

Journaling prompts

Hi,

I just wanted to say thank you for joining in on this juicy conversation around Sex + pleasure

I've included some journal prompts for you to do after this episode so you can dive deeper into what makes you FEEL good

xo **Azaria Menezes**

aka

The Pussy Fairy

Come find me for more juicy goodies

www.azariamenezes.com

My Podcast: Getting Intimate



Azaria Menezes

Inquiry

These are the deeper questions that support you to understand how you can fall into a more vibrant and juicy relationship with self-love, pleasure, and sexuality


- 1. What have I learned about my body and how do these things affect me today?**

- 2. What has society taught me about my sexuality and how do these things affect me today?**

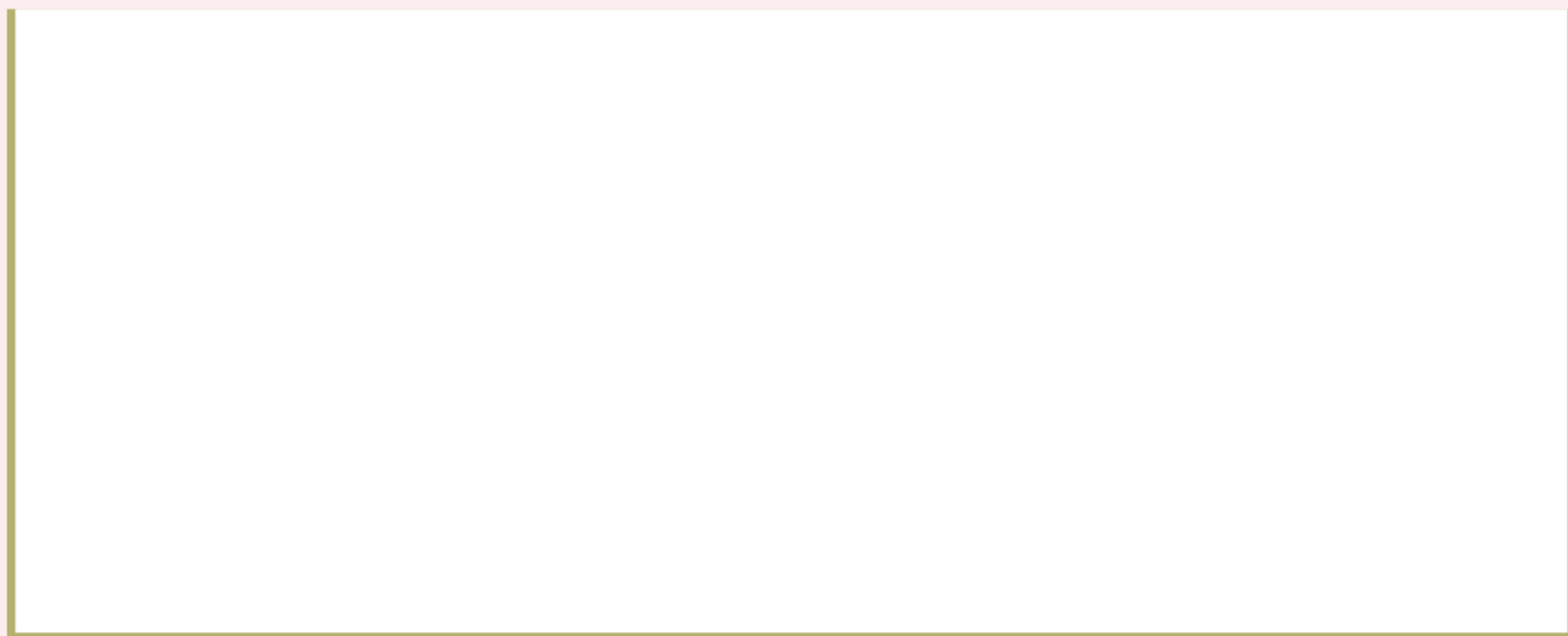
Inquiry

These are the deeper questions that support you to understand how you can fall into a more vibrant and juicy relationship with self-love, pleasure, and sexuality

3. What are some things that make me feel safe during sex and intimacy?



4. How would I like to feel during and after self pleasure or sex?



Inquiry

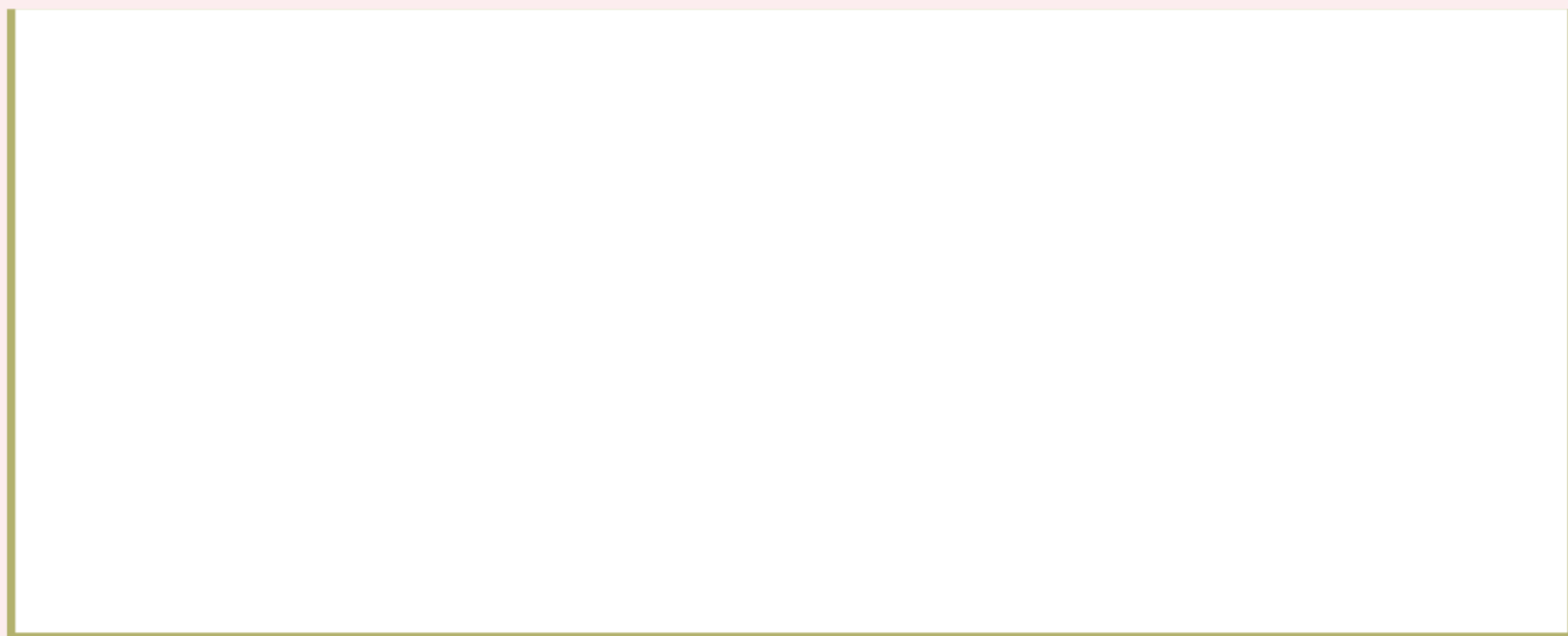
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What things turn me on? What things turn me off?

5. * think about nonsexual things too *



6. What fantasies would I love to explore and what fantasies am I holding back and why?



Inquiry

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7. What makes sex and sexuality empowering for me? What do I need to do in order to support feeling empowered around my sexuality?

8. How can I contribute to getting my needs and desires met in the bedroom? How can I take responsibility for my own pleasure?