

Sacral Chakra Journal

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What excited you?

How sensual of a person are you?

How sexual of a person are you?

Are you in touch with your sensual side?

What brings you a sense of passion?

How do you honor your desires?

What do you not allow yourself to feel?

When do you feel the most passion?

How do you express your creativity?

What gives you positive energy?

What gives you passionate energy?

How important are sexual relationships to you?

How are you getting in touch with your sensuality?

What are your favorite senses?

How do you show yourself respect?

Describe your thoughts on self-gratification.

What makes you feel more connected with your body?

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What makes you feel more alive?

How are you expressing your passionate side?

What are your emotional needs?

What are your sensual needs?

How is your libido right now?

How are you making pleasure a priority in your life?

Do you feel like you are properly supported?

How are you cultivating more creativity?