



create your

SEX UAL MANI FES TO

a meaningful couples exchange game created by you... for you

Sexual Manifesto is a couples exchange game, designed to help you be intentional about creating the sex life you want instead of allowing life's circumstances to shape your sex life.



HOW TO PLAY:

Minimum number of players: **2**

1. The following pages are structured to be home-printer friendly. Print, cut up, and play. Looking for something more sturdy? Try pasting them to an existing card deck or stick the sheets onto an old cereal box, and cut them out. **PRO TIP: Want to re-use over and over? Tape over the cards with clear packing tape for a faux lamination effect.**
2. Following the order of the cards (see numbers in bottom right corner), take each step at your own comfort and pace. At each of the first three steps, each player has their own set of cards (Player 1 has purple-themed cards and Player 2 has red). **Remember to seek curiosity over consensus, allowing each player to own all their words and feelings along the way.**
3. For the final step, don't feel obligated to fill out all the cards provided. There are extras included in case you want to revise them or reuse them for future use.

Enjoy this process of discovery and connection!

Kristin Hodson

Many of us made a manifesto like this when we got married or began seriously dating.

**“I promise to love,
hold, & honor you
through sickness
& in health...”**

A manifesto is a declaration of commitments, motives, or views. They are our values & aspirations as well as calls to action.



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When it comes to sex, we have the same opportunity to create guiding principles AND calls to action. These can support us through the inevitable ebb and flow of life.

You have the opportunity to be intentional about creating the sex life you want instead of allowing life's circumstances to shape your sex life. A Sexual Manifesto is a perfect way to get started.

Ready to start?

3

Before you start...



to make sure everyone feels safe & able to play together nicely.

To get started, each of you take a card and perform the Step 1 exercise.

4

PARNTER 1

Step 1:

On your own, choose three words that best describe your sex life right now.

Predictable Fulfilling
Safe Exciting Healthy
Bland Boring Stressful
Erratic Unpredictable
Unfulfilling Amazing
Awkward Unique Comfy
Subpar Fun Fulfilling
Lonely Varied Surprising

OR write down your own:

5

PARNTER 2

Step 1:

On your own, choose three words that best describe your sex life right now.

Predictable Fulfilling
Safe Exciting Healthy
Bland Boring Stressful
Erratic Unpredictable
Unfulfilling Amazing
Awkward Unique Comfy
Subpar Fun Fulfilling
Lonely Varied Surprising

OR write down your own:

6

Finished?



and enjoy the anticipation of a meaningful exchange while you wait for your partner to finish.

7

Ready to share?



Remember to seek curiosity over consensus, allowing each player to own all their words.

8

Before you start Step 2...



to make sure everyone feels safe
& able to continue.

If so, each of you take a card and
perform the Step 2 exercise.

9

PARNTER 1

Step 2:

On your own, choose three words that
describe how you'd like your sex life to be

Consistent **Fulfilling**
Safe **Exciting** **Healthy**
Spicy **Comfy** **Playful**
Erotic **Explorative**
Fantastical **Amazing**
Smooth **Mind-blowing**
Breath-taking **Fun** **Fulfilling**
Varied **Surprising**

OR write down your own:

10

PARNTER 2

Step 2:

On your own, choose three words that
describe how you'd like your sex life to be

Consistent **Fulfilling**
Safe **Exciting** **Healthy**
Spicy **Comfy** **Playful**
Erotic **Explorative**
Fantastical **Amazing**
Smooth **Mind-blowing**
Breath-taking **Fun** **Fulfilling**
Varied **Surprising**

OR write down your own:

11

Finished?



and enjoy the anticipation of a
meaningful exchange while you wait
for your partner to finish.

12

CONGRATS!

You've now established where
you each are and where you'd
like to go. Your manifesto can
help you get there, together.

Ready to keep going?

*if not, no worries. Consider setting another
time to move forward together soon.

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Step 3:

Reflect on the statements on the
following ten cards (each of you
have the same set of cards).

Reflect on them first on your own.
Then have a discussion about each,
choosing one topic at a time.

These exchanges might be a
perfect activity during a date
night or a weekend getaway.

Remember, there's no wrong way
to do this and no wrong answers.
Curiosity and openness are best!

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PARNTER 1

Question 1:

Are we connecting in meaningful ways in our everyday life?

What things are we doing that
create connection? What do
we want to be doing more of to
create connection?

15

PARNTER 1

Question 2:

How do we determine how often we have sex?

16

PARNTER 1

Question 3:

How would we like to approach sex (when and where)?

17

PARNTER 1

Question 4:

Who is responsible for initiation?

18

PARNTER 1

Question 5:

How do we want to hear a “No” when one partner feels like having a sexual experience and our partner doesn’t?

19

PARNTER 1

Question 6:

How do I handle emotional sexual disappointment?

20

PARNTER 1

Question 7:

Do we currently experience mutual pleasure in our sexual experiences?

21

PARNTER 1

Question 8:

How do we find compromise in our sexual relationship when there are differences in desire, comfort level, or styles of pleasure?

22

PARNTER 1

Question 9:

What are ways we can create trust and safety so we can take sexual risks?

23

PARNTER 1

Question 10:

What are the boundaries and agreements that we want to have within our sexuality?

24

PARNTER 2

Question 1:

**Are we
connecting in
meaningful ways
in our everyday
life?**

What things are we doing that
create connection? What do
we want to be doing more of to
create connection?

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PARNTER 2

Question 2:

**How do we
determine how
often we have
sex?**

26

PARNTER 2

Question 3:

**How would we
like to approach
sex (when and
where)?**

27

PARNTER 2

Question 4:

**Who is
responsible for
initiation?**

28

PARNTER 2

Question 5:

**How do we
want to hear a
“No” when one
partner feels like
having a sexual
experience and
our partner
doesn’t?**

29

PARNTER 2

Question 6:

**How do I handle
emotional sexual
disappointment?**

30

PARNTER 2

Question 7:

**Do we currently
experience
mutual pleasure
in our sexual
experiences?**

31

PARNTER 2

Question 8:

**How do we find
compromise in our
sexual relationship
when there are
differences in
desire, comfort
level, or styles of
pleasure?**

32

PARNTER 2

Question 9:

**What are ways we
can create trust
and safety so we
can take sexual
risks?**

33

PARNTER 2

Question 10:

**What are the
boundaries and
agreements
that we want to
have within our
sexuality?**

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**WOO
HOO
OO!!**

That was undoubtedly hard
work you just tackled together.

Well done!

**Ready to take
the final step?**

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Final Step:

After completing Step 3, review once
more the kind of sex you each want
to be having (Step 2). Using your
reflections and aspirations, now
create 3-4 guiding statements for
your sexual relationship (there are
extra cards if you need them).

Each statements should

- 1) Be positive
- 2) Focus on what you want instead of what you don't want
- 3) Be short so they are easy to remember, and
- 4) Be written in present tense as if you are already living by these principles instead of hoping to live by them.

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Here are a few examples to get you started:

We continue to expand our idea of
sex beyond intercourse

We practice the art and skill of
talking about sex

We seek to find mutual pleasure

We embrace our sexual differences,
similarities and preferences

We are sensually generous

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Need a few more?

We prioritize our sexual
connection and relationship

We see foreplay as our overall
sexual connection not just as
warm-up in the bedroom

We priotize a weekly sex date in
our marriage and trade off who
plans and initiates

We honor our boundaries and
agreements so we feel safe

We let pleasure guide us instead of
orgasm or specific outcome

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Now it's your turn

Work together to draft an agreed-
upon statement. **Don't stress this
part!** These don't have to be perfect.
They will live and grow and change
over time. Just enjoy the process or
creating something together!

39

Now it's your turn

Work together to draft an agreed-
upon statement. **Don't stress this
part!** These don't have to be perfect.
They will live and grow and change
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creating something together!

40

Now it's your turn

Work together to draft an agreed-upon statement. **Don't stress this part!** These don't have to be perfect. They will live and grow and change over time. Just enjoy the process or creating something together!

41

Now it's your turn

Work together to draft an agreed-upon statement. **Don't stress this part!** These don't have to be perfect. They will live and grow and change over time. Just enjoy the process or creating something together!

42

Now it's your turn

Work together to draft an agreed-upon statement. **Don't stress this part!** These don't have to be perfect. They will live and grow and change over time. Just enjoy the process or creating something together!

43

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Work together to draft an agreed-upon statement. **Don't stress this part!** These don't have to be perfect. They will live and grow and change over time. Just enjoy the process or creating something together!

44

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Work together to draft an agreed-upon statement. **Don't stress this part!** These don't have to be perfect. They will live and grow and change over time. Just enjoy the process or creating something together!

45

Now it's your turn

Work together to draft an agreed-upon statement. **Don't stress this part!** These don't have to be perfect. They will live and grow and change over time. Just enjoy the process or creating something together!

46

Now it's your turn

Work together to draft an agreed-upon statement. **Don't stress this part!** These don't have to be perfect. They will live and grow and change over time. Just enjoy the process or creating something together!

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GREAT JOB!

You hopefully now have 3-4 statements that will now serve as your Sexual Manifesto

Remember this a living document for you to revisit. It's important that you collectively take ownership of your partnership's Sexual Manifesto. It is as powerful as your commitment to it, so place these statements somewhere both partners can see them and revisit them often.

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