

ROAD MAP TO PERSONAL PLEASURE

Hello!

I'm so excited that you want to get more in touch with the way you personally experience pleasure. This worksheet is a guide to help you discover what feels good to you.

As children, we naturally understand what feels good to our bodies. Babies like to be swaddled and held. Toddlers like us to massage them or snuggle with a blanket. As we age, we often lose this connection to our bodies. We are distracted with everything going on in our lives to stop and take notice of the little things. A touch. The feel of a certain fabric. Breath on our neck.

For each area of the body, try different techniques to see what works for you. You can do this alone, or you can do it with your spouse. There are no right or wrong answers. You do what feels most comfortable to you. You might find that touching yourself in some areas is uncomfortable, that is ok. Try out being open to all the possibilities as you work to discover what feels good to you. This worksheet is not all inclusive, so feel free to write down other ideas as you discover them. You may find areas of your body that are not on this list that feel good. You may find other ways of touching yourself (or having your partner touch you) that feel good. The important thing is to start exploring what works for you.

To do this exercise, find a place that is comfortable, where you can work uninterrupted and aren't rushed for time. It doesn't need to be done in one sitting and you can decide if you want to be dressed or undressed. You can also try using other objects like fabric or a feather to touch yourself and see what feels best to you. If you are in a relationship where you trust your spouse and are doing this exercise together, a blindfold might be fun to heighten the sensory experience. This exercise is not meant to lead to sex, but it certainly can if that is something you decide you want for yourself.

xo, *Amanda*

BODY PARTS

- Face
- Lips
- Ears
- Neck
- Shoulders
- Back
- Breasts
- Nipples
- Stomach
- Butt
- Hips
- Thighs
- Calves
- Feet
- Toes
- Vulva
- Clitoris
- Vagina
- Anus

Body Part: _____

I liked to be touched here:

- Yes
- No

Pressure:

- Light
- Medium Touch
- Hard Touch
- Vary

Type:

- Stroke
- Rub
- Lick
- Bite
- Breathe On
- Vary

Speed:

- Slow
- Medium
- Fast
- Vary

I liked to be touched here with:

- Fingers
- Toes
- Lips
- Tongue
- Penis

When I am touched this way it feels:

- Pleasant
- Tender
- Relaxing
- Exciting
- Ticklish
- Pleasurable
- Arousing
- Orgasmic
- Other

Body Part: _____

I liked to be touched here:

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- No

Type:

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- Lick
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- Breathe On
- Vary

Speed:

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- Exciting
- Other
- Ticklish

I'm Amanda Louder

I'm a Certified Life Coach and I love to help women uncover their underlying beliefs about themselves, their bodies, and sex so that they can fully embrace and enjoy this important part of themselves.

I help them learn more about how their body experiences pleasure. To be comfortable with their sexuality. I teach how pleasurable sexuality can bring women closer to their true self, their spouse and their Heavenly Parents.



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