

# 11 Surprising Libido Killers

*author:*



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## Synopsis

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So many women come to me wanting to turn up their libidos and experience more and better orgasms. I start by asking them 11 questions that, on the surface, don't seem directly related to erotic desire. But the answers that women give me tell me a ton about their relationships with themselves, their turn-on, their bodies, their sensations, and with their capacity to contain embodied experiences, both desired experiences and not desired experiences.

In this episode, I'm going to ask you those same 11 questions that tell me whether or not you are in a robust, joyful relationship with your own desires, receptivity, and pleasure. You'll hear about:

- Why I ask each of these questions and the common answers I hear from clients
- Why and how these libido killers affect women specifically
- How to cultivate a desire in ways that have nothing to do with your partner
- Simple practices you can add to your day to experience more turn-on throughout your life

And more.   
  
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Conscious Couples' Circle on Mighty

Networks.   
  
Our capacity for pleasant sensations is always conscribed by our capacity for unpleasant, unwanted sensations, the things we fear, the things we're angry about, the things that we have grief about.

**-Michele Lisenbury Christensen**

**Hot Moments in This Episode:**

- How you wake up matters [10:20]
- A note about dressing sexy [16:05]
- Why you need to put on your own oxygen mask first [25:36]
- What your inner pleasure goddess wants for you [31:15]

I hope that these 11 questions help you see where you can build your capacity to delight in sensation. My wish is that you pick just one area to begin to shift today with the intention of deepening your relationship with yourself, your body, your felt sensations, your yes, your no, and your desire.

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Ready to bring about a transformation in your relationship to yourself, your body, and your partner? **CLICK HERE** to apply for a

consultation.</b></p>

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