

Pleasure Mapping gives us the opportunity to take a moment and pay attention to what we know we already enjoy, desire and are curious about.

Use the language below as a helpful jumping off point to describe the WHAT WHEN AND HOW of great oral for you, feeling free to add your own language and specifics!

Then create use this worksheet to create maps to get specific about the WHERE of your oral enjoyment!

10 VERBS OF ORAL PLEASURE

- Breathe
- Kiss
- Lap
- Lick
- Flick
- Bite
- Slurp
- Suck
- Hum
- Ga(r)g(le)

WHEN?

- Anytime!
- As Flirtation
- For Foreplay
- To Get Me Turned On
- As A Climax

HOW?

- Slowly
- Firmly
- Passionately
- Roughly
- Tenderly
- Playfully
- Adoringly

Full Body Pleasure Mapping

- First, sketch an outline of your body, front and back. It doesn't have to be accurate, just representative.
- Next, shade in areas you know you like receiving oral attention.
- Use a code to get more specific, such as L=Lick K=Kiss B=Bite
- Make notes about any specifics, such as how or when you enjoy that kind of stimulation
- Add a ? to any areas you might be curious or open to trying new kinds of stimulation!
- Have a conversation with your lover(s), with or without the worksheet in hand, to share your specific preferences and desires!

Oral Sex Pleasure Mapping

- First, sketch an outline of your genitals as you experience them, and label with the words you most enjoy using for your parts.
- Next, shade in areas you know you like receiving oral attention.
- Use a code to get more specific, such as L=Lick F=Flick K=Kiss S=Suck
- Make notes about any specifics, such as how or when you enjoy that kind of stimulation