

Sex Ed Book Club
ProfessorSex.com/Sex-Ed-Book-Club
Come As You Are Discussion Questions

Wk1: Part 1 the (not-so) basics (p1-110)

- Q1. What is one thing you learned from this section of the book that you wish you'd known before?
How would having this knowledge have made a difference in your life?
- Q2. Did you complete the sexual temperament questionnaire? Were you surprised by your results or were they what you expected? Did you find this information useful and, if so, in what ways?
- Q3. The author writes for a female reader. What can men/male identified folx get out of reading this? How does this apply to them?
- Q4. If you could teach someone else one thing from part one, what would it be and why?

Wk2: Part 2 sex in context (p111-190)

- Q1. What does your personal stress response tend to look like? Fight/Flight/Freeze? What do you do to complete your stress cycle?
- Q2. What are some of the social messages you've had to unlearn about sex and/or your body?
- Q3. What is a way that you can exercise self-compassion in terms of your sexuality?
- Q4. What is your big take-away from part 2? What information would you share with others?

Wk3: Part 3 sex in action (p191-262)

- Q1: What are some of the myths you used to believe or hear about lubricant?
- Q2: How does understanding arousal non-concordance compare to social messages about sex? what are the implications for consent?
- Q3: What do you think about the assertion that sex and desire are not a "drive"?
- Q4: Nagoski talks about two "schools of thought" regarding monogamy/nonmonogamy: the Esther Perell school (Mating in Captivity) and the John Gottman school (The Science of Trust). Which one makes more sense to you? What do you think about each of these approaches?

Wk4: Part 4 ecstasy for everybody (p263-336)

- Q1: Nagoski presents the notion that men's orgasms are an evolutionary adaptation but women's are

not. After reading her discussion what do you think about this?

Q2: If you could teach someone else one thing from Pt 4, what would it be?

Q3: “Orgasm isn’t the goal. Pleasure is the goal.” Do you agree? Does the statement apply to just women or to men & other genders as well?

Q4: What are some of the meta-emotions/mental scripts that you have that don’t work for you