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| Describe the last time you were 100% sure about something you wanted for yourself. | If you could be touched however you wanted right now, how would that be? |
| Describe a time when you touched someone in a certain way because you hoped they might return the favour. | Describe the last time you went along with,  or put up with, something you didn’t want. |
| What is your favourite way to be touched? | What is your favourite way to touch someone else? |
| When was the last time you said ‘no’ to someone else,  and what did you say no to? | Think of a time you said a wholehearted ‘yes’ to something someone else suggested and describe how that felt. |
| Describe a time when you did something for someone else with absolutely no strings attached. | When was the last time you took action for your own benefit, and what was it? |
| Where in your body is your attention being drawn right now, and what do you notice there? | What is your favourite kind of sensation? |
| Tell me something you most want for yourself right now. | Describe one of the best gifts you’ve ever received, and why it was so good. |
| Describe the last gift someone gave you that you didn’t want, and how you felt receiving it. | What is your intention for today? |