



Module 4 Worksheet

Position Confidence Guide

This worksheet is for your private use. Take your time with it.

SECTION 1 | What You Learned in This Module

- Positions are tools for achieving specific outcomes, not tests of your flexibility, creativity, or skill.
- There is no universal best position. What works depends on your specific anatomy, your partner's anatomy, and what you are trying to accomplish.
- Angles determine sensation. Different positions create different angles, which stimulate different areas.
- Small adjustments (pillow placement, slight angle changes) often create bigger differences than dramatic position changes.
- Experimentation is research, not performance. You are testing whether a tool works for your body.
- Familiarity is not failure. Having a few positions that reliably work is more valuable than constantly trying new things that feel awkward.
- Communication during position changes is normal and necessary. Adjusting mid-intimacy is collaboration, not criticism.

SECTION 2 | Position Category Assessment

For each category, identify if you have at least one position that works reliably.

Face-to-face positions (allow eye contact, kissing, emotional connection)

Do you have at least one that works? ■ Yes ■ No ■ Have not tried

Rear-entry positions (allow deeper penetration, different angles)

Do you have at least one that works? ■ Yes ■ No ■ Have not tried

Side-by-side positions (reduce physical strain, allow longer duration)

Do you have at least one that works? ■ Yes ■ No ■ Have not tried

Positions with elevation (using pillows, furniture, height differences)

Do you have at least one that works? ■ Yes ■ No ■ Have not tried



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SECTION 3 | Comfort & Sustainability Evaluation

For your most commonly used positions, evaluate comfort honestly.

Position 1 (describe briefly): _____

Can I sustain this position without pain or excessive strain? Yes No

Does this create the sensations I am seeking? Yes No

Can I communicate easily during this position? Yes No

If something is not working, what small adjustment might help?

Position 2 (describe briefly): _____

Can I sustain this position without pain or excessive strain? Yes No

Does this create the sensations I am seeking? Yes No

Can I communicate easily during this position? Yes No

If something is not working, what small adjustment might help?

SECTION 4 | Reflection Questions

There are no right answers. This is private. Be honest with yourself.

Do you feel pressure to try positions that do not work for your body? Where does that pressure come from?

What is one small adjustment you could make to a position you already use that might improve comfort or sensation?

Are you communicating during position changes, or waiting until after? What would make mid-intimacy communication easier?



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SECTION 5 | Building Your Toolkit (Not a Catalog)

Identify 3 to 5 positions that reliably work for you and your partner. For each, note what it is good for:

Position 1: _____

Good for: Connection Specific angle Sustainability Control Other: _____

Position 2: _____

Good for: Connection Specific angle Sustainability Control Other: _____

Position 3: _____

Good for: Connection Specific angle Sustainability Control Other: _____

Position 4 (optional): _____

Good for: Connection Specific angle Sustainability Control Other: _____

Position 5 (optional): _____

Good for: Connection Specific angle Sustainability Control Other: _____

SECTION 6 | Your Action Item Before Module 5

Before moving to Module 5: Partner Dynamics, try one small adjustment to a position you already use.

Not a brand new position. Just one small change: add a pillow, shift your angle slightly, change who controls depth or rhythm.

Notice what changes. Document it below.

Adjustment Experiment:

Position I adjusted: _____

Small change I made: _____

What was different: _____

A NOTE FROM THEE FANTASY SHOPPE



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Thee Fantasy Shoppe | Where You Shop the Experience.

If you are trying to figure out what positions work for your specific body and you want experienced guidance, we are here.

Our staff averages over 15 years of experience helping people navigate exactly these questions. We can help you think through angles, comfort solutions, and practical adjustments based on your anatomy and goals.

Stop by our Daytona Beach location at Ridgewood and Madison, or give us a call.

TheeFantasyShoppe.com | (386) 252-7399

You are not alone in this.