



T SOB HOMEWORK

EPISODE .00: WHERE IT ALL BEGINS

If you're anything like me, there's AT LEAST one thing in your life that you have either said or thought for a long time, and it has kept you from accessing the quality of life you know you deserve (whether sexually or otherwise). Below, take a minute to identify that one thought pattern. Don't think too hard about it; just sit still, take a deep breath, and see what comes up for you.

(e.g., Pleasure is not as important as productivity.)

Now that you have that one thing, take another minute to consider what it would take to release that pattern and take on a new one that's more empowering. As you do that you may notice insecurities or fears that may come up--which is likely why you've held onto this pattern for so long, so it's okay! Identify up to three of these fears though, and challenge yourself to identify one reason for each one, explaining why it's not rooted in reality or serves the person you're becoming.

(e.g., PART A: Pleasure being as important as productivity scares me because it becomes on more think I'm responsible for. PART B: Pleasure can be incorporated into ANYTHING I do, including activities that are also productive!)