



INTIMACY THERAPY
JULIA VAYA MAI

DAY 3:

PLEASURE MAP

Mini - course for couples and singles

Drawing the map:

Please have a notes from previous days ready. As well as a selection of crayons as we will get a bit creative. You might need a paper to draw on, or you can print out PDF 4 alternatively as well as using any app that allows fill colors in the PDF document.

Using your Relationship Gift list from the PDF 1 and some points from the PDF 2 together decide 10 qualities, activities, actions that are absolutely necessary for satisfying intimacy and sex life. Include those that are not very present but very desirable. You will have to evaluate from scale 1-10 how much each of them is present in your life. Be creative and honest.

Here are qualities, activities and desires that some people have in their maps. You can get inspired by the list but you have to make sure that what you chose from the list truly resonates with the both of you.

To talk about feelings / sex

Sex talks

Honest sharing

Focused time together

More cuddles, non-sexual touch

More foreplay

Experiments with...

Dynamic play

More sensuality

Dates



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Drawing the map:

Slowness in sex

More / less sex

Explore kink

Novelty in sex

Explore dynamics

Introduce toys

Fidelity

Freedom

Consistency

Self-expression

More spontaneous sex

Surprise element

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Draw a map using the example below (10 layers of the cake and 10 slices) or print out the example. And using different colors fill in how each of the qualities is present in your life from 1 to 10.

Your Pleasure Map gives you landmarks and directions to follow. It can change with time, so it's good to review it every now and then and adjust accordingly.

Place the map in a visible place in your common area to get inspired everyday and see your final destination. Enjoy the process.