

Sensual Self Quiz

Are intimacy or sensuality missing in your life ?

Can you remember the last time you felt passion or joy?

Do you find you don't have the time or the energy for yourself yourself?

Do you feel hormonal or body changes are interfering with your life?

Try this quiz to assess if the loss of your sensual self is the cause

- I don't have enough energy for being sexual
- I don't know where my passion went
- I can't remember when I last felt true joy
- There never seems to be time for me
- I don't enjoy my changing body
- I don't have a sense of balance in my life
- I have too many competing responsibilities
- I don't remember when I last felt sensual
- I often feel disconnected
- I can't remember when I last enjoyed being sexual
- Everyone wants something from me, I have nothing left for myself
- I don't know where my zest for life went
- I feel my relationships are suffering
- I don't often think about being sexual
- I can't remember when I last felt pleasure for pleasure's sake
- BONUS QUESTION: I want to explore my sensual self and start my sensual self journey

How many did you tick?

13-16: Lots of work to do, you are just starting the journey and there is a mountain to climb, but we can do it together.

9-12: A have a bit of work to do, you are 1/4 along the sensual self journey, its a bit of a steep incline, I can give you a hand.

5-8: You have some work to do, you are about 1/2 way along the sensual self journey, there is a slight incline and and we are nearly there.

1-4: Sensuality Galore, you are 3/4 along the sensual self journey, you on the flat, we are strolling side by side

If you ticked the bonus question no matter which others you ticked then the Sensual Self Journey is for you

If you didn't tick any then you are a Sensual Queen/Goddess/Warrior, and maybe exploring your potential is where you are headed, the Sensual Self Journey still has something to offer you