



TSOB HOMEWORK

EPISODE .08:
IN SEARCH OF OUR MOTHERS' SEX ED

What brings your joy? What brings you pleasure? Take some time to think about what in your life brings you joy and pleasure and write those things down.

[Blank yellow area for writing]

Find the language to vocalize and describe what brings you joy. What words describe the joy you feel or want to feel?

[Blank yellow area for writing]

What pleases you, what feels good, what do you want, what do you deserve, what do you desire? Write your list and then say aloud to yourself: this pleases me, this feels good, I want, I deserve, I desire.

[Blank yellow area for writing]