

## Section 1 Lecture 3 – Trigger Warning & Self Care

Many of us – of all genders – have experienced trauma around our sexuality.

In the US, 1 in 4 Women & 1 in 5 Men will experience RAPE, INCEST, DOMESTIC VIOLENCE OR STALKING in their lifetime. We would like to take a moment to acknowledge that trauma experience and that survivors need support. Trauma can influence physical problems including cardiovascular and metabolic issues. Psychological issues such as attachment issues, anxiety, depression, aggression, addictions & eating disorders, challenges with memory and organizational skills, problems with impulse control, self harm and problematic sexual behavior may also occur.

This program has been designed to be trauma informed and we are here to support you in this growth process.

Many people recovering from addiction may have a complicated relationship with their sexuality. Addiction can include various sexual behaviors, including using sexuality as a commodity, and possibly becoming a victim of assault, abuse or human trafficking.

If you are in recovery, please know that it is your right to reclaim and restore your relationship to your own body and to your sexuality. Together we will learn a whole new way to look at sex and what it means to you. You are a survivor and healing is available to you.

Many of us grew up hearing messages of shame and guilt if we attempted to learn about our sexuality or got caught exploring it. Many people have been punished for exploring their own bodies. You are survivors of trauma around sexuality too.

Please know that we all deserve to have a rich and satisfying life that is sensual and pleasure based, no matter what our history holds. Take this journey with us and we will do our best to light your way.

If you are a survivor, please know that there is a place where you can embrace your sexuality and release negative emotions like shame or guilt or fear.

Many people with histories of any form of abuse have trouble learning to trust. Bridging this disconnect is crucial to embracing your sexuality.

In this course we would like to invite you to do whatever you need to feel safe having this conversation.

For some, that will mean watching this program in small doses, and taking the time to process information at the speed that works for you.

We also invite you to take the optional introspection exercises to help you process any conflicts you may experience.

We are also here for you = please reach out to us through our online community, educational platform or [www.lovingright.co](http://www.lovingright.co) to ask questions or share your experiences in confidentiality and a judgement free zone.

## Self Care

We also invite you to begin small daily rituals that help you get grounded in your body as self care. These behaviors also increase the feel good brain chemicals like oxytocin to ease your stress and raise your ability to feel pleasure. These can include:

- applying moisturizer to your body after a shower,
- practicing deep breathing exercises and meditation to quiet your mind so you can listen to your body
- Regularly practice light stretching and massaging sore muscles as a way of reconnecting with your body. We happen to be big fans of yoga for its physical, mental and emotional benefits – give it a try!
- Consider trying a new way to release the stress hormone cortisol called Tapping or EFT (Emotional Freedom Technique.) The research is indisputable and we love the way Tapping relieves all kinds of stress.

Here is a great link: <https://www.thetappingsolution.com/science-research/>

- Consider keeping a journal – either electronic or an actual pen & notebook – to process your internal conversations as you progress through this program. When something you learn conflicts with something you have been taught to believe, it can cause a fierce backlash of voices in your head, making it difficult to absorb additional new information. If you feel that happening, pause the program and encourage your mind to be still – deep breathing helps. Then just write down, stream of consciousness style, the thoughts that are the most dominant in your head. You can read it over if you choose and keep it to review later, to see if your perspective changes as you progress. Sometimes venting these conflicting thoughts out of your mind can give you the opportunity to shift your perspective and consider what you believe moving forward.
- Take the opportunity to explore your sexuality and your own body to learn what you like and what feels good. Masturbation is the safest sex you can have and is also a great stress reliever.

The more we connect with ourselves, physically, emotionally & spiritually, the deeper appreciation and respect we feel for all that we are. This deeper connection with the self leads to a deeper respect for others.

When we enter all of our sexual encounters with respect and pleasure in mind, and we value our partner's pleasure as much as our own, negotiating consent is fun and sexy, and can ensure that your encounter is the best one it can be for you both!

Living a pleasure based life is challenging in a fear based world – but it's worth it!