

5 Tips to Secure Sex



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What is Secure Sex?

Secure Sex requires being authentic with yourself and others in an erotic way.

- So, what does it look like to be authentic sexually?
- Can folx even achieve that kind of sexual freedom?

We think so! Sex Therapy is always helpful and we suggest seeking out someone with whom you feel comfortable talking about all things sex.

At Healing Moments Counseling, we will help you build a secure, fulfilling sex life. A lot goes into being sexually secure, but are a few tips to consider:

Tips to Secure Sex

1

Love Yourself & Your Body

Right here it begins! Many folx cannot say they truly love themselves or their bodies. With messages from culture, peers, family, etc., we have been taught a very narrow lens of what is beautiful, healthy, and sexual.



We only have one body, and it is perfect just the way it is! Also, we are worthy to be loved, to give love, and to receive and give pleasure.

If we do not feel this about ourselves, it is almost impossible to truly feel freedom in our sexual lives.

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2 *Learn Your Body*



How do we know what we like sexually if we do not know ourselves?

Begin to think:

- What makes me feel sexy, powerful, confident?
- What makes my body, mind, and spirit feel good and playful?

Exploring these areas can help you understand yourself and your body, thereby giving you permission to fully enjoy life and pleasure.

3 *Ask For What You Need*



This is often a tough one. We have learned that asking for what we need can be seen as selfish, demanding, snotty, or being difficult to please; however, it is ok to ask those around you for what you need so that you feel more comfortable exploring your sexual palate.

You should also ask for what you need from yourself.

Ask yourself, what does my body, mind, and spirit need to feel relaxed, safe, and ready for pleasure? Maybe you need time for yourself, a workout session, or a hot bath.

Whatever it is, it is OK to ask for what you need.

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4

Define Intimacy For Yourself

Everybody has a definition of sex.

Not always, but often the definition of sex is narrow for folx.



There is more to sex than penetration and orgasm-a lot more! What if you could find ways to be sexually playful every day and not need sex to look just one way?

This would be an awesome goal. Embrace the wonder of your body, the wonder of your relationship, and the wonder of being single. Enjoy intimacy. Sex Therapy can help broaden the definition of sex so that you live a pleasure-filled life.

5

Come Up With Your Own Sexual Ethic



All too often, other people's views have shaped the way we do sex. And yet, many folx have great ideas of what sex should look like, how often it can take, where and when it can happen, etc.

By understanding what resonates with you sexually living into that narrative, you can liberate yourself to feeling secure sexually.

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At Healing Moments Counseling, we are dedicated to helping you live into what it means to have secure sex! Let us help you define what sex looks like for you so that you can learn to love and honor yourself and you can live a pleasure-filled life!