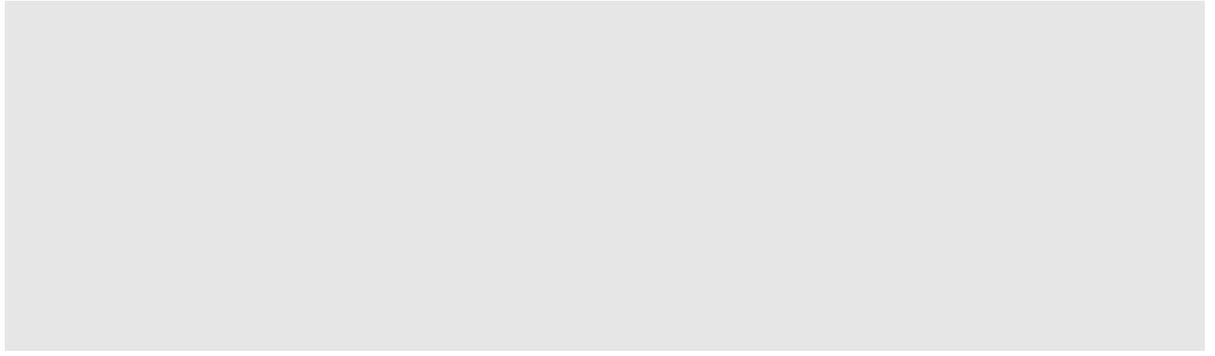


If your sexuality had a shadow side, how would you describe it?



What are you afraid of most when it comes to this shadow side?



What does it mean about you to have this shadow side?



What do you fear most about yourself?



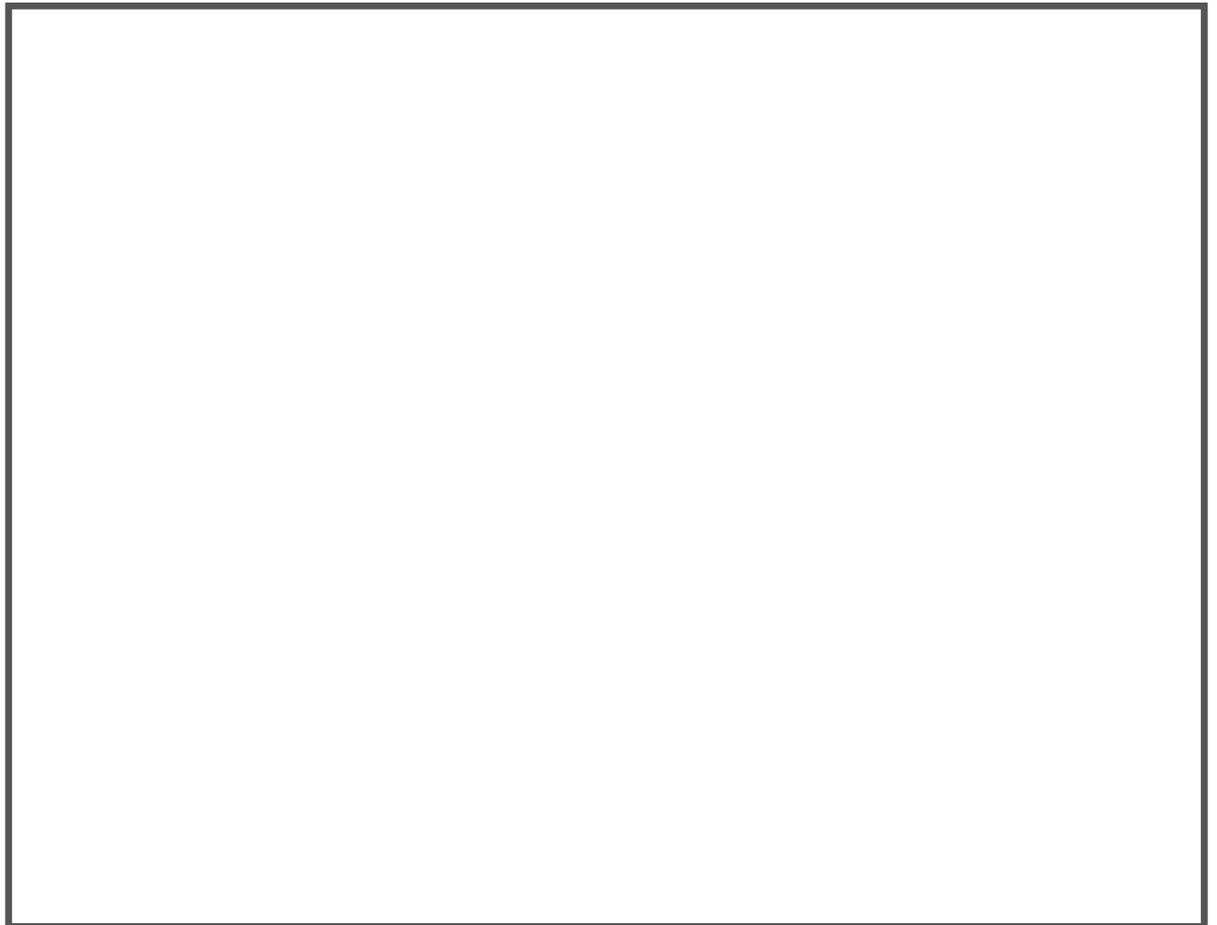
Remembering that FEAR is an umbrella that encompasses all stress response emotions like sadness, rage, powerlessness, shame ect - What fear based emotions come up for you around your sexuality and during self pleasure?



What do these emotions feel like in your body. DESCRIBE TO THE FULLEST EXTENT including location, movement, weight, temp, color and anything you can compare it to in reality like electricity, liquid, metal ect.

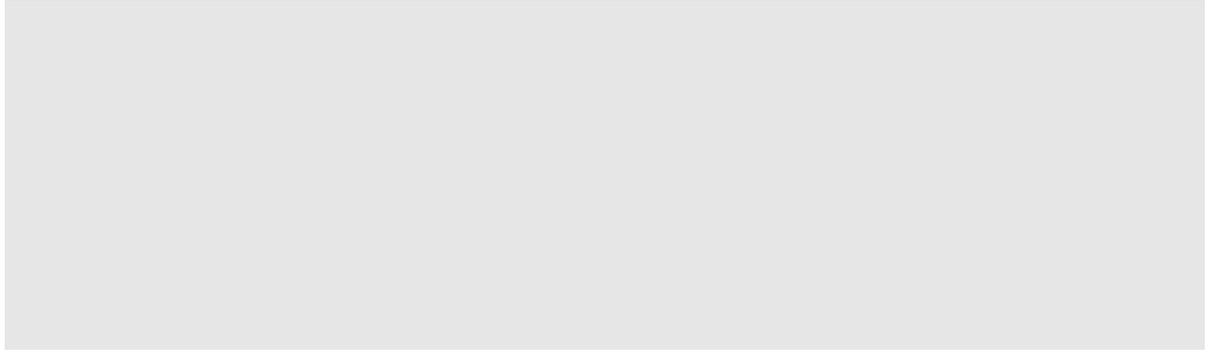


What stories or beliefs are associated with these sensations and emotions?



FEARS AND LOVES

Are these stories true? What do these stories protect you from? How do they serve you?



If your sexuality had a Sacred or Divine side, how would you describe it?



What do you love or cherish most about this Sacred side?



What does it mean about you to have this Sacred or Divine side?



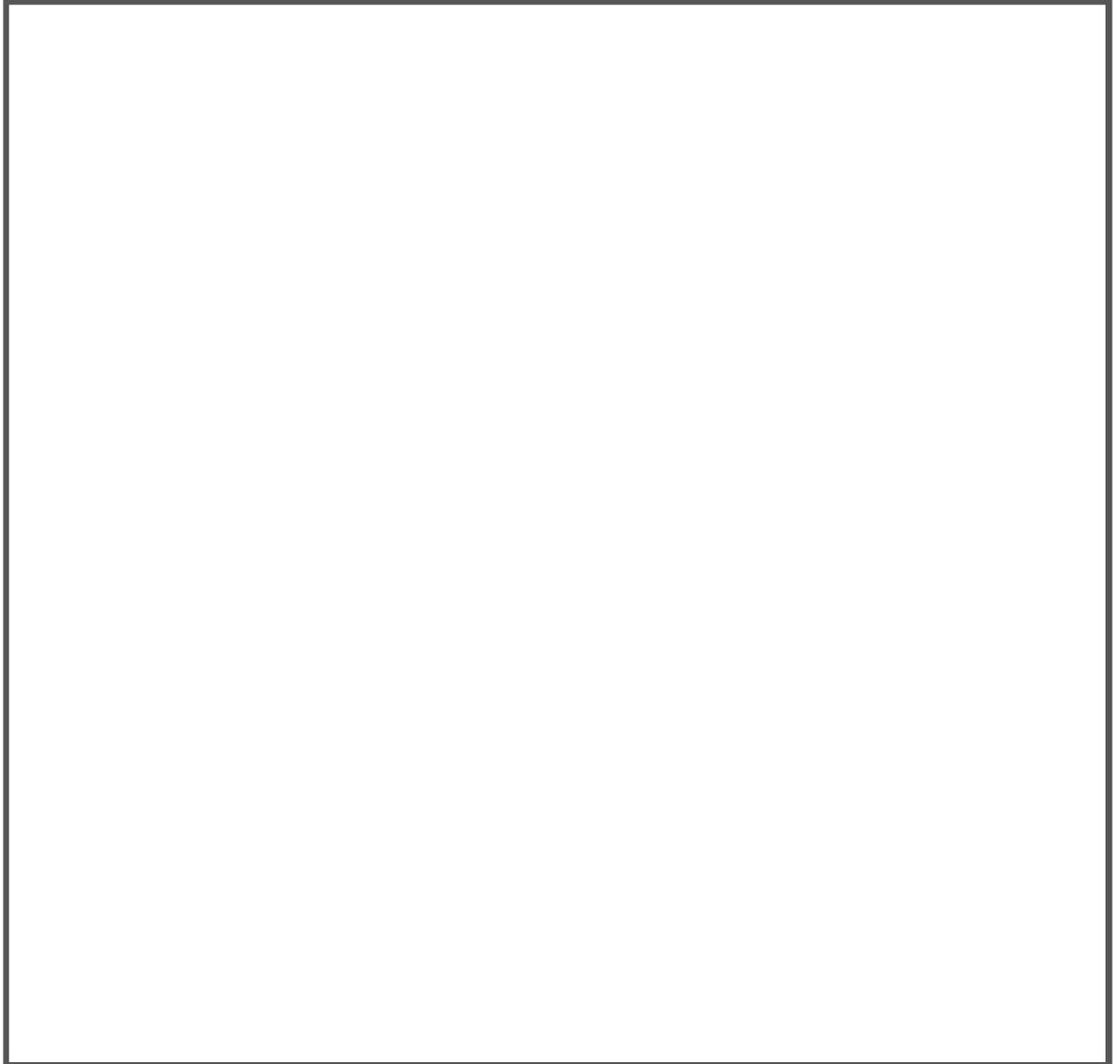
What do you love most about yourself?



Remembering that LOVE is an umbrella that encompasses all emotions that calm the nervous system like pleasure, joy, gratitude, compassion, peace - What love based emotions come up for you around your sexuality and during self pleasure?



What do these emotions feel like in your body. DESCRIBE TO THE FULLEST EXTENT including location, movement, weight, temp, color and anything you can compare it to in reality like electricity, liquid, metal ect.



FEARS AND LOVES

As you begin to shape your new relationship to self love and self pleasure, it is important to keep reminding yourself of the things you have written down here.

When fear based emotions come up during or after self pleasure, understanding where they come from and separating yourself from the "story" allows the power this was holding over you to fade. Further, when you can stand in the stuff that's uncomfortable and feel it to it's fullest extent, it stops holding power over you.

Practicing the love based emotions you have during and after self pleasure allows you to expand your capacity for pleasure, intimacy and confidence.

Combining these two techniques creates a synergy that reshapes your entire relationship to the self, sex and love.

FEARS AND LOVES