

A GUIDED
UNDERSTANDING YOUR
DESIRE



WORKBOOK

DR. LORENA OLVERA



Welcome!

In these pages, I invite you to begin a journey of self-exploration and discovery.

Have you ever noticed that your sexual desire has decreased or that the spark that once fueled your passion doesn't feel quite the same? You're not alone.

Throughout this workbook, I'll guide you through a reflective process to help you better understand some of the factors that may be affecting your desire.

I encourage you to approach each question with curiosity, openness, and compassion for yourself. Reconnecting with desire is not a one-size-fits-all process. Your experience is personal, and your journey may look different from anyone else's.

So, open these pages and give yourself permission to explore. Let's begin this journey toward a deeper understanding of your desire.

Lorena Olvera



ABOUT ME

I'm Lorena Olvera, a sex and relationship therapist. I'm passionate about helping people better understand their desire and build more fulfilling, connected sex lives. I'm honored to support you on this journey of self-discovery and growth.



In the complex world of relationships and sexuality, there is a common misconception: that changes in sexual desire must mean that we are less attracted to our partner.

But desire and attraction are not the same thing.

They are distinct aspects of human sexuality, and changes in one do not necessarily reflect changes in the other.

It is completely normal for sexual desire to fluctuate over time without our attraction to a partner disappearing. In other words, you may still feel deeply attracted to your partner even during periods when your interest in sex is lower.

Throughout this workbook, we'll explore this important distinction and help you look at your experience with greater curiosity, understanding, and clarity.

Let's begin exploring what your desire may be trying to tell you about your body, your emotions, your relationships, and your life.



REFLECTION QUESTIONS

When did I first notice a change or decrease in my sexual desire?
Are there circumstances, medical factors, life changes, relationship changes, medications, stressors, or other experiences that may have contributed to this shift?

Do I feel anxious when I compare my sex life to other people's relationships? Or do I notice anxiety simply when I think about the current state of my own sex life?



REFLECTION QUESTIONS

Do I feel worried or concerned when I compare my sex life now with what it was like at the beginning of my relationship? What expectations do I have about how my sex life "should" look at this stage of my relationship?

Do I still experience attraction toward my partner even though my sexual desire is lower right now? If so, how do I experience that attraction?



REFLECTION QUESTIONS

Are there unresolved conflicts, emotional disconnection, resentment, or other relationship concerns that may be affecting my sexual desire? If so, what are they, and how might they be affecting me emotionally, physically, or sexually?

Could I be somewhere on the asexual spectrum—for example, asexual, demisexual, or graysexual? Is it possible that the way I experience sexual attraction or desire is simply part of who I am, rather than evidence that something is wrong with me, my partner, or my relationship?



REFLECTION QUESTIONS

¿Could a past traumatic or difficult experience be affecting the way I experience sexual desire today? What happens in my thoughts, emotions, or body when I consider this possibility?

What would it be like to give my body some time and space, without pressuring myself to feel desire on a particular timeline?

Could I allow myself a few weeks or months to observe what happens with curiosity rather than judgment?

How could I communicate this need for time, space, and understanding to my partner?



WANT TO EXPLORE THIS FURTHER?

Congratulations on completing this workbook.

By taking the time to reflect on your sexual desire, you've already taken an important step toward understanding yourself more deeply. If you'd like additional support, you don't have to navigate these questions on your own.

At Dr. Lorena Olvera's practice, our team of therapists can support you in exploring the emotional, relational, physical, and sexual factors that may be influencing your desire.



WE'D LOVE TO SUPPORT YOU
AS YOU CONTINUE EXPLORING
AND RECONNECTING WITH
YOUR DESIRE.

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