

WOMENS *Pleasure* POWER

with Pleasure Power Experts Dr Janet Hall & Ella Hall

AUSTRALIA'S FIRST MOTHER-DAUGHTER SEXPERTS

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Personal Reflection Worksheet for Video 5: Sexual Hurts.

- 1. What did your mother (or the primary woman in your life) 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 or them?
What was the reaction from you to them or them to you?**

- 4. Are you carrying upset about past sexual trauma?
What happened and how is it upsetting you now?**

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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 Vulvodynia and Vaginismus?

- **Vulvodynia is:**

- **Vaginismus is:**

8. Have you ever experienced either of these?

How, When ,What Caused it, How Was it Treated and How Effective Was That?

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9. How can you enrol your partner to help you overcome your past sexual hurts?

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?

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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?