

YOUR PLEASURE CONSTELLATIONS

Use this space to sketch out your pleasure constellation.

Start with your biggest, easiest known pleasures. Draw these as big shapes.

Then start reflecting on the pleasures you haven't explored in awhile.

They may be smaller or more distant stars. Play with this, there are no right or wrong ways to do this!

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Zoom into one of your biggest "Pleasure Stars" and then start charting the pleasures within it.

WHY do you enjoy it?

WHAT specific experience does it give you?

HOW does it make you feel?

WHO have you shared this pleasure with?

HAS this pleasure been encouraged or forbidden? Explored or denied?

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Zoom into one of your distant, unexplored "Pleasure Stars" and reflect on how you might want to explore it in your life.

WHY was this pleasure sent to the outer realms of your constellation?

WHO made you feel scared, guilty or ashamed about this pleasure?

WHAT would it take to explore this pleasure more freely?

WHO would you like to share this pleasure with?

IS this pleasure one that will remain unexplored for now?

HOW might you honor it anyway?