

# WOMENS *Pleasure* POWER

with Pleasure Power Experts Dr Janet Hall & Ella Hall

AUSTRALIA'S FIRST MOTHER-DAUGHTER SEXPERTS

[www.pleasurepowerexperts.com.au](http://www.pleasurepowerexperts.com.au)

---

## Worksheet for Video 3: Self Pleasure

1. What did your mother teach you about Solo-Sex (Masturbation)?
2. Guess what % of women deny themselves self-pleasure? Are you one of these women?
3. Why is Self-Pleasure good for YOU? How is it Self-Care? What does it/ can it give to you?
4. What's the history of YOUR experience of solo-sex?  
What are your THOUGHTS about it? How do you FEEL about it?
5. What are your current practices in self-pleasuring? How do YOU best have/experience Sexual Self-Pleasure?  
TOUCH> toys, hands, sensory play?  
TONGUE> oils, lube, spit?  
THRUST> penetration (fingers/ dildo/ crystal wand)
6. What are the 4 Tantric keys which help you claim your right to experience Self-pleasure?
7. What sorts of orgasms have you experienced in self-pleasuring? How was each different from the other - How does each FEEL to you?  
Eg. Clitoral, vaginal opening, g-spot, cervical, breast-gasm, throat-gasm, anal-gasm?

# WOMENS *Pleasure* POWER

with Pleasure Power Experts Dr Janet Hall & Ella Hall

AUSTRALIA'S FIRST MOTHER-DAUGHTER SEXPERTS

[www.pleasurepowerexperts.com.au](http://www.pleasurepowerexperts.com.au)

---

8. Would you love / be open to learning more practices and ways to self-pleasure?  
What excites you about what you heard in today's video?
  
9. What's your biggest takeaway/ "Aha!" moment?
  
10. What will you commit to?  
Be specific: what action steps will you commit to this week, and in the future, to honour your own self pleasure as self care?