

Sexuality

Shadow

Work

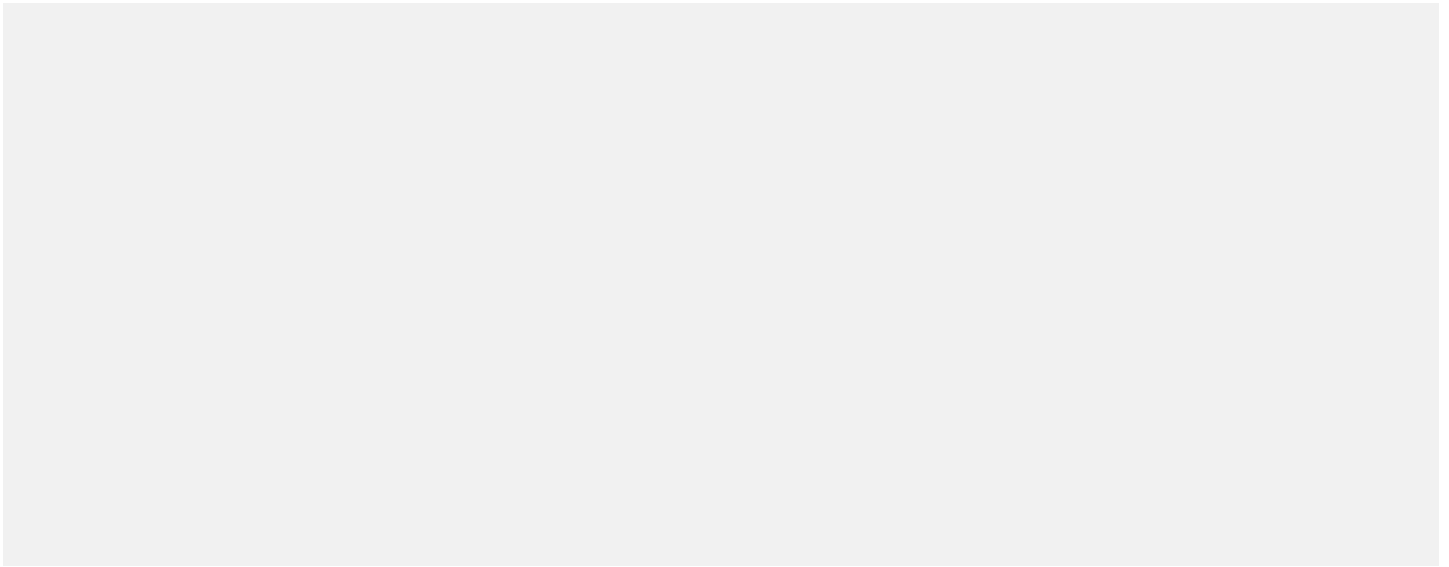
Playsheets

By Jannine MacKinnon

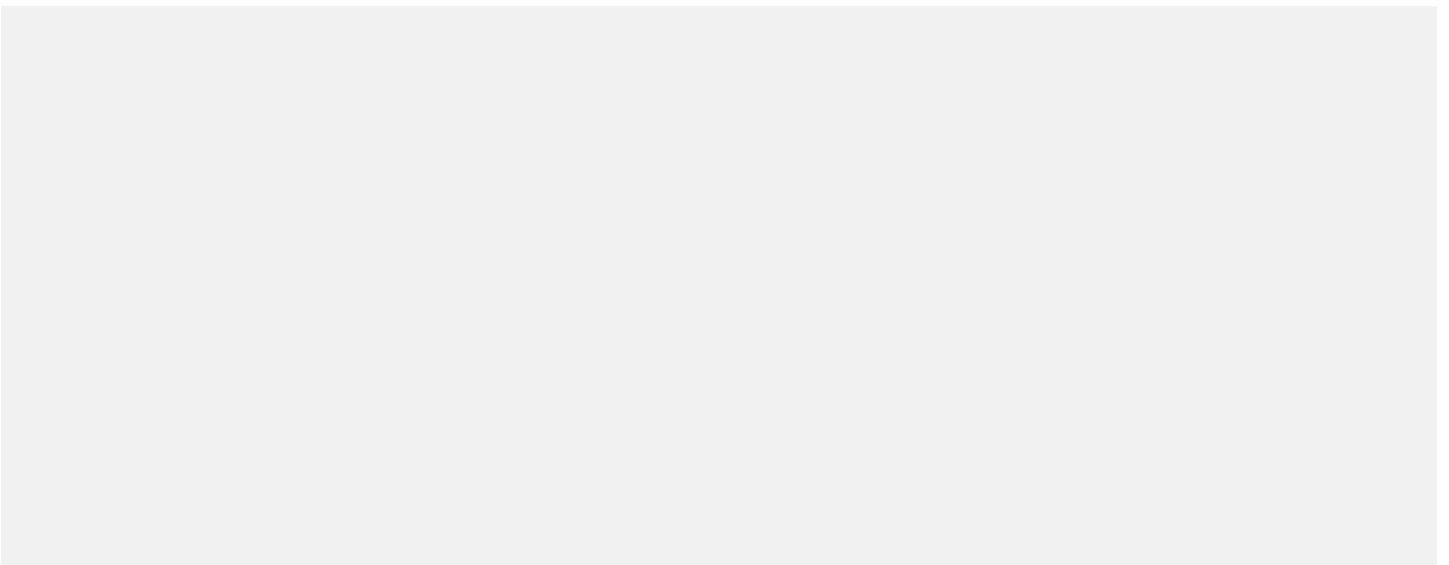


What beliefs did you inherit about your sexuality, sensuality, and pleasure?

What did your father, father figure(s), or masculine parent(s) teach you about your sexuality, sensuality, and/or pleasure?



What did your mother, mother figure(s), or feminine parent(s) teach you about your sexuality, sensuality, and/or pleasure?

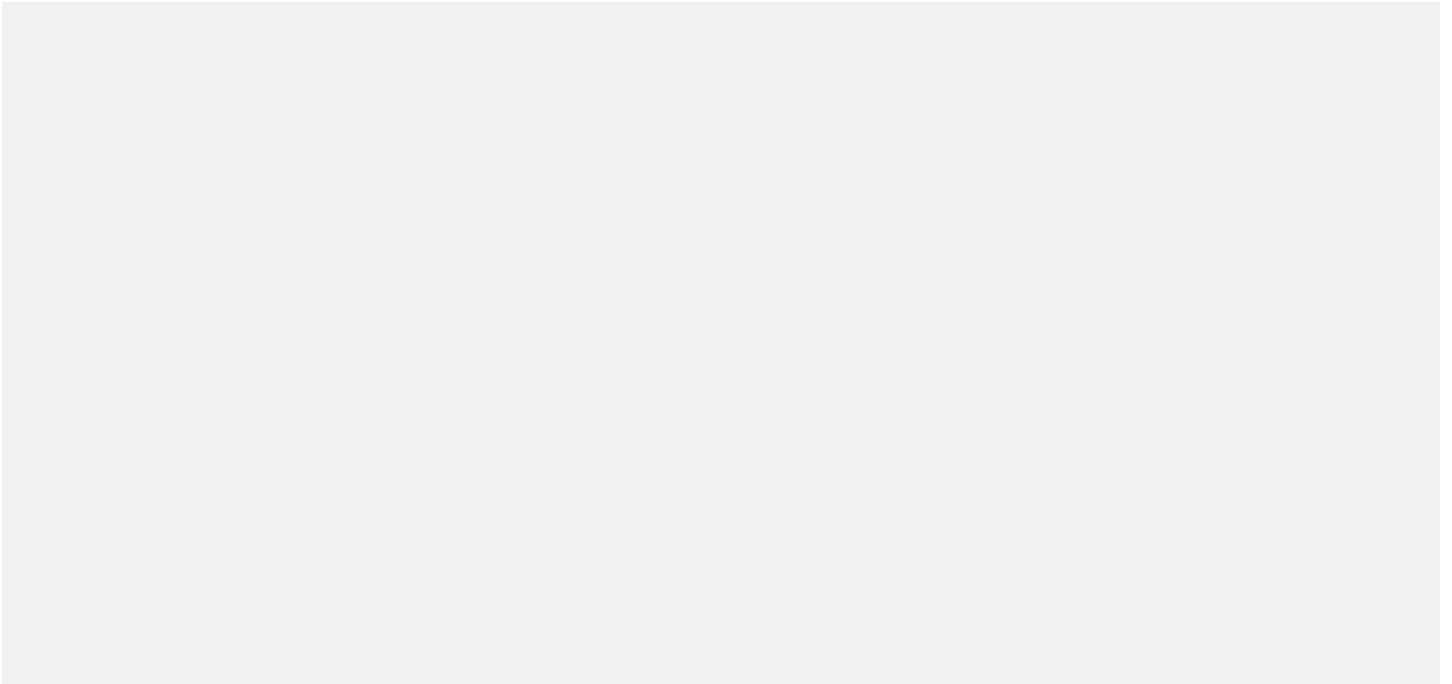


What did your brother(s), sister(s), sibling(s), or cousin(s) teach you about your sexuality, sensuality, and/or pleasure?

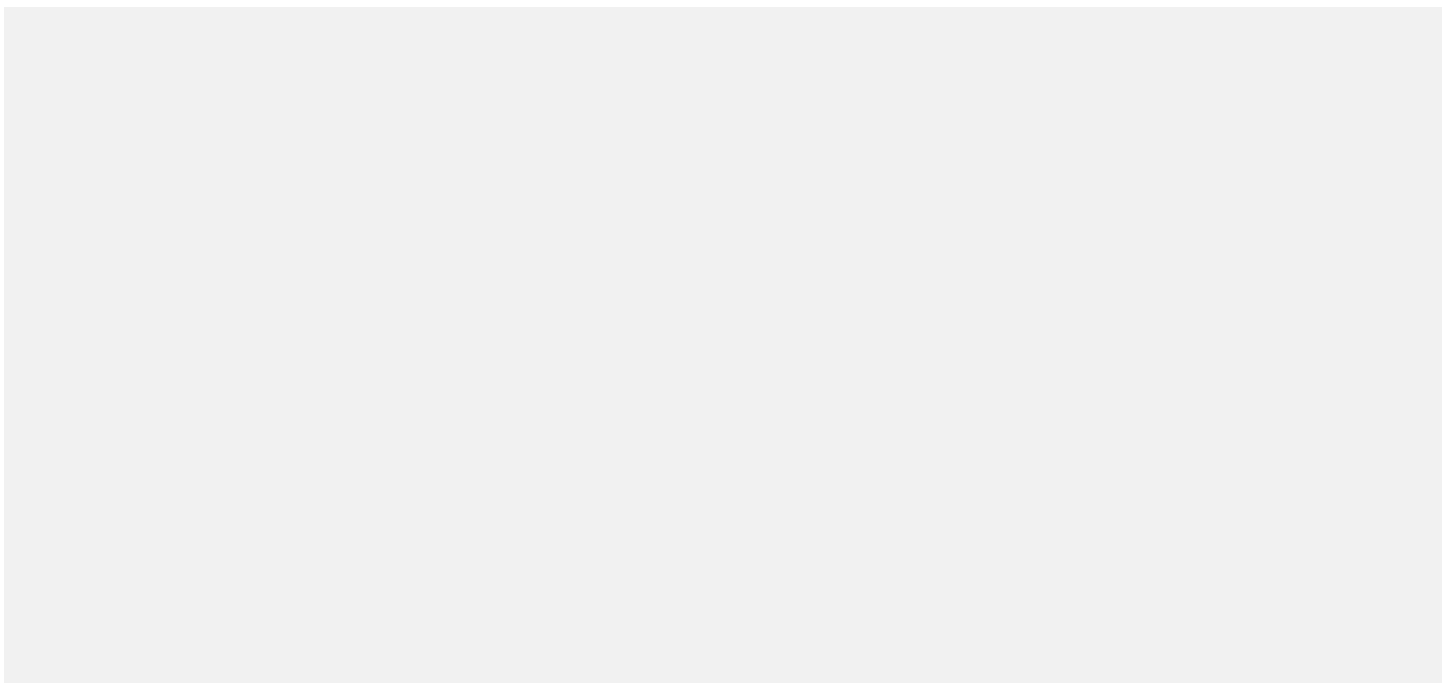
What did your friends teach you about your sexuality, sensuality, and pleasure?



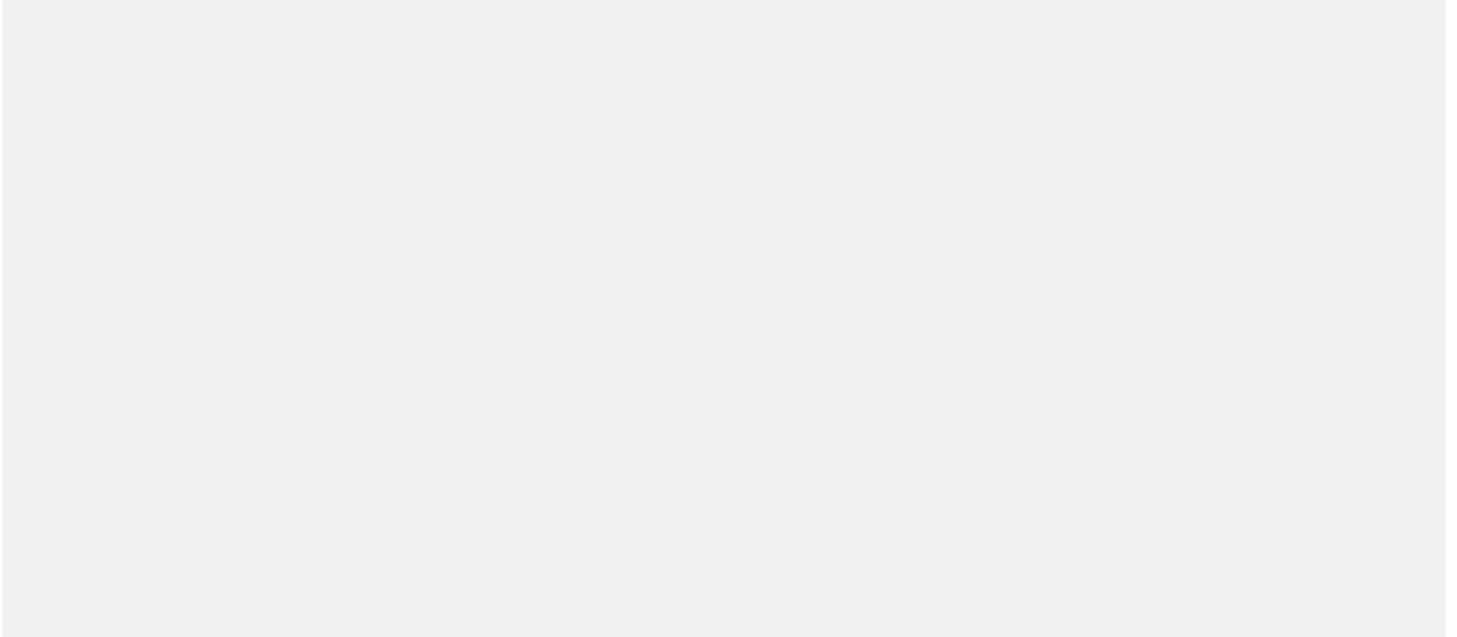
What did your religion teach you about your sexuality, sensuality, and pleasure?



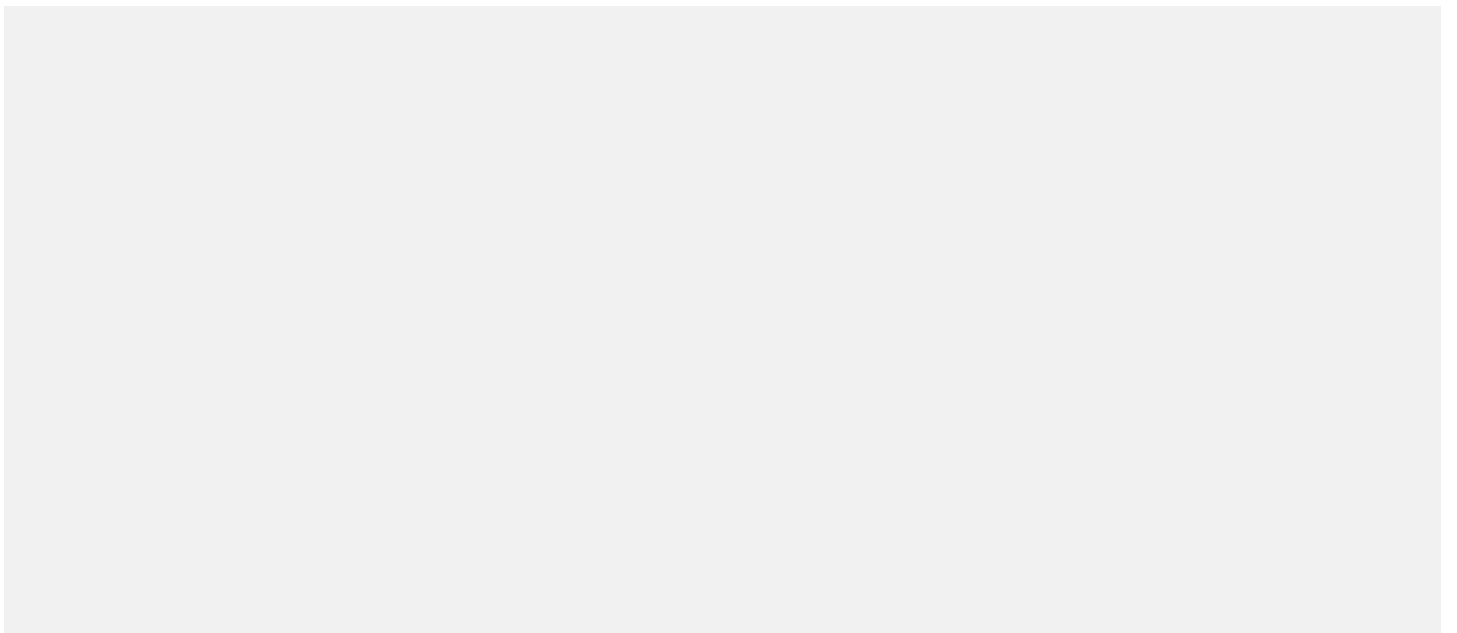
What did your school teach you about your sexuality, sensuality, and pleasure?



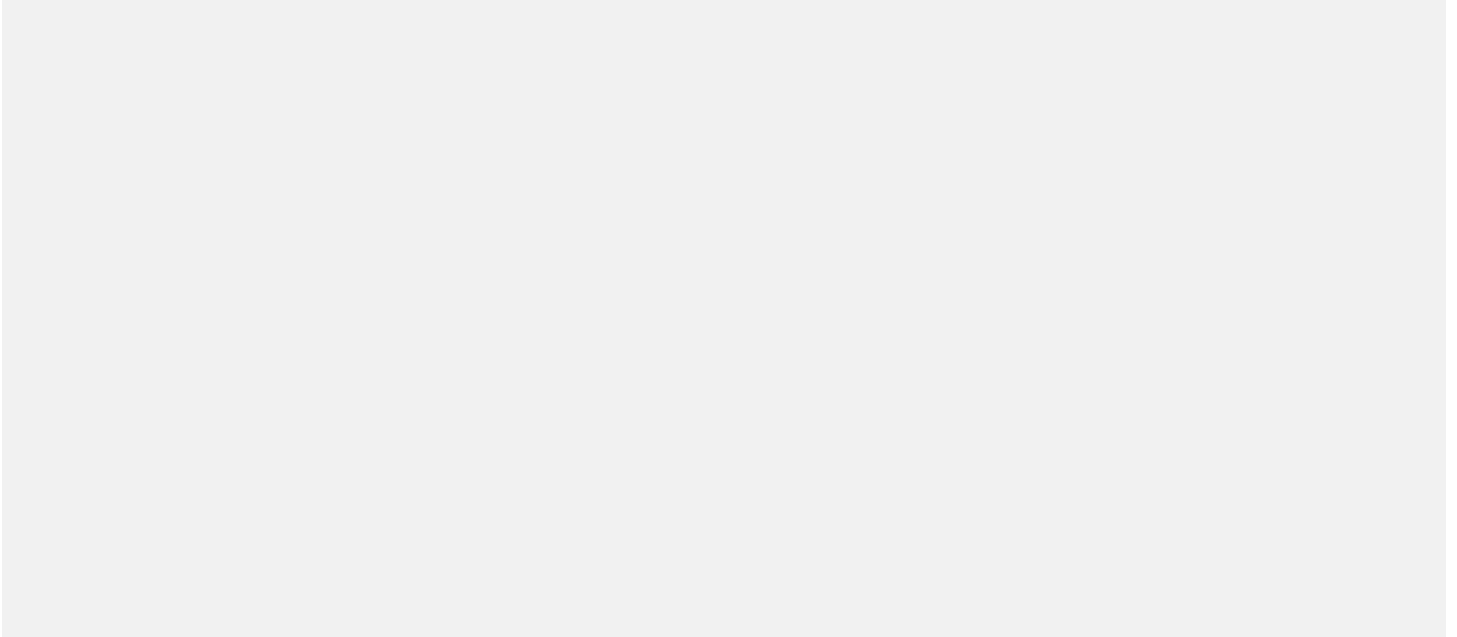
What did your first love teach you about your sexuality, sensuality, and your pleasure?



What did the media teach you about your sexuality, sensuality, and your pleasure?

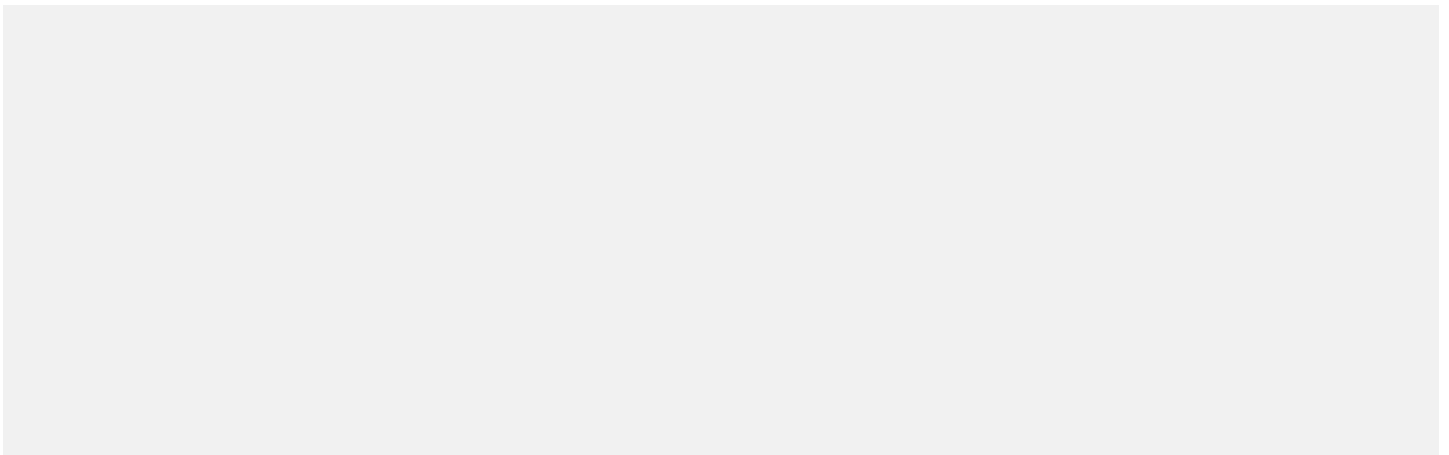


What did the medical establishment teach you about your sexuality, sensuality, and your pleasure?

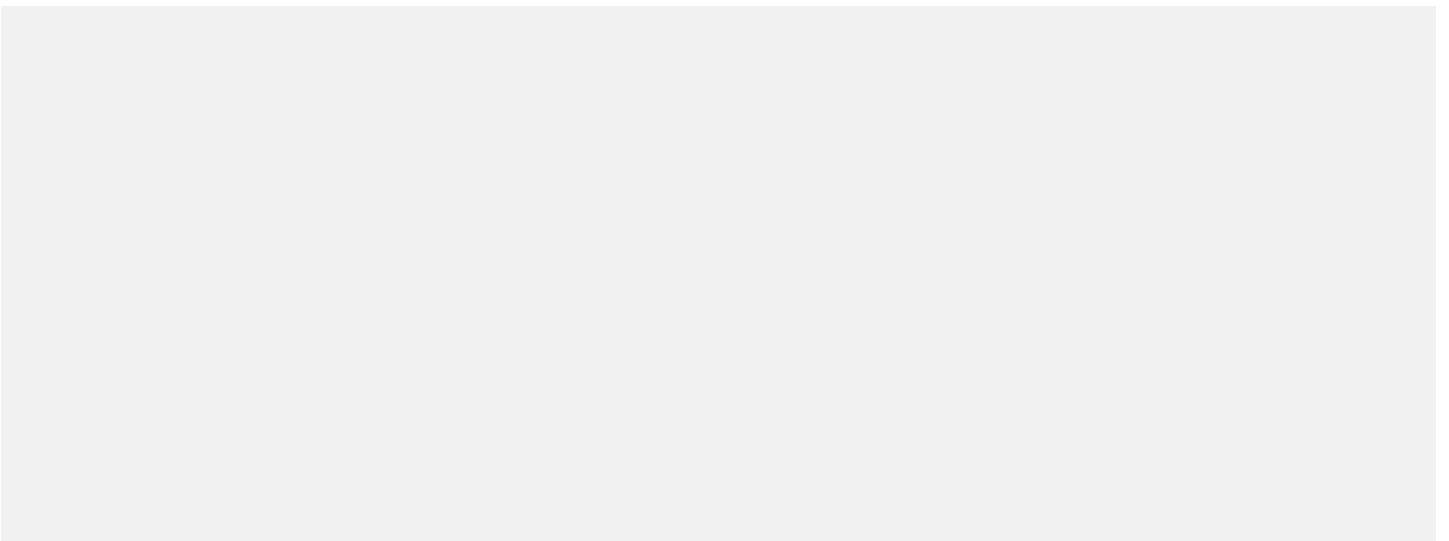


Choosing your beliefs and support systems for your sexuality, sensuality, and pleasure.

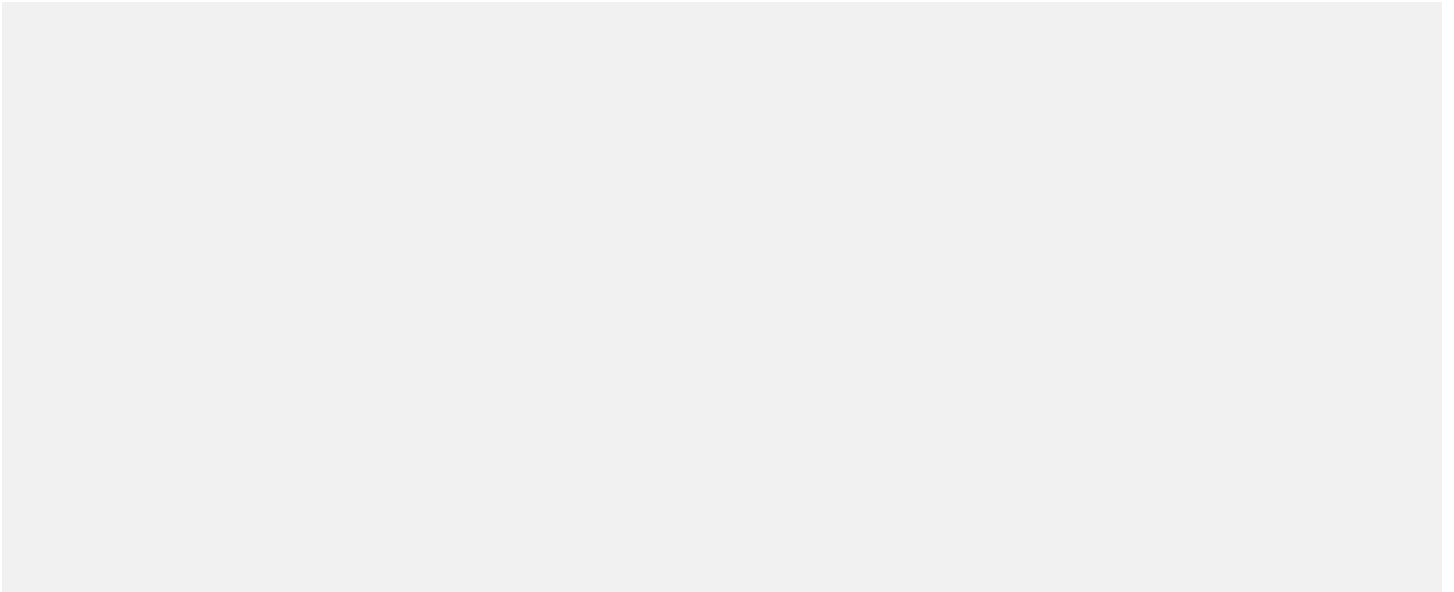
I encourage you to think of yourself as the sexually empowered version of you. What beliefs do you have? What do you wear? How do you speak? How do you move? How do you make love?



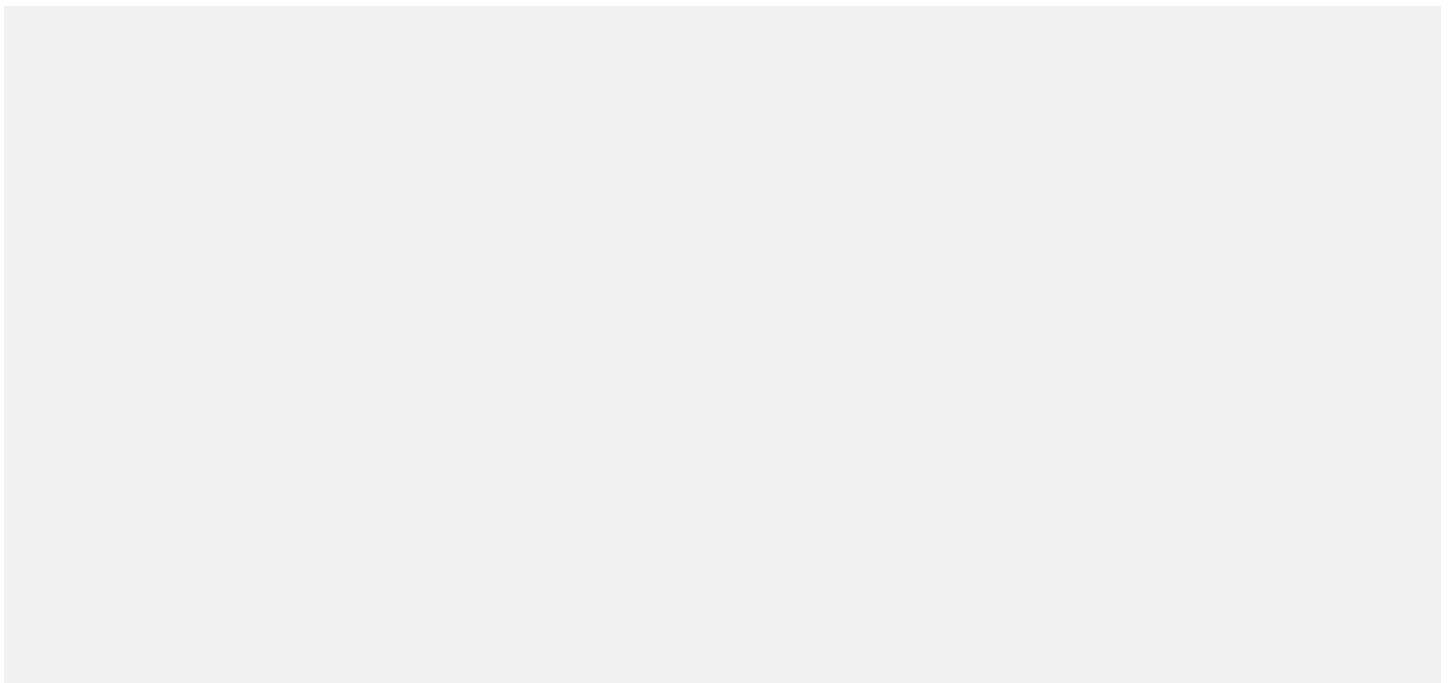
What thoughts, feelings, ideas, people, and aspects of your life support you to thrive as the sexually empowered version of you?



Is there a part inside of you, perhaps your womb, heart, or solar plexus, that feels like an empowering piece to support you as the sexually empowered version of you?



How can you connect with (breathwork, meditation, etc) this empowering piece?



What are three things you'll do this week to fully embody the qualities of the sexually empowered version of you?

