

with Pleasure Power Experts Dr Janet Hall & Ella Hall

AUSTRALIA'S FIRST MOTHER-DAUGHTER SEXPERTS

www.pleasurepowerexperts.com.au

Personal Reflection Worksheet for Video 3: Self Pleasure

1.	What did your mother (or the primary woman in your life) teach you about Solo-Sex (Masturbation)?
2.	Guess what?!?! Lots of women deny themselves self-pleasure? Are you one of these women? Why?
3.	Why is Self-Pleasure good for YOU? How is it Self-Care? What does it/ can it give to you?
4.	What's the history of YOUR experience of Solo-Sex? What are your THOUGHTS about it? How do you FEEL about it?







with Pleasure Power Experts Dr Janet Hall & Ella Hall

AUSTRALIA'S FIRST MOTHER-DAUGHTER SEXPERTS

www.pleasurepowerexperts.com.au

5.	What:	are vour	current	nractices	in self-	pleasuring	?
J•	vv mat	arc your	current	practices	111 5011-	picasui ing	٠

How do YOU best have/experience Sexual Self-Pleasure? TOUCH> toys, hands, sensory play? TONGUE> oils, lube, spit? THRUST> penetration (fingers/ dildo/ crystal wand)?

- 6. What are the 4 Tantric keys (core principles) which help you claim your right to experience more Self-pleasure?
- 7. What sorts of orgasms have you experienced in self-pleasuring?
 How was each different from the other How does each FEEL to you?
 Eg. Clitoral, vaginal opening, g-spot, cervical, breast-gasm, throat-gasm, anal-gasm?







with Pleasure Power Experts Dr Janet Hall & Ella Hall

AUSTRALIA'S FIRST MOTHER-DAUGHTER SEXPERTS

www.pleasurepowerexperts.com.au

8.	Would you love / be open to learning more practices and ways to self-pleasure? Wh excites you about what you heard in today's video?				
9.	What's your higgest takeaway/ "Aha!" moment?				

10. What will you commit to?

Be specific: what action steps will you commit to this week, and in the future, to honour your own self pleasure as self-care?



