

# WOMENS *Pleasure* POWER

with Pleasure Power Experts Dr Janet Hall & Ella Hall

AUSTRALIA'S FIRST MOTHER-DAUGHTER SEXPERTS

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## Worksheet for Video 4. Turn ON With Sex-Talk

1. What did your mother teach you about Sex-Talk (especially between male/female partners)? We learn by example: Just reflect - How did your mother communicate with the men/ man around her?
2. How comfortable are you to have conversations about sex?  
ie: When and Where to talk about sex.  
How to talk about it.  
What sort of sex to talk about.
3. Does your level of comfortability change when speaking about sex if/when you are speaking with men or women?
4. What are the Tantric Empowerment Terms/Words used to describe our sexuality?
5. What are some of the words you use to describe - Self or Mutual Masturbation, Oral Sex and Intercourse?
6. What 3 words does Dr Jan use to describe the quality and quantity of sex? How do you relate to these?
7. How do YOU best experience Sexual Self-Pleasure - Touch, Tongue or Thrust?

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8. What are 2 truths does Dr Jan insist you **MUST** talk about with a new partner?  
Do you already practice these, or do you need to start?
  
9. What did you think about Ella's honest empowered approach to being upfront about herself and her situation? How could this inspire you to be brave and share something vulnerable about yourself to a potential mate/ current partner in an empowered way?
  
10. What is "Dr Jan's Golden Rule" about Deep and meaningful Sex-Talk?  
Have you ever experienced the opposite of this? What happened/ did you notice?
  
11. What are some of the best ways (old and new) to give your partner feedback about your sex-life?
  
12. What's your biggest takeaway/ "Aha!" moment?
  
13. What will you commit to?  
Be specific: what action steps will you commit to this week, and in the future, to begin to speak your truth with love and ensure you have great and empowering conversations about sex?