

In this PDF, I have all of the questions I ask you during this weeks video presentations so you can pause the videos and write your answers here.

### **Questions From Video 1:**

What is your current definition of orgasm? (We go more deeply into this in today's activity PDF).

What are signals you look for in confirming that you are or have experienced an orgasm?

**Questions From Video 1 Cont'd:**

Are you willing to begin to hold the space for your pleasure to expand?

Are you willing to experience pleasure in new ways, ways that perhaps you have never 'heard of' before?

Are you willing to self-validate your version of orgasm and therefore actually anchor the experience in your cellular memory so that you can keep growing and expanding upon it?

**Questions From Video 2:**

Can you think yourself into orgasm?

If not, are you open to the possibility of being able to have such an experience?

How does the idea of thinking yourself into orgasm feel?

**Questions From Video 2 Cont'd:**

Are you comparing your pleasure to others?

Have you ever had a lover compare your pleasure to others?

Have you ever been judged for, or have you ever judged, your pleasure?

Are you willing to set yourself free from the beliefs and definitions that literally control your experience of your pleasure reality?

What are my current beliefs about my own sexuality? (We go more deeply into this in today's activity PDF).

**Questions From Video 2 Cont'd:**

What would happen to me, to my relationship, to my family and friends, to my career, if I were to fully embrace and express the depth and breadth of my desire and pleasure?

How do I know for sure that my answers are true and not a conditioned response?

**Questions From Video 2 Cont'd:**

Who is doing the surrendering?

Who is generating the sensation?

Who is creating the chemical chain reaction that sets off a multitude of different and delightful pleasures?

Are you currently holding someone as your ultimate pleasure lover?

Would you love to be able to self-generate deep orgasm no matter what your circumstance is?

What conditions must be met for you to surrender to your pleasure?

**Questions From Video 2 Cont'd:**

Have you ever surrendered to your full pleasure shamelessly?

If not, do you feel intrigued or curious about that idea? If yes, what about it specifically intrigues you?