

Upgrade Program Sex Plan

Table of Contents

Introduction	2
Epistemic Status	2
Objectives	2
Metrics	3
Values	3
Value Analysis	3
Strategies	3
Actions	4
Schedule	5
Predictions	5
Outcomes	5
Assessments	5
Tools	6
Resources	7
Notes	7
Legal	7

Introduction

This document is part of a series of upgrade plans for every [area](#) of your life. It's broadly designed for a single, middle-class, 30-something living in a major city in a developed country.

Please go to "File" > "Make a copy" and make a copy of it for yourself. Then fill it out section by section according to your particular needs and circumstances. Perhaps add sections or items, delete them, change the order, and so on.

Your aim should be to make the plan as applicable and useful to you as possible. You should not follow the plan blindly—think it through for yourself.

Note that this process might be challenging. You might need to teach yourself things you aren't very knowledgeable about yet. You might feel like you need to do preliminary work in a different life area first. That's okay. Figure out broadly what makes sense for you, operationalize that understanding as specific actions in the [Actions](#) section, and then do them.

If it feels overwhelming, just start with the parts you find most valuable and do what you can. Tackle the rest over time. It may also help to set aside a dedicated [day](#) to work exclusively on this by yourself or with friends. Or you may choose to enlist an [UP Coach](#) to co-design and execute this plan alongside you.

Epistemic Status

This is an overview of how confident the principal [author](#) is in this plan.

- Generally high confidence of plan
- Based on 20+ years of sexual experience, teaching safe and enjoyable sex to 50+ clients, friends, family, and clients for 20+ years, and serving as an American Red Cross HIV/AIDS Peer Educator

Objectives

Decide what objectives you have with this plan and rank them in order of importance. Below are some sample objectives.

1. Improve quality of sex
2. Improve quantity of sex
3. Improve quality of sexual partners
4. Improve quantity of sexual partners
5. Improve libido
6. Become fully aware of your sexual preferences and limitations

7. Gain confidence and reduce anxiety around sex

Metrics

Decide what metrics you will use to evaluate the effectiveness of this plan. Also include the frequency in which you'll evaluate those metrics. For example, ad hoc, once, hourly, daily, weekly, monthly, quarterly, annually or per decade. Below are some sample metrics.

- Sex Rating: How would you rate your sex life, on a 1-10 scale?
- STI Risk Rating: How would you rate your risk of STIs, on a 1-10 scale?
- [Sexually Transmitted Disease \(STD\) Risk Rating](#)
- Frequency of Sexual Intercourse
- Quality of Sexual Intercourse
- Duration of Sexual Intercourse

Values

List all of your relevant values and rank them in order of importance. Below are some sample values.

1. Pleasure
2. Love
3. Connection
4. Safety
5. Respect
6. Fun

Value Analysis

List and then analyze all of the costs and benefits of this plan. Potentially also estimate expected value and/or return on investment. Below is a sample value analysis.

- Time costs: 1 - 1,000 hours
- Financial costs: \$0 - \$50,000 dollars (e.g., sex workers, sex therapists/coaches, dating apps, travel, etc.)
- Benefits: \$X in potentially large subjective benefits

Strategies

Decide on your high-level strategies for achieving your objectives. Below is an example of a strategy you might take.

Key People

- Do the work on your own
- Outsource some of the work to experts (e.g., sex therapists, etc.)
- Outsource some of the work to assistants

Key Timings

- Make incremental progress every day until you reach your objectives
- Make as much progress as you can over a set period (e.g., one month, six months or one year)
- Intensively invest resources until you reach your objectives

Actions

List the specific actions you will take to achieve your objectives. You should add these tasks to your project management system unless you are choosing to do them now. Below is an example sequence of actions you might take.

1. Describe your [mental model](#) of sex
 - a. Create a visual representation of it from memory without referencing this plan or outside sources of information
 - b. Create a new visual representation after thoroughly studying this plan and any relevant sources of information
 - c. Pay special attention to the improvements in the second version as incorporating those new insights may be crucial to the success of your plan
2. Finish every section of this plan, including the [assessments](#), [tools](#), and [resources](#) below
3. Improve your [romantic relationships](#)
4. Improve your [emotional well-being](#)
 - a. Meditate to manage your stress levels
5. Improve your [health](#)
 - a. Get tested for STIs every at least 3-6 months if active with multiple partners
 - b. Avoid tobacco
 - c. Avoid drugs
6. Improve your [fitness](#)
 - a. Exercise regularly
7. Improve your [nutrition](#)

- a. Eat a well-balanced diet
- b. Avoid sugar-sweetened beverages
- c. Avoid alcohol
8. Improve your [sleep](#)
 - a. Get an appropriate amount of sleep for you every night, usually between 7-8 hours
9. Improve your [appearance](#)
10. Stop or limit porn usage (e.g., [X3watch](#))
11. Create a [UP Relationship Agreement](#) with any regular partner(s)
 - a. Consider doing a verbal version for very limited partner(s) and a full, written version for any more serious partner(s)
12. Increase quality of sex with your partner(s)
 - a. Communicate openly and regularly about any desires or issues with your partner(s)
 - b. Create a shared [Map of the Lands of Human Sexuality](#)
 - c. Spend an appropriate amount of time with your partner(s)
 - i. Consider spending more or less time given your sexual dynamics
 - d. Have sex in different environments and scenarios
 - e. Use effective lubricant (e.g., [Astroglide](#), [K-Y Jelly](#), etc.)
 - f. Use appropriate sex games and toys (e.g., [Womanizer DUO](#), [Lovense](#), etc.) for you

Schedule

Decide on which days you will take which actions. You should add these dates to your calendar now.

- [Date]: Finalize plan
- [Dates]: Execute plan
- [Dates]: Review plan's outcomes

Predictions

Predict how well you will do in achieving your objectives.

- [Name]: I predict with [X]% confidence that I will [Y] by [Z].
- [Team Member's Name]: I predict with [X]% confidence that [Name] will [Y] by [Z].
- [Team Member's Name]: I predict with [X]% confidence that [Name] will [Y] by [Z].

- Combined: We predict with an average [X]% confidence that [Name] will [Y] by [Z].

Outcomes

Objectively record how well you achieved your objectives.

- [Date #1]: [Outcomes]
- [Date #2]: [Outcomes]
- [Date #3]: [Outcomes]
- [Date #4]: [Outcomes]
- [Date #5]: [Outcomes]
- [Date #6]: [Outcomes]
- [Date #7]: [Outcomes]
- [Date #8]: [Outcomes]
- [Date #9]: [Outcomes]
- [Date #10]: [Outcomes]

Assessments

List all of the assessments you might take to understand how you're doing compared to your objectives. Below are some sample assessments.

- [A Map of the Lands of Human Sexuality](#): an interactive map that shows in a humorous way the scope and extent of the human sexual experience (UP Top Pick)
- [BDSM Test](#): a test that measures the respondent's Bondage & Discipline, DS: Dominance & Submission, and SM: Sadism & Masochism (UP Top Pick)
- [Brief Sexual Attitudes Scale \(BSAS\)](#): a scale designed to measure the respondent's attitudes towards sex
- [Cognitive Appraisal of Risky Events — Revised \(CARE-R\)](#): a questionnaire to assess drug and alcohol use, and sexual behavior which also assesses level of sexual coercion (for men) and being sexually coerced (for women)
- [Erotic Blueprint Quiz](#): a questionnaire to identify your erotic blueprint type (free version or US \$19)
- [Sexual Addiction Screening Test \(SAST\)](#): a questionnaire designed to assist in the assessment of sexually compulsive or "addictive" behavior
- [Sexually Transmitted Disease \(STD\) Risk Calculator](#): a calculator to determine risk of STDs based on a single sexual encounter or based on lifestyle risk factors (UP Top Pick)

Tools

List all of the tools you might use to achieve your objectives. Below are some sample tools.

- [Agent Provocateur](#)
- [Astroglide](#)
- [Badoo](#)

△UPGRADABLE

- [Brainbuddy](#)
- [Bumble](#)
- [Coffee Meets Bagel](#)
- [Doxycycline](#)
- [Feeld](#)
- [FilterOff](#)
- [Grindr](#)
- [Hinge](#)
- [HIV PrEP](#)
- [Inner Circle](#)
- [Intimina Ziggy Cup](#)
- [K-Y Jelly](#)
- [Keeper](#)
- [KGoal](#)
- [Lovense](#)
- [Luxy](#)
- [Minna Limon](#)
- [Minna Ola](#)
- [OkCupid](#)
- [Personal Dating Assistants](#)
- [Roast Dating](#)
- [Savage X Fenty](#)
- [Tantan](#)
- [The League](#)
- [Tinder](#)
- [UP Actions](#)
- [UP Assessments](#)
- [UP Curriculum](#)
- [UP Emotional Plan](#)
- [UP Fitness Plan](#)
- [UP Health Plan](#)
- [UP Nutrition Plan](#)
- [UP Relationship Agreement](#)
- [UP Sleep Plan](#)
- [UP Tools](#)
- [Viagra](#)
- [Victoria's Secret](#)
- [Vida Select](#)
- [Womanizer DUO](#)
- [X3watch](#)

Resources

List all of the resources you might use to achieve your objectives. Below are some sample resources.

- [Sex therapists](#)
- [Sexual surrogates](#)
- [Sugar dating](#)

Notes

Add any random thoughts, questions, uncertainties, etc.

-
-
-

Legal

- © 2017 [Upgradable](#). All rights reserved.
- We [do not profit](#) off any product recommendations.
- We declare no conflicts of interest.
- This document is not for commercial re-use.
- This document is intended only for the person it was shared with.
- Please do not share with others.