



Intentions & Goals

Take 10-15 minutes to write down your goals and/or intentions for this course. What do you want to get out of it? What brought you here in the first place? What would you like to be different or to work on after completing this course? We are all unique individuals that have different struggles within ourselves. As you reflect on your goals and intentions, do so without judgement or blame.

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How Your Past Affects Your Present

Body Image

When did you first become aware of your body image? What did that awareness look like from a young age?

How did your caregivers talk about body image? (Your body, their own bodies, other people's bodies)

What other influences were there that were developing your body image?
(Media, friends, extended family, etc.)

How did you learn to talk to yourself about your body?

Looking back on your childhood, what would you change about what you were taught about body image? If you could teach your younger self a different lesson, what would you say?



How Your Past Affects Your Present *Sex*

When did you first learn about sex and what it means to be a sexual being?

What messages did you receive around what it means to be sexual? What messages did you receive around pleasure? Masturbation?

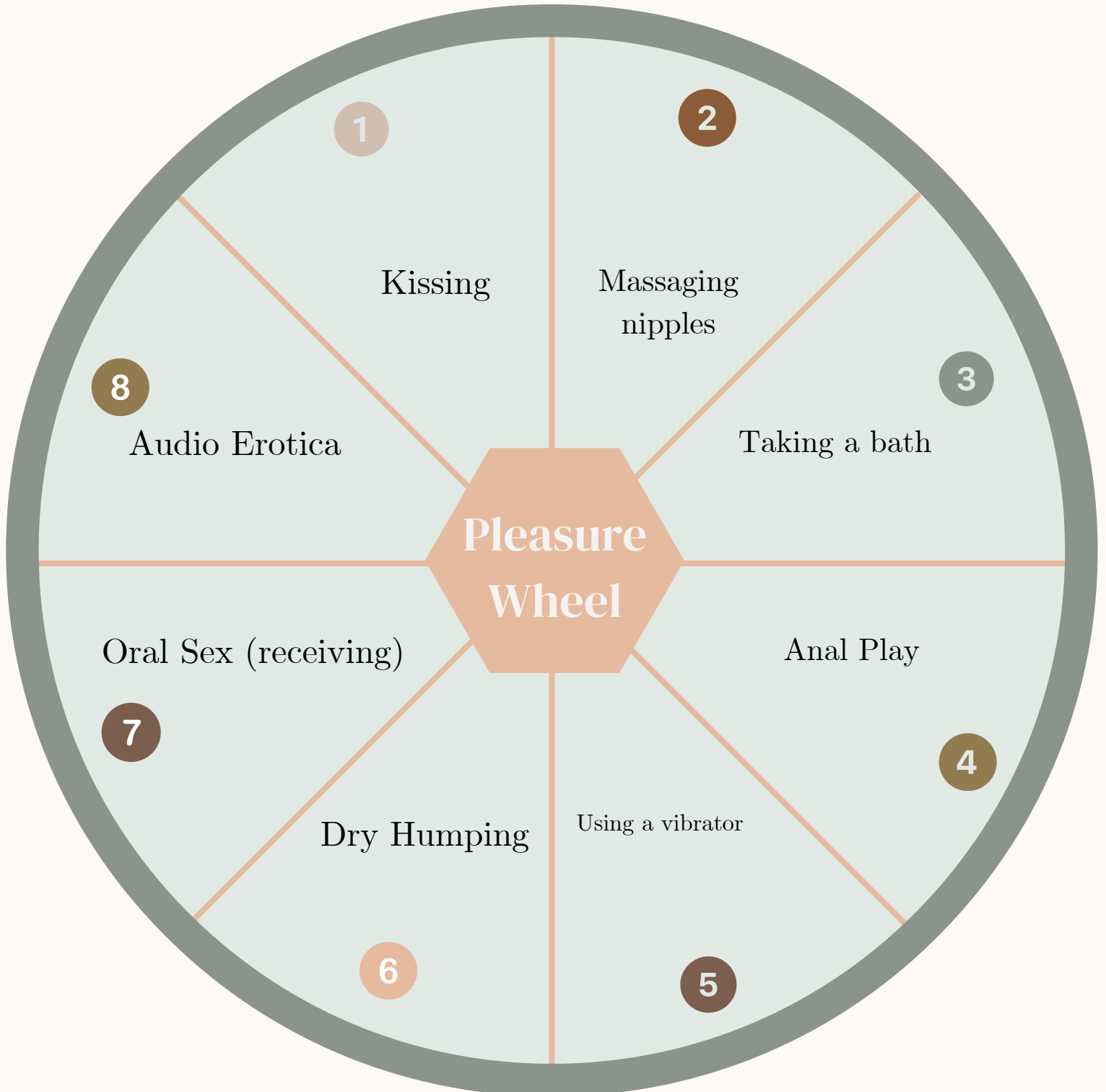
What messages did you receive around who you are "supposed" to be, or what your body is "supposed" to look like in order to be a sexual being

Looking back on your childhood, what would you change about what you were taught about sex? If you could teach your younger self a different lesson, what would you say?



Pleasure Wheel Example

The purpose of the Pleasure Wheel is to figure out what YOU find pleasurable. Everyone is different and finds pleasure in different activities or sensations. This is to help you get to know your body and to connect to the things that you find pleasure in. We included this pleasure wheel to give you an example. Looking to expand on this further or get ideas about what to put in your Pleasure Wheel? We love this PDF <https://www.autostraddle.com/wp-content/uploads/2014/05/autostraddle-sexapalooza-handout.pdf>

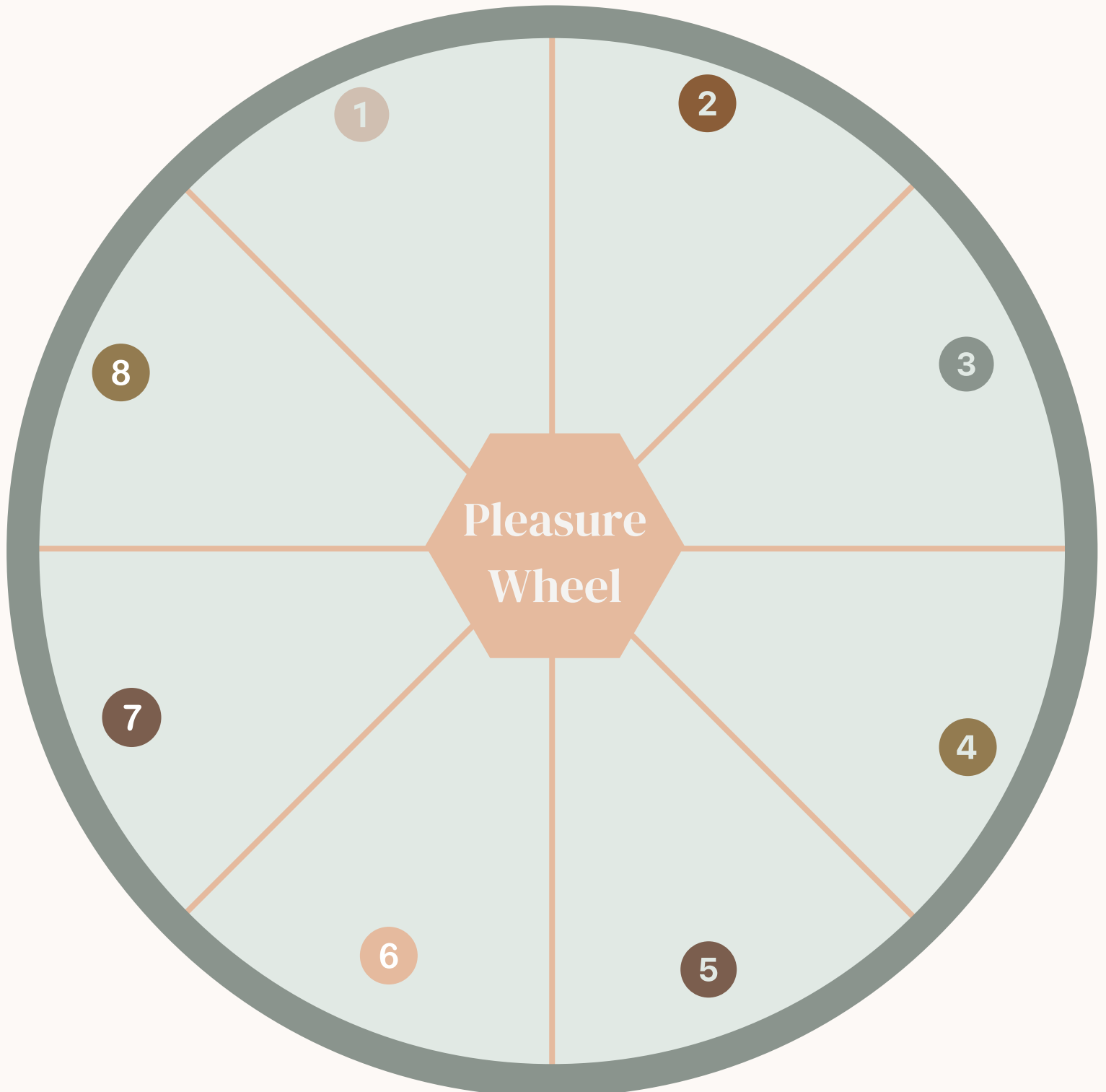




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Sensual Massage Self Connection

Soothe your muscles and relax your mind with a bit of self-massage. Self-massage is a great technique for getting rid of any aches and pains you might have, but it can also be used as a part of sensual solo touch. Try using massage oils to incorporate your sense of smell during your massage.

Exploring sensual touch on your own allows you to find your own erogenous zones. Erogenous zones are parts of your body that are particularly sensitive to pleasure.

Directions: Run your fingers all over your body and allow yourself to figure out which sensations and areas feel good. If it feels good, use different pressures and strokes to see what might feel even better. Here is a list of Erogenous zones to try:

1. Scalp: The scalp is full of nerve endings, and even the slightest brush of the hair can send tingles through your body.
2. Ears: With sensitive skin on the outside and hundreds of sensory receptors on the inside, the ears top the list of erogenous zones for many people.
3. Navel and lower stomach: Being dangerously close to the genitals makes this area especially arousing.
4. Small of the back (sacrum): It could have something to do with the fact that the nerves in this portion of the spine are connected to the pelvis or the vulnerability factor of being touched from behind that makes this area so sensitive.
5. Inner arms and armpits: A light touch is all you need to turn the tickle to totally titillating.
6. Inner wrist: Home of the pulse point and not used to getting a lot of action, the inner wrist is highly sensitive.
7. Palm of hands and fingertips: The fingertips are the part of the body most sensitive. Trusted Source to touch, and your palms aren't far behind.
8. Behind the knee: This is another often neglected area that's incredibly sensitive to any kind of touch. Give the area some special attention during a massage.
9. Nipples/Areola: Nipple stimulation lights up the same area in the brain as the genitals.
10. Mouth and lips: This is the reason why making out is so fun
11. Neck: When it comes to the neck, even the slightest touch can make your entire body tingle.
12. Inner thighs; The inner thighs are so sensitive and close to the ultimate erogenous zone
13. Bottom of feet and toes: Pressure points in the bottom of the feet can increase blood flow and enhance feelings of arousal when manipulated just right.

Adapted from: <https://www.healthline.com/health/healthy-sex/erogenous-zones#11-unexpected-hot-spots>



Sensual Massage Self Connection

Other things to try:

Unusual textures and temperatures can be a great tool in solo sensual touch. Things like ice, feathers, and silky fabrics can probably be found in your home, along with other sensual objects. As you touch these items to your skin, try to focus on the sensation. How does it feel? Do you like it? Is it uncomfortable or irritating? These questions can help you figure out what textures you like.

Showering or bathing

The sensation of water — whether it's water spraying on you from a showerhead or water surrounding you in a tub — can be very sensual.

Showering or bathing can offer you a great opportunity for sensual solo play. The sensations of cleaning your skin with a sponge or your hands can feel great. You can incorporate these items into a sensual shower:

- soap suds
- bubble bath
- massage bars
- fragrant shower gels

Soft blankets

Soft blankets can be very pleasant. Whether you're clothed or totally naked, lying down in soft blankets can feel amazing against your skin. Focus on the sensation of the softness, wrap yourself in one and allow yourself to feel safe, or use one during a much-needed nap.

Adapted from: <https://www.healthline.com/health/healthy-sex/erogenous-zones#11-unexpected-hot-spots>



Sensual Massage Self Connection

Reflection

What was the sensual massage activity like for you?

Was there anything you discovered about your body that felt very pleasurable? Was there anything you discovered that you didn't find pleasurable?

What are the things that helped you connect with your pleasure?

What are the things that kept you from connecting with your pleasure?

What thoughts came up for you during this massage?

Did you find it difficult/challenging to stay present with your body?

ANTS & CATS



ANT: AUTOMATIC NEGATIVE THUGHT | CAT: COUNTERACTING THOUGHT

Take some time to think about the automatic negative thoughts you have around your body. These just pop into our heads at a moments notice. If we don't notice them, we can believe them and take them as truth. Write down the automatic negative thought you have and then practice challenging that thought with a counteracting thought.

Check out this article for some other great examples:

<https://www.goodhousekeeping.com/health/wellness/a36387338/body-positive-self-talk-examples/>

Example

ANT 1 I hate the way my body looks in this position. I wish my stomach was flatter.

CAT 2 I can appreciate my body for what it does for me. Its unfair to hold myself to unrealistic standards.

YOUR TURN

ANT 1 _____

CAT 2 _____

ANT 1 _____

CAT 2 _____

ANT 1 _____

CAT 2 _____