

WOMENS *Pleasure* POWER

with Pleasure Power Experts Dr Janet Hall & Ella Hall

AUSTRALIA'S FIRST MOTHER-DAUGHTER SEXPERTS

www.pleasurepowerexperts.com.au

Personal Reflection Worksheet for Video 2: Myth Busting Sex

1. **What MYTHS did your mother (or the primary woman in your life) teach you about sex? Did she buy into the myths herself? Which ones?**

2. **What myths did you buy into as you matured sexually?**
 - a. **Sex is bad, dirty or wrong?**
How has this impacted your sex life: from early days to now?

 - b. **Sex is a chore/obligation just to please the man (significant other).**
How does this make you feel in your body holding this belief and 'going through the motions'?

 - c. **If I am not beautiful like the women in the media I must be fat and ugly and therefore not sexy or desirable?**
How does this impact the way you show up in relationships and in the bedroom?

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- d. The doctored image of the 'ideal pussy' is what is seen in air-brushed pornography!?**
Consider now... what is your relationship with your pussy?
Is it a healthy one? Do you love her as she is?
- e. Porn says :All women love to be dominated and they also love anal sex!**
Has this been your experience?
Have you ever allowed yourself to be dominated when you really didn't' want to be? How did this impact your body, mind, emotions?
- f. I am not orgasmic! I am one of the rare women who is never going to experience orgasm?**
If this was your old belief, how did you feel hearing Ella talk about the fact that every human is and can be MULTI-ORGASMIC?!
What does this bring up for you?

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3. What is YOUR loving name for your own pussy? (Sally loved her “Diamond”).

To find out, we invite you to take this moment to take a deep breath.

Sit with one hand on your heart and the other on your beautiful pussy.

Go inwards for the answer... ask Her now... What name does She desire?

You are going to listen to the name She whispers... don't' make it wrong.

Don't judge it... just write it down and trust.)

4. Would you/ could you be open to gifting yourself a YONI healing massage (perhaps with someone like Ella?)

NO - If not, what would be stopping you?

MAYBE - What would it take to get you there?

YES - What more information would you need to take that next beautiful action step?

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5. Where have you been standing in terms of the two universal truths that Dr Jan wants you to believe in about Women and Sex?

Discuss...

- (i) **Pleasurable Sex is YOUR birthright and there is no shame in my sexual pleasure?**

- (ii) **I claim my sexual identity uniquely for me as.....**

6. What's your biggest takeaway/ "Aha!" moment?

7. What will you commit to?

Be specific: what action steps will you commit to this week, and in the future, to bust any unhealthy myths you have believed about sex, up until now, that have been blocking and stopping you from claiming all your pleasure power?