

Claim Your *Pleasure* POWER

with Pleasure Power Experts Dr Jan Hall & Ella Hall

AUSTRALIA'S FIRST MOTHER-DAUGHTER SEXPERTS

The Lists of 'P' – PROBLEMS and 'P' – POSITIVES With Sexual Thinking

There are so many negatively impactful P problems!
NO wonder many of us are anxious or ashamed about sex!

Problem Sexual Thinking

Permission not given– taboos
Parents –nothing or overprotection
Priests
Peers pushing and judging
PR media promote unrealistic expectations
Perceptions that are irrational
Problems with self-esteem and body image
Paranoia
Perfectionism
Performance Pressure anxiety
Panic
Past
Pregnancy unwanted
Pill and Pain
Pounced on, poked and pounded
Promiscuity
Perverts
Perpetrators and paedophiles – abuse
Pornography
Prostitution
Power play

Positive Sexual Thinking

Permission

Protection - healthy

Pleasure

Passion

Playful

Pursuit - when wanted

Pregnancy - when wanted

Proud performance

Praise

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Additional Positive Words from Ella

Presence = the greatest sex tip EVER!!!

Peace - what it does to our mind and inner being

Power - what we can access through liberating ourselves and our body and mind connection

Patience - with ourselves and partner (a great teacher)

Prayer - becomes a cathartic experience

Portal - to connection and transformation

Perception - a slight shift can move mountains and create a different reality

Proactive - take responsibility for your pleasure and put you first!

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