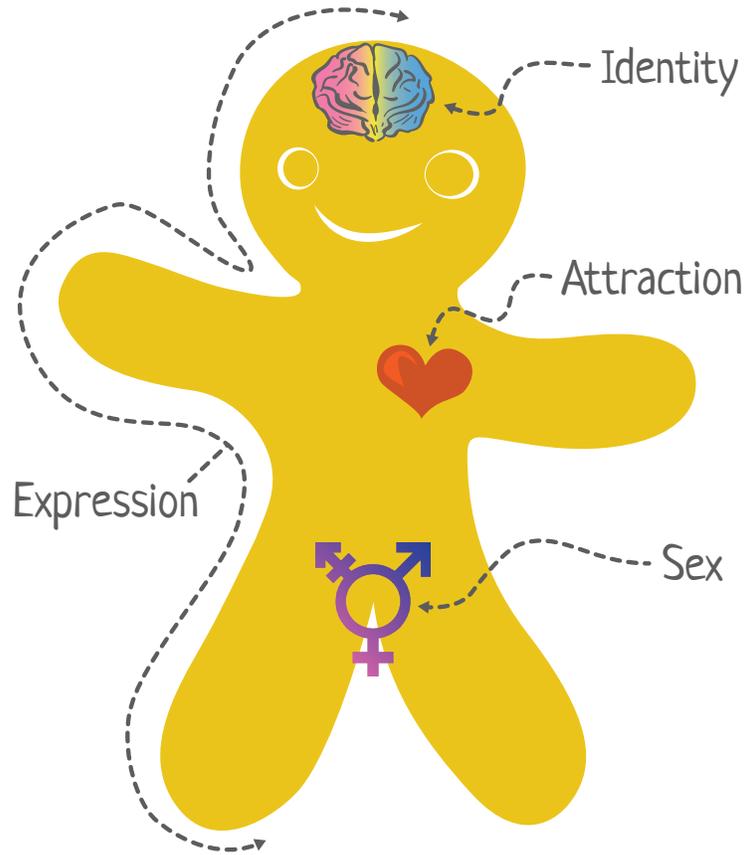


The Genderbread Person v4 by its pronounced METROsexual.com



⊘ means a lack of what's on the right side



Gender Identity



→ Woman-ness



→ Man-ness



Gender Expression



→ Femininity



→ Masculinity



Anatomical Sex



→ Female-ness



→ Male-ness

Identity ≠ Expression ≠ Sex
Gender ≠ Sexual Orientation

Sex Assigned At Birth
□ Female □ Intersex □ Male



Sexually Attracted to... and/or (a/o)



→ Women a/o Feminine a/o Female People



→ Men a/o Masculine a/o Male People



Romantically Attracted to...



→ Women a/o Feminine a/o Female People



→ Men a/o Masculine a/o Male People

The Sexy in Me Honors the Sexy in You

A Reader's Guide

Dear Reader,

This guide is meant to give you space to work through, laugh about, and bemoan all of the thoughts, feelings, and revelations you have had while reading this book. As you talk through these questions with a group of friends (while snuggled up with hot chocolate or giggling over glasses of wine), remember to be gentle with yourself and resist comparing your journey and Your Sexy to anyone else's. This guide is a space for you to honor the path you have each taken through this book and to connect with one another through the power of the feminine. And, most importantly, I hope you will have fun!

Love, Alexandra

1. Where did you receive the bulk of your sexual education? What age were you? What was included? What was not included that you wish you had gotten more insight on? What roles do you think parents, schools, and peers should play in sexual education?
2. How do larger social movements like #MeToo affect the conversations you are having in your life about sexuality? What are the challenges and opportunities of this moment in our history?
3. Before reading this book, did you think of yourself as having “a Sexy”? How does thinking of Your Sexy as inside-out rather than outside-in change how you feel about it? Does it change the way you think about your ideal sexual experience? Does it give you new areas of self-love to focus on?
4. How have gendered rules or norms and heteronormative sexual scripts influenced your sexual self? In what ways have they helped you? Hurt you? How might you change them? Shape them? Get specific: Are there certain things you would try if you felt less “gendered”?
5. What are the various things that have motivated you to enter into sexual encounters? How would you compare your experiences with relationship sex versus nonrelationship sex? Resist the urge to label your experiences as good or bad and instead explore how the status of your relationship with a partner affects your sexual experience. How can you be an ally to other women with diverse sexual motivations, experiences, and preferences?
6. What are some of the messages that run through your head during sexual experiences? Where do you these messages come from? How do they affect your experiences of pleasure and connection? Have you tried to use mindfulness to quiet the “chatter”? What happened?
7. Consider the different locations on the Map of Sexual Self-Awareness (chapter 2). In which of these seven locations do you struggle the most in your relationship with Your Sexy? In which of these seven locations do you experience the greatest ease and flow in your relationship to Your Sexy?

8. Share an FGO (fucking growth opportunity) that you have experienced in the past or more recently—could be sexual but could be in another realm too like something related to work, friendship, or family. Share what you have learned and discuss how you will want to navigate a moment like that differently in the future.
9. How do you know when your choices are being guided by fear versus by love? What helps you move from fear toward love?
10. Think of your favorite flower. Now describe it to the group. Notice the kind of language you used—did you say words like “rounded,” “soft,” “bumpy,” “textured,” or “veined”? Imagine that we as a society thought of and talked about vulvas the way we talk about flowers—as existing in many beautiful varieties, where none is “best.” Imagine if you thought of your vulva as a flower—would that change anything about your relationship to your body? Would it change the ways you masturbate? Have sex?
11. How has trauma impacted your experience of the feminine? What are the conversations around trauma or trauma prevention that you have had throughout your life, and how have these conversations affected the way you approach your sexuality?
12. Consider times when you were successful in bringing up sexual issues, positive or negative, with a partner. Now consider times when the conversation did not go so well. What are the differences between these experiences?
13. Discuss the idea of faking orgasms. If you are comfortable sharing: Have you ever done it? What have been some of your reasons for doing it? What do you think made it difficult in that moment to end sex without faking an orgasm or to be honest with your partner(s) after the fact that you had not orgasmed? When discussing this question, be mindful that women’s bodies and experiences around orgasm are all different. How can we compassionately invite all women to be proud of the ways that they experience orgasm?
14. Do you hold an idea of yourself as pure or impure? Do you remember thinking about “purity” when you first engaged in sexual activity? How do these words—“pure” and “impure”—shape your understandings of your sexual self?
15. Imagine that this book is a person. What characteristics does this person have? What is the relationship like between you and this person? How you would like to maintain or change your relationship with this person going forward?
16. Imagine that Your Sexy is a person. What is the relationship between you and her? How much do you know about her in general? How much does your family, friends, and/or intimate partner know about her? What do you know about her growing-up experience and her history? What do you know about her current stresses and strengths? What do you know about her future goals and hopes? Who are her allies and her enemies? How often do you hang out with her? What it is like to spend time with her?
17. If comfortable, share the most emotionally evocative experience you had reading this book. What were the emotions? What do those emotions say about Your Sexy? How would you like to use the data of these emotions? What are the next steps?
18. If you are a parent, what would you want your kid(s) to know about their sexuality? How would you like your kids’ relationships to Their Sexy to be similar or dissimilar from your relationship to Your Sexy?
19. If you wrote the love letter to Your Sexy from chapter 13, what did you say?
20. How might the community of readers you are sitting with now continue to hold space for each other, especially in providing support regarding relational or sexual challenges?