

WOMENS *Pleasure* POWER

with Pleasure Power Experts Dr Janet Hall & Ella Hall

AUSTRALIA'S FIRST MOTHER-DAUGHTER SEXPERTS

www.pleasurepowerexperts.com.au

Worksheet for Video 5: Sexual Hurts

1. What did your mother teach you about how sex can hurt - ***Physical, Emotional, Psychological and Spiritual?***
2. What is YOUR experience of Sexual Hurts? Remember they don't' just have to be physical hurts. Please be gentle here...
3. Have you or your partner ever been effected by Performance Anxiety in Sex? How did that effect you, them What was the reaction from you or them?
4. Are you carrying upset about past sexual trauma?
5. Have you tried to get help for this already? What was that experience like?
6. What are your thoughts/ feelings/ experiences about physically experiencing painful sex?
7. Do you understand the difference between Vulvadynia and Vaginismus?
8. Have you ever experienced either of these?
9. How can you enroll your partner to help you overcome your past sexual hurts?

WOMENS *Pleasure* POWER

with Pleasure Power Experts Dr Janet Hall & Ella Hall

AUSTRALIA'S FIRST MOTHER-DAUGHTER SEXPERTS

www.pleasurepowerexperts.com.au

10. How did you relate to the story of how Sandy was re-traumatized by her treatment for her painful sex? What are some of the best ways (old and new) to give your partner feedback about your sex-life?
11. Do you feel you would like some further resources and contacts/ support for healing your sexual hurts? If so, in what area?
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 heal your sexual hurts with love and to take back your power?