



Who am I

in my sexual pleasure, sexuality, expression
of my body

This is my journey
of healing and
reclaim, it will take
the time it needs

Reconnect to our bodies

I am not
broken

How connected do you feel to your body?

Completely
disconnecte
d/I hate my
body

Incredibly
connected/
I love my
body

Some activities to support you to begin the journey of reconnecting to your body:

Start simple!

What part of your body feels safe? Let's enjoy and explore that:

- What does that part do?
- How does that part make you feel? when you move it how does that feel?
- What do you like doing with it?
- What do you like having on that part of your body?
- What textures feel good on that part of your body?



While doing the activity, if you start not feeling safe or your body is having a threat response:

- Pause
- Breath
- Acknowledge the feeling we are having
- Practice self-compassion:
 - An example of what we could say to ourselves: "This doesn't feel safe because.... This makes sense. I am not in threat now. A safe movement/felt sense with this part of my body right now is.... Or I need to leave this now and get back into a safe head/body/spirit space. I will come back and explore this when I am ready."

Sexual Health

How much do I understand about my body's sexual health?



Nothing/I'm scared of my sexual health

Heaps/ I'm comfortable with my knowledge of sexual health

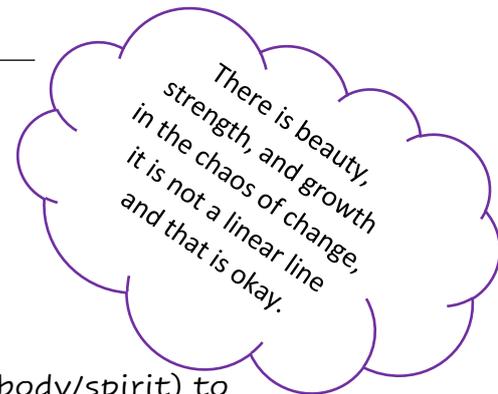
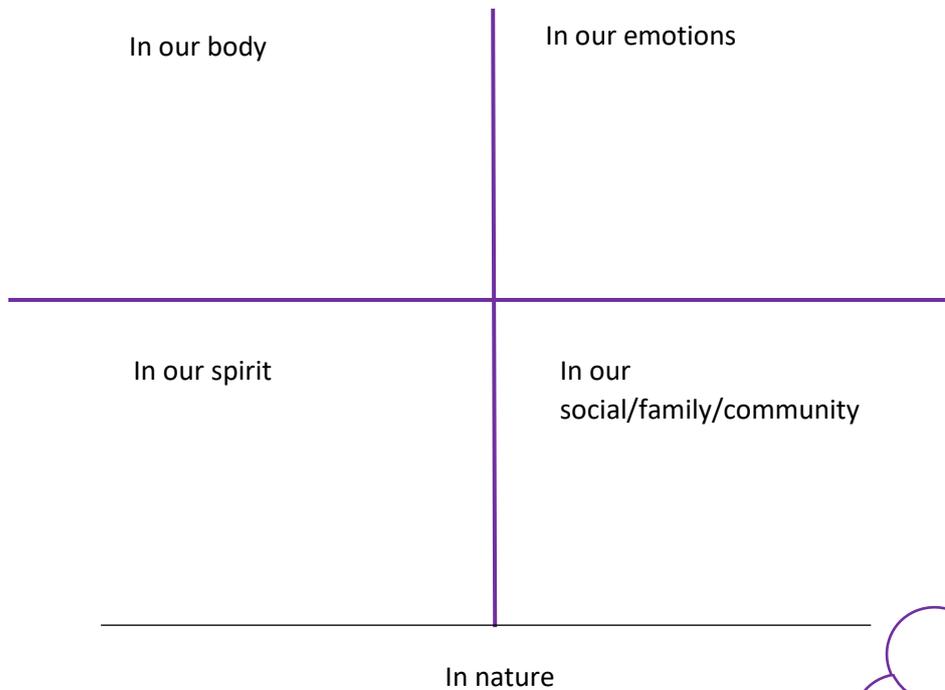
Where can I get information and knowledge about my sexual health?



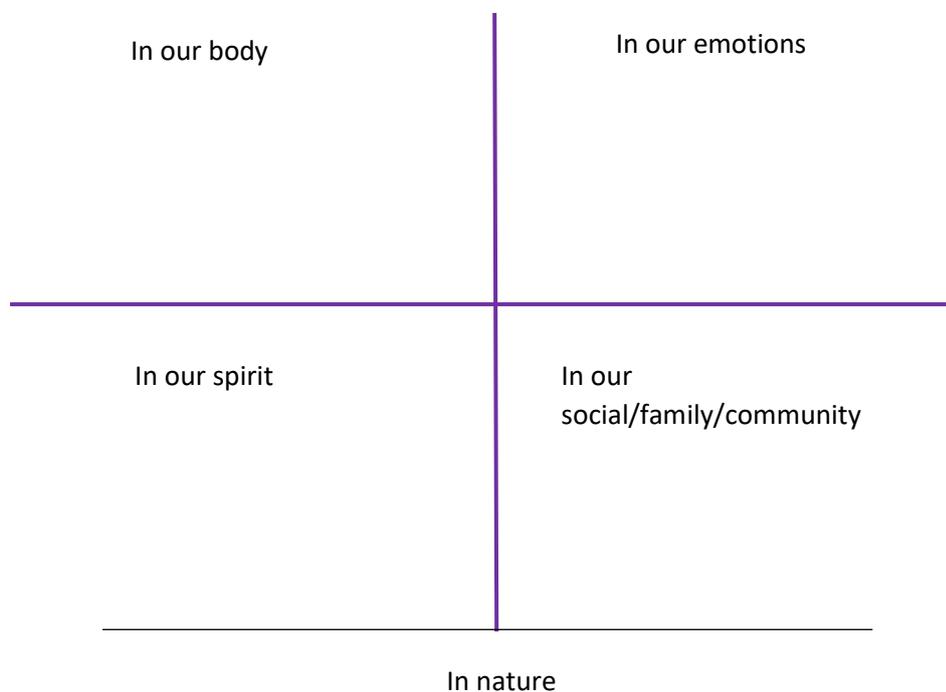
My expression of pleasure

How do I experience pleasure?

Tool adapted from Mason Durie 1984 Te Whare Tapa Wha model:



What would we like to try in a safe place (head/heart/body/spirit) to express our pleasure:





Intimacy for ourselves

How close do I feel to myself?

I struggle to have a close relationship with myself

I have a good relationship with myself

- What does intimacy mean to me?
- What other women can I talk/read about/follow on social media to about intimacy to get some ideas?
- When do I feel intimate with myself? What spaces do I feel intimate with myself?

Practicing a “no”

Practicing saying what I want

Practicing saying a “yes”

- No I don't want the upgrade to my drive through meal
- When asked at check out how I am, try giving a small honest reply: “I am okay today/ I am having a shitty day/ I am good today”

Who will hold Hope for us in moments we might not feel like doing that?

Aim is to have more experiences of a sense of safety within our sexual expression