



The Conscious SEX *Conversation*

A conversation to have with your
lover before getting juicy >>

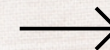
@annaedencoach

WHAT IS THE RBD SMA CONVERSATION?

It's a conversation to have before entering lovemaking or any physical intimacy with each other, in order to get clear on needs, boundaries and desires so that both can feel safe and relaxed.

Having this conversation allows you and your lover to drop into sensual play without worrying about overstepping boundaries or wondering whether you are on the same page.

It makes it all more safe and conscious, and to be honest, this convo can create a lot of sexy excitement too!

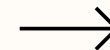


RELATIONSHIP

Relationship status. What kind of relationships are you currently in? What agreements are you navigating within those other relationships that will affect this one?

A good question to ask is:

would anyone else be impacted by us connecting with each other?

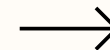


BOUNDARIES

What are your boundaries for this experience?

Share about the boundaries each of you have as individuals and also in accordance to the other connections that you're in.

*Example of boundaries:
I don't want penetration
I'd like us to keep underwear on
I want us to shower before*



DESIRES

What are your desires for this experience?

Invite each other to be really honest, and to embrace non-attachment to the desires as well. Sharing about desires in a vulnerable way can be very healing, empowering and hot.

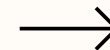
Example of desires:

I desire to receive touch on my whole body

I desire a sensual slow play together

I desire to be in my feminine and surrender to your lead

I desire to tie you up

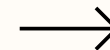




SEXUAL HEALTH

When did you get tested last time? Do you have any known STDs? What kind of protection do you want to use?

Allow your partner to have a choice around their health and what they're exposing their body to so they can have informed consent. It's time to break the stigma around STDs. Let's be safe, and not sorry!



MEANING

What does this experience mean to you?
What does it mean afterwards in terms of our
connection?

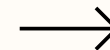
Examples of meaning:

A deepening of our connection

A next step in our relationship

Getting to know each other on a new level

Nothing more than fun for the moment



AFTERCARE

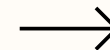
What do you need to to feel safe and
connected after engaging with each other?
Any specific needs?

Examples of aftercare:

To be held and cuddle and not rushing into other things right after

To shower together

That you call me tomorrow and ask how I am



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