

# Sensory Pleasure



## How do you feel pleasure?

We can access feelings of pleasure, both sexual and non-sexual, by engaging with each of our five senses. Consider the examples provided at [allaboutsexed.org/pleasure-arousal](http://allaboutsexed.org/pleasure-arousal) and make yourself a reference for the ways that you like to access pleasure!

<b>SIGHT</b>		
<b>SOUND</b>		
<b>SMELL</b>		
<b>TASTE</b>		
<b>TOUCH</b>		

# Map Your Pleasure



## Where in your body do you feel pleasure?

- Where do you enjoy touch, and what kind of touch do you enjoy there (e.g., warmth, pressure, softness)?
- Where do you feel pleasant reactions to sound, smell, taste, or sight?
- Are there parts of your body that you prefer not to have touched?

Use the worksheet below to take note of where and how you feel pleasure. You can also make note of where you don't feel pleasure. Your responses can help you better communicate your desires to partners!

