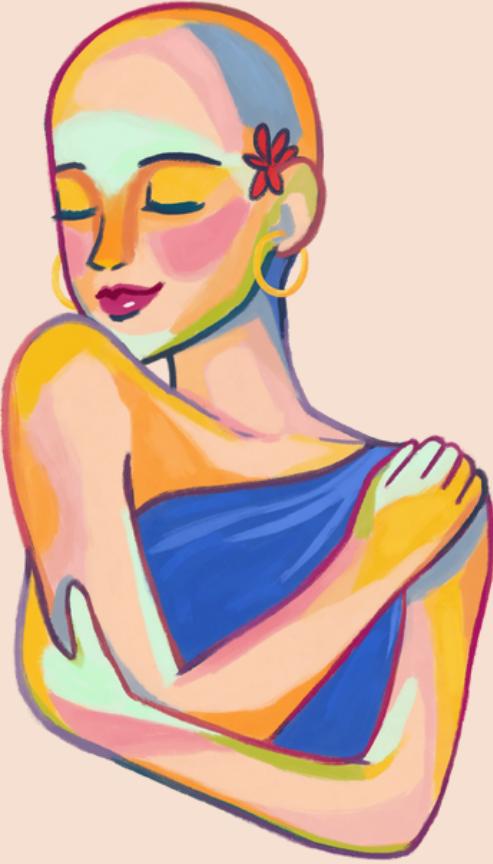


REDEFINE INTIMACY



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, clinch & 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.



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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



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