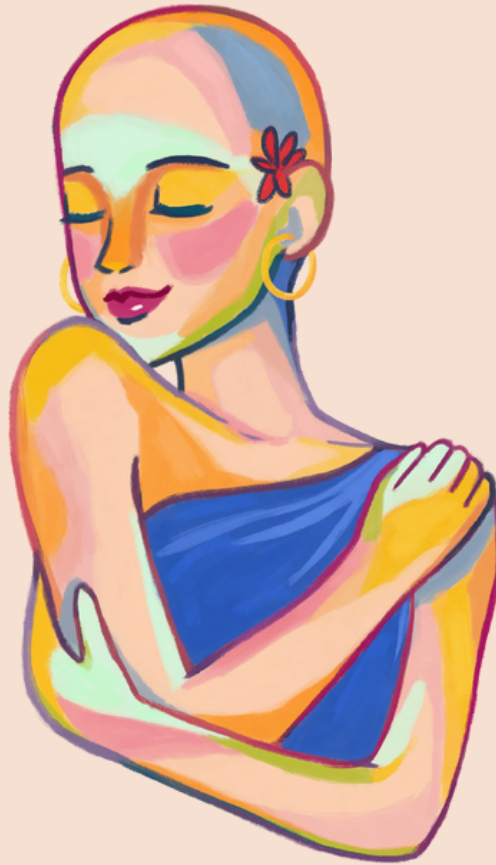


REDEFINE INTIMACY



GROW WITH SAFE SELF-EXPLORATION



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Let this resource be your guide as you journey through your senses to rediscover how your body can joyfully respond to intimacy once again.



*On average, women
pleasure themselves two
times per week.*

SELF-EXPLORATION IS SELF-CARE

Self-touch and allowing our senses to speak to us are essential to maintaining quality of life and a sense of self-awareness throughout the journey of life, especially when affected by cancer and treatment.

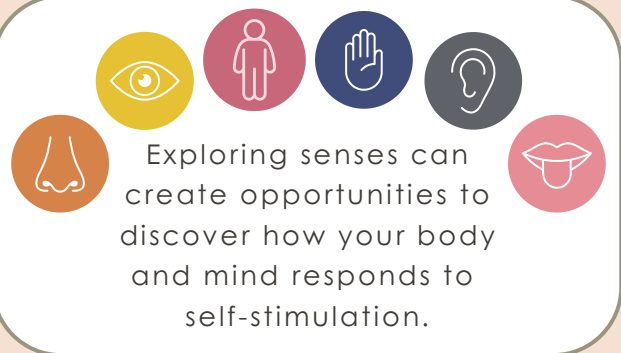
Misconceptions of self-exploration:

- No benefits
- Feeling of immense shame
- Selfish to do it alone
- Cheating without a partner
- Too expensive
- Takes too much time



SENSE OF BALANCE

- Plan moments of self-exploration for times when pain is low
- Choose one sense you feel curious or excited to experiment with
- Set a monthly goal to try ONE new intimate act
- Keep a journal of what you've explored (your likes and dislikes)
- Remember, this is a trial and error process; enjoy the vulnerability
- Stay open and let your mind be present with your body
- If you begin to feel frustration, pause and step away. Return when you're ready...this takes time



SENSE OF SMELL

- Light your favorite candle or incense in a well-ventilated room
- Put on your partner's clothing and take in their scent
- Spray a fragrance that makes you feel sexy
- Take a bath soaking in your favorite essential oils
- Sit outside in the fresh air



Close your eyes while sitting in a comfy place near your favorite candle. What do you sense?



SENSE OF TASTE

- Take your time eating a favorite food with your eyes closed
- Dab flavored lubricant on your hand, arm, or partner and lick it
- Chew your favorite minty gum





SENSE OF TOUCH

- Trace a tool (feather, tissue, frozen spoon, vibrator, finger) gently across your chest, moving outward towards the rest of your body — take your time and enjoy the sensation
- Run streams of warm or cold water across your body (be mindful of safety and avoid temperatures that could cause injury)
- Gently massage or apply lotion to your body, avoiding ports or any open wound



While laying down, clench & release your muscles starting at your head & slowly working down your body. Where are you tense?

SELF REFLECTION

You have permission to be present and to create a safe space for self-exploration.

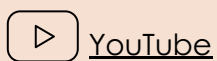
Ask yourself these guiding questions during your exploration:

What is my intention?

What is my goal of trying this?

Am I open to the new story my body has to tell?

Each of the senses can provide **suggestions** to self-touch. You deserve to go at your own pace. Remember to breathe and be open to how your body responds; you might surprise yourself.



SENSE OF HEARING

- Play music that helps you feel at peace
- Quiet your surroundings by using headphones
- Say your favorite mantra OUT LOUD
- Listen to a mindfulness podcast



Take 3 deep breaths while saying "I accept myself as I am in this moment". Do you have a favorite saying?



SENSE OF SIGHT

- Stand in front of a mirror and look at your favorite body part
- Put on your sexiest feeling outfit
- Explore with lights on AND off
- Allow yourself to accept who you are in this moment...vulnerable, yet comfortable and safe

REMEMBER: GIVE YOURSELF GRACE

While your body is discovering new ways of living and you embark on your health journey, keep in mind that **you are loved** and how you redefine your intimacy matters!

YOUR FEEDBACK IS APPRECIATED



SCAN ME

REFERENCES & ADDITIONAL INFO



SCAN ME