

In this PDF, we will explore the concept of how our current definitions are creating our current, living experience pleasure and orgasm. We will then use this opportunity to create update & redefine orgasm in our own words.

Your Current Definitions:

How do you define pleasure for yourself?

How do you define orgasm for yourself?

Do you have pleasure? If yes, describe it. If no, why not?

Do you orgasm? If yes, describe your experience. If not, why not?

What circumstances need to be in place for you to experience pleasure and orgasm?

What do you believe about experiencing your pleasure and orgasm shamelessly?

What do you believe about your partner when it comes to pleasure and orgasm? If you don't have a partner, imagine you do for your answer.

What do you believe about the World when it comes to pleasure and orgasm? Example: It's safe, not safe, celebrated, not celebrated, etc.

Now you get to be creative and choose new definitions for yourself. This section is based on expanding your current vision of what is possible.

Your NEW Definitions:

Define how you would love to experience and relate to pleasure:

Define how you would love to experience and relate to orgasm:

Define your life when pleasure and orgasm are a natural, expressed part of it. What would it be like to live this way? Get detailed:

NOTE: If you feel courageous and generous, leave your discovery in the comments section below the Activity video so we can deepen this discussion.