light gray background, intended for writing about areas for improvement or tweaks for the next experience.

