

You deserve pleasure!

It can be difficult to truly believe we deserve to enjoy sex, after experiencing trauma. The following exercise will help you build self-love!

- Take some time to review what you wrote or thought about in this worksheet. How you want to receive pleasure, your biggest fantasies, etc. With each of these, write them down and read it out loud (extra points if you go to a mirror and read it to yourself) and repeat these mantras:
 - I DESERVE TO FEEL PLEASURE
 - I DESERVE TO BE LOVED
 - MY BODY DESERVES TO BE WORSHIPPED
 - I LET GO OF MY PAST MEMORIES AND EXPERIENCES SO I CAN CREATE NEW ONES
 - AM WORTHY OF LOVE, INTIMACY, AND PLEASURE