

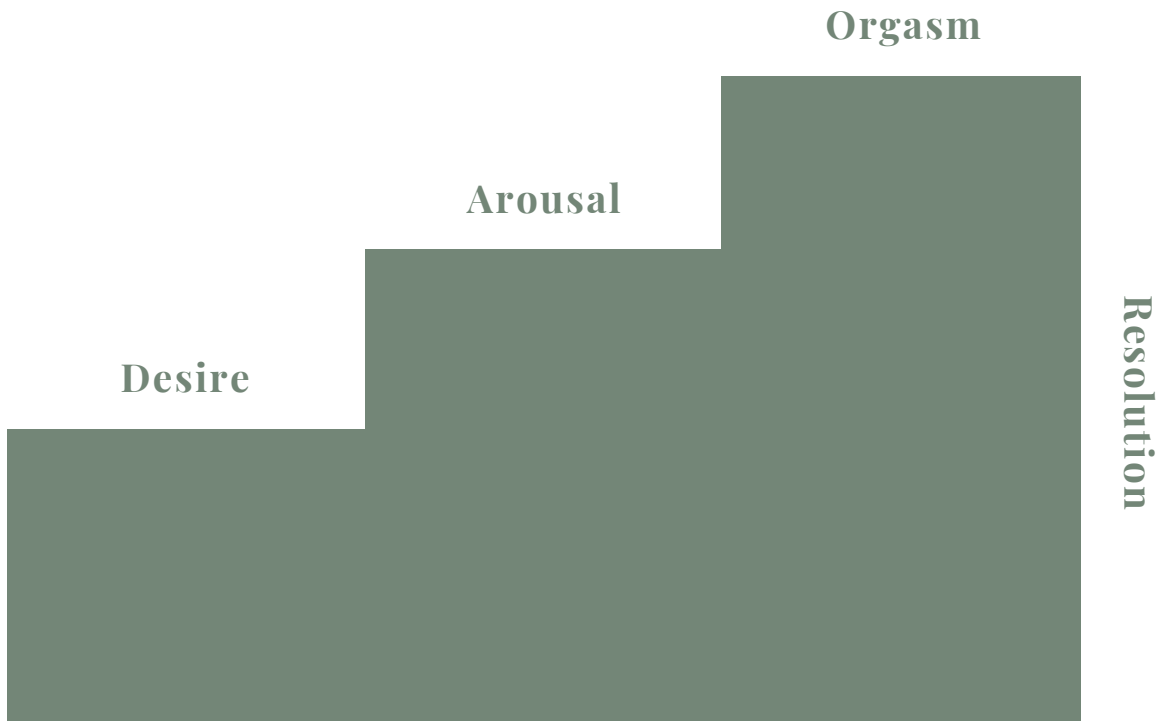
Prioritizing Play & Pleasure

Your Guide to Getting it On
With Intention

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Sexual Response Cycle

Understand Your Promoters and Demoters —



The **desire** stage involves a range of physiological changes in the body.

The **arousal** stage involves changes in the body intensifying.

The **orgasm** stage includes muscular convulsions, especially in the lower back and pelvic area.

The **resolution** stage includes the body slowly returning to its normal level of functioning.

What's happening in my body?
What sensations change and become more/less desirable or pleasureable?

What it means for me to be in the mood

Your desire for sex is influenced by a variety of things ranging from health to relationship satisfaction. Your arousal is, too. So when you are feeling self-critical, or critical of a partner, remember that nothing is "wrong" with you and being in the mood will always ebb and flow. Use this list to reflect on your pleasure promoters and demoters:

Promotes Pleasure	Demotes Pleasure

In order to *Get It On...*

**I need my environment to
be/include...**

**I need my body to
feel...**

**I need to feel _____ in our
relationship.**

**I need my thoughts to
reflect/include...**

What happened to our curiosity & playfulness?

What did playing games, making jokes, asking questions, surprises, excitement, etc. look like when you were dating?

What does playing games, making jokes, asking questions, surprises, excitement, etc. look like these days?

What do you want playing games, making joking, asking questions, surprises, excitement, etc. to look like in the future?

MAKE A GAME OUT OF BEING CURIOUS

"SAY IT"- Randomly use this phrase with your partner to find out what they are thinking in that very moment, without self-censoring.

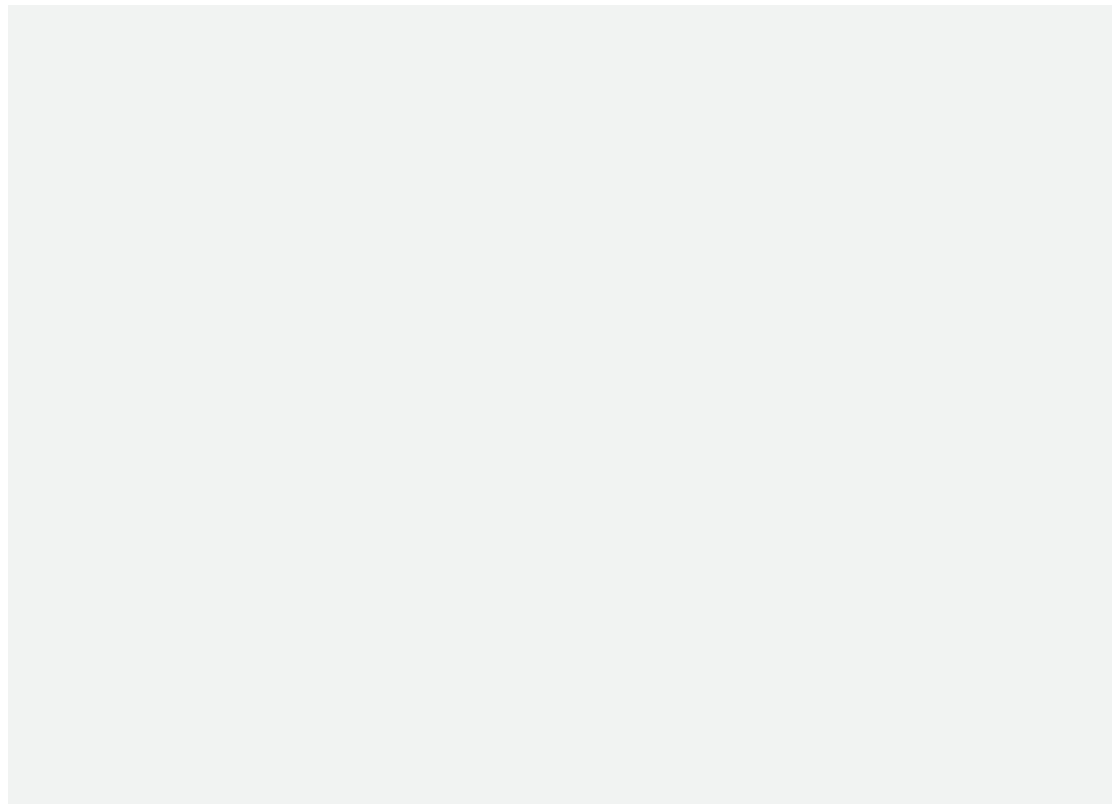
MAKE A GAME OUT OF BEING SENSUAL & CURIOUS

"I-SPY"- Take turns identifying what you see, smell, hear, taste, and feel and trying to guess what each other identified.

MAKE A GAME OUT OF BEING SEXUAL & CURIOUS

"Yes, No, Maybe"- Review a list of sexual activities to explore what you want to do, don't want to do, and what you may want to explore.

MAKE A GAME OUT OF...



Finding Fantasy

Here is a short list of various sexual fantasies. There's no limit to our imagination so this not an exhaustive list. First, take your time to read the list and then go back to select which ones appeal to you. There might be some things on the list that you find shocking. Remember that what might be someone's turn on, might turn you off, and that's ok.

- _Anal play
- _Being dominate/dominating
- _Being submissive/submitting
- _Being tied up
- _Body worship by one or multiple people
- _Dirty talk
- _Going to a nudist beach/resort
- _Incorporating food
- _Masturbation show
- _Mutual masturbation
- _Participating in an orgy
- _Roleplaying
- _Rough sex
- _Sensual massage
- _Sex in public
- _Sex outside of the home
- _Sex with a stranger
- _Spanking
- _Strip tease/dance
- _Taking sexy photos
- _Using blind folds
- _Using sex toys
- _Using a strap on
- _Watching porn

Use the space below to describe your sexual fantasies (this does not have to include something from the previous list). Who are you in each fantasy? Who/what else is involved? What are you wearing and doing? What other details are important to you?

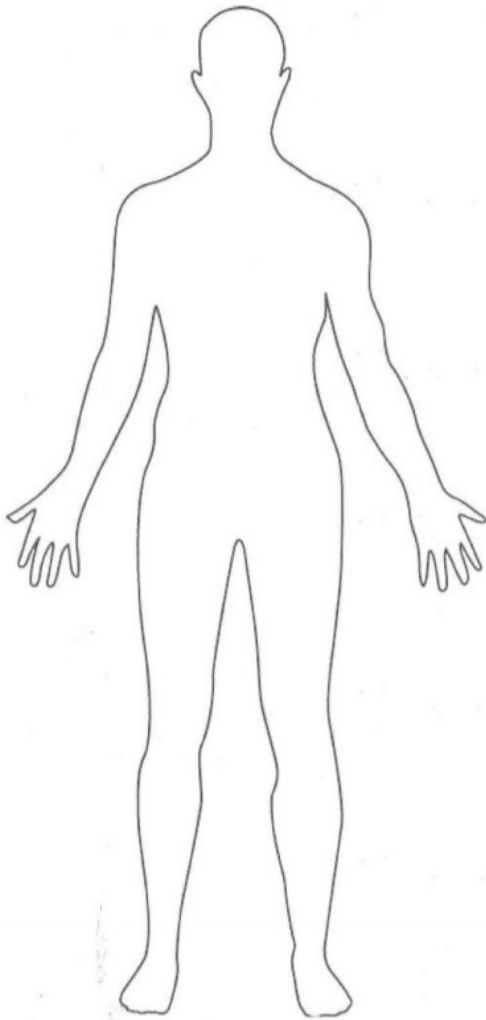
Body Mapping Your Pleasure

Body mapping can be used to explore your body and intentionally reflect on what feels good. It can also help you suspend assumptions and even judgement about what you think "should" feel good. Try out different things for yourself and be curious about what you've enjoyed in the past. Keeping up with this map over time and can also be helpful in affirming how you experience changes in pleasure throughout your life. Many things can cause changes to the map and updates will be necessary (i.e.: different emotional states, menstrual cycle, hormonal changes, age, medical issues, and more). Be a scientist (curious) about your pleasure and start exploring!

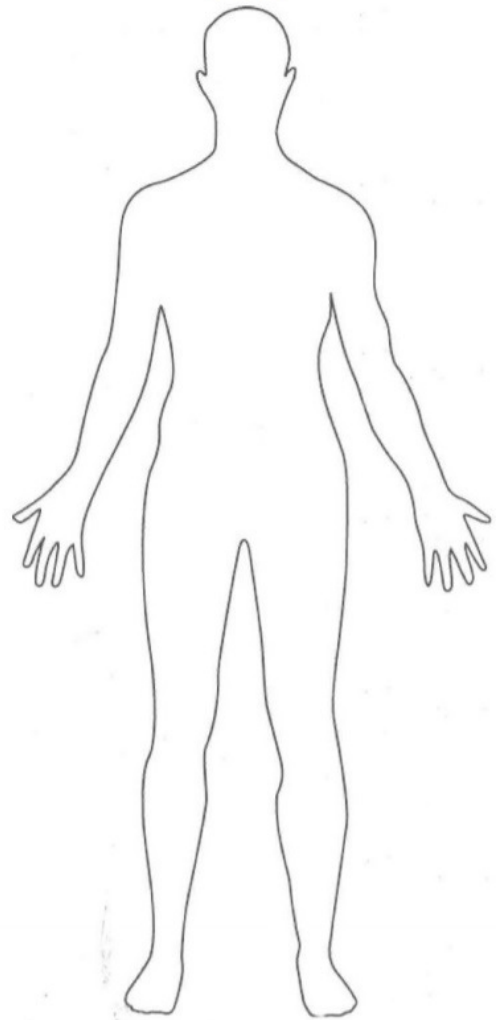
1. How does it feel to be touched in certain areas? Feel free to change the colors and meaning as you see fit.
 - a. Red feels very bad (or irritating)
 - b. Purple feels a little bad (or irritating)
 - c. Blue feels neutral
 - d. Yellow feels good (or soothing or arousing)
 - e. Green feels very good (or soothing or arousing)
2. How much pressure? Note the pressure that feels good or bad in each place (eg. light touch, medium touch, deep pressure or not even touching but close enough to feel heat).
3. What rhythm feels best? (eg. slow, fast, or something in between).
4. Touching with what? Try touching with different things and notice what feels good (eg. hands, other body parts, feathers, a brush, velvet, satin, or whatever).
5. Make different maps to keep track of how preferences change during different phases of the sexual response cycle. Feel free to substitute different stages as you see fit.
 - a. Unstimulated (non-sexual)
 - b. Excitement
 - c. Plateau
 - d. Orgasm
 - e. Resolution

Body Mapping Your Pleasure

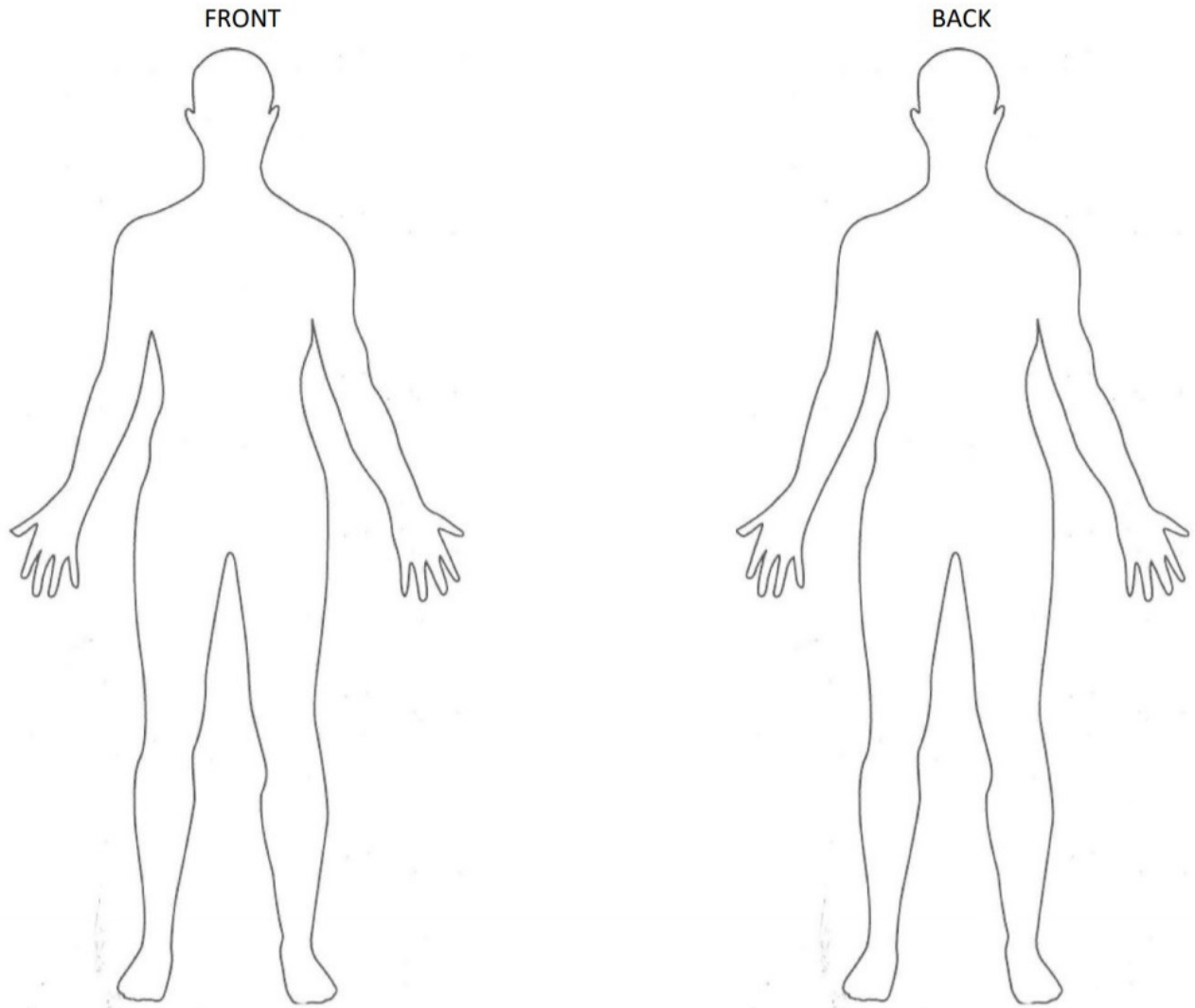
FRONT



BACK

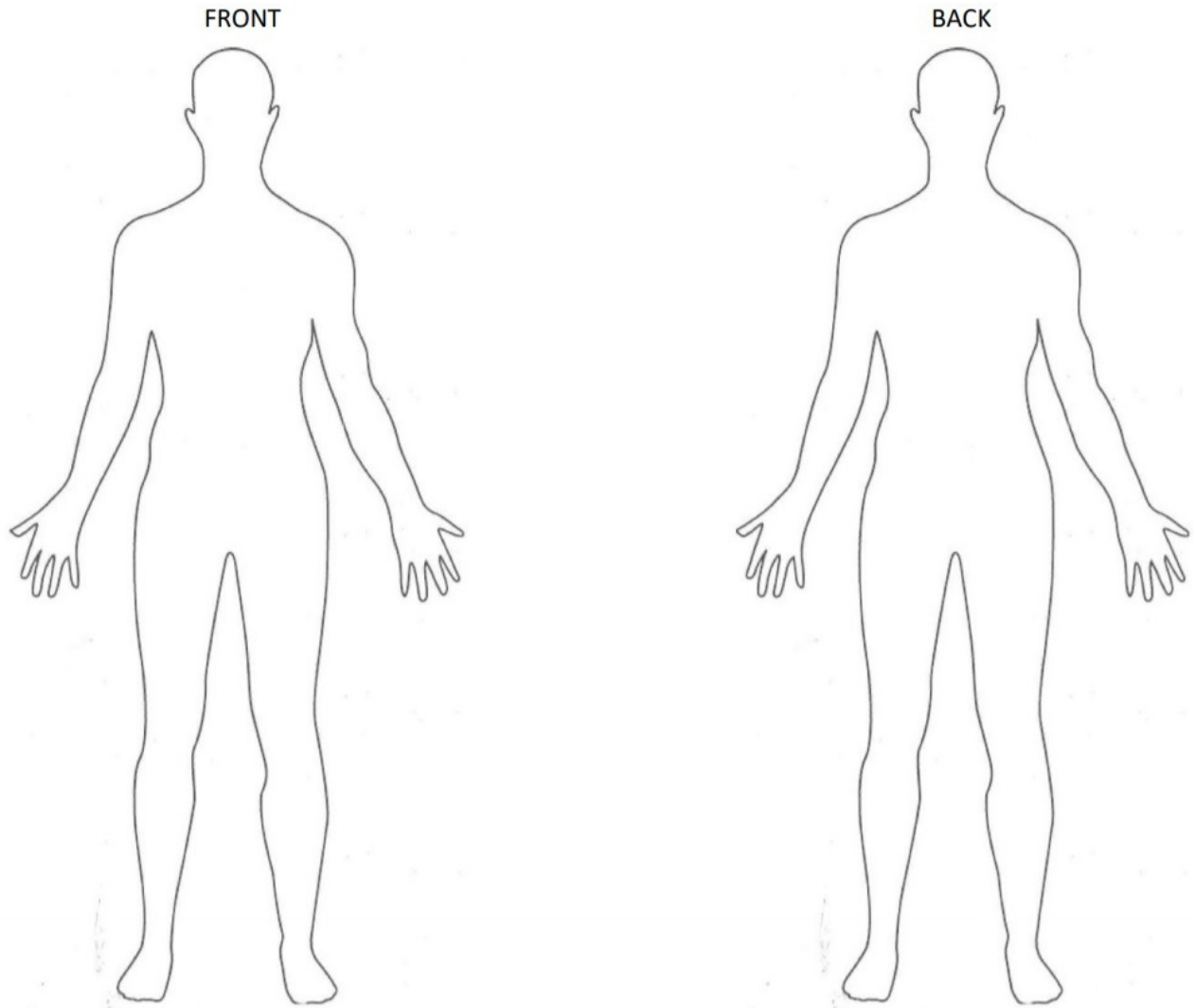


Body Mapping Your Pleasure



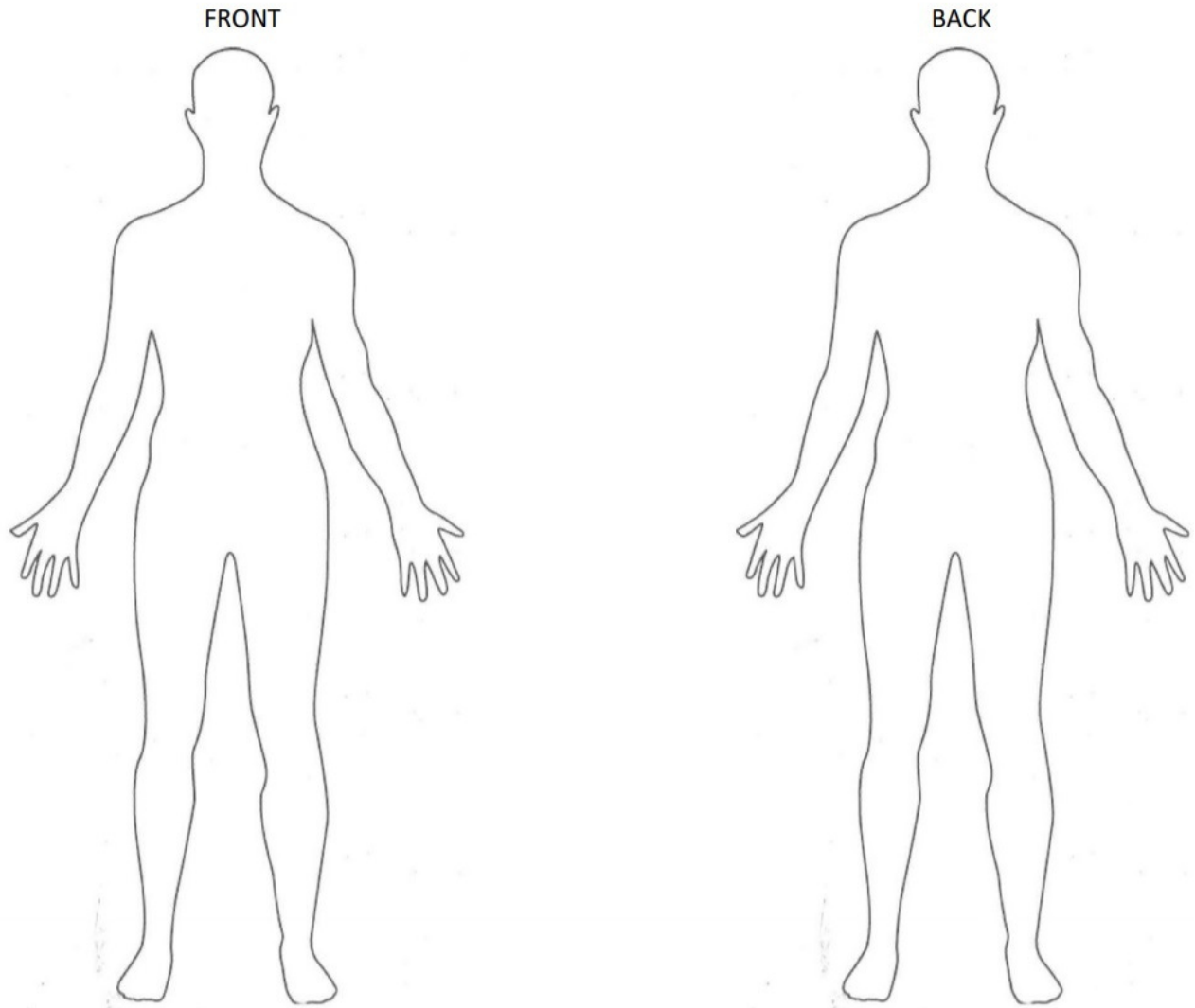
Identify the 'where'

Body Mapping Your Pleasure



Identify the 'what to do'

Body Mapping Your Pleasure



Identify the 'what to use'

Plan for Prioritizing Pleasure

3 practices I will do daily to prioritize pleasure.

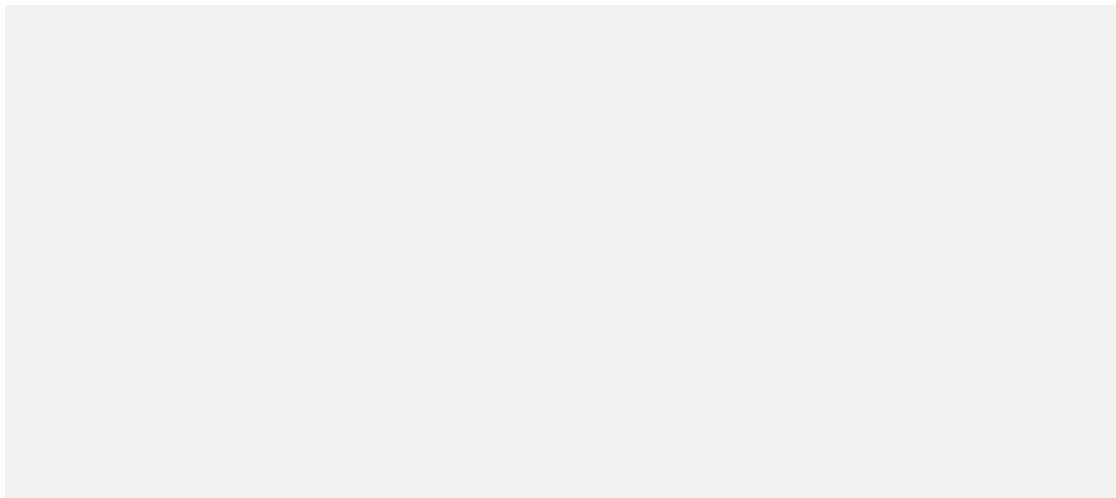
- 1.
- 2.
- 3.

3 practices we will do daily to prioritize pleasure.

- 1.
- 2.
- 3.

Reflect

Why do you want to prioritize the above? What will you get out of it and how does it benefit you, your partner(s) and your relationship(s)? What are some potential barriers to work through? What will help with follow through?



Resources

Books

[Solo Sex: A Workbook for Your Erotic Self](#) by Afrosexology

[Come as You Are](#) by Emily Nagoski

[Healing Sex: A Mind-Body Approach to Healing Sexual Trauma](#) by Staci Haines

[Pleasure Activism](#) by adrienne maree brown

[Passionate and Pious: Religious Media and Black Women's Sexuality](#) by Monique Moultrie

Ethical Porn

[RoyalFetishXXX](#)

[CrashPadSeries](#)

[Bellesa](#)

[Pinklabel.tv](#)

Exploring the body, needs and interests

[Erogenous Zones](#)

[Yes, No, Maybe Checklist](#)

Games

Gottman Card deck (app store)

[Sex Talk Card Game](#)

["Use Your Mouth"](#) Sex & Relationship Conversation Starter Cards

Podcasts

Sex with Dr. Jess

Sisters of Sexuality

The Sexually Liberated Woman

Where Should We Begin w/ Esther Perel

Sex toys

[All about lube](#)

[Guide to body safe toys](#)

30% off from [FemmeFunn](#), Code: Afrosexology

25% off from [Bellesa](#), Code: AFROSEXOLOGY25

15% off from [UnboundBabes](#), Code: udeservepleasure

10% off from [Spectrum Boutique](#), Code: Afrosexology