



RELATIONAL PRACTICE · SEXUAL SOLIDARITY TEAM

Build Your Sexual Solidarity Team

Who backs you up in your erotic life? Cast a wide net — nothing here is final.

A Sexual Solidarity Team is an ongoing group of beings — living, passed on, or imaginary — who you experience, or actively recruit, as invested in your growth, pleasure, healing, and life-force energy. Partners, mentors, ancestors, and non-human beings can all be “on the team.”



Mentors & Guides

Living people who've shaped your relationship to your own sexuality.



Partners & Ex-Partners

Current or past partners who are — or could be — invested in your erotic life.



Therapists, Coaches & Allied Pros

Bodyworkers, doctors, or professionals who support your growth or erotic life.



Friends & Community

Who's already an informal cheerleader for your life, sexuality included?



Ancestors & Those Who've Passed

Who — that has passed — remains, in some way, on your side?



Aspirational & Imagined Figures

A version of someone — or yourself — you can recruit as a presence now.



Cultural Touchstones

Poets, artists, musicians, or characters whose spirit you channel.



The More-Than-Human

Plants, animals, land, water, or elements invested in your life-force.



Your Best Moments

What would you want this team to do with you?



Your Hardest Moments

What would you ask of them?



The Working Core

Who, from everyone above, could actually show up?



Anything Else

Anything else you want to note before you finish?