

Homework Assignment and Journaling Week #5

Finish these statements:

Remember, the answer that first pops into your head is important, and is probably the “right” one or the one that wants to be worked on first.

Good girls never _____

A real man would never want to _____

I could never allow myself to try _____ because that would be wrong.

Are those your beliefs or that of your outdated moral code of your parents?

Do they still serve you in any way or are they inhibiting your sexuality and your ability experience incredible sex?

Some of the answers may have surprised you. Some may even make you laugh at how illogical they sound aloud. Most of our belief systems come from our parents, our society, the era we were born in, our peers, etc.

Use Basic Tapping to tap on releasing those limiting systems and to embrace your freer self.

Tapping

Below are a series of very general tapping examples to get your mind stimulated. This is meant to stir memories or ideas, and is not an ideal tapping script to clear emotions.

Remember to make it terrific for you, be specific to your particular memory. You don't need to tap on things that don't carry resonance or an emotional charge for you.

Side of Hand: Even though I have this thought that I just can't let go of... Even though the nuns told me that if I ever did that thing I'd go to hell and even though I didn't really believe them...it still has some lingering effect on me. Even though I am ashamed to admit that sometimes I fantasize about doing it, I am open to letting this go.

Even though I've never shared this with my partner and even though if I were really honest I'd admit to wanting to explore this sexual scenario, but I just can't because I don't know what they will think of me I have these thoughts that it's wrong to want this but I'd really like to try it but I just couldn't and I'm embarrassed by it, I am open to accepting myself.

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Even though in the past I have judged other people for doing this maybe out of my own discomfort... and even though I'm now judging myself for the thought of wanting to play this idea out to see what it would be like if and even though I am conflicted about wanting it, but not wanting to want it, I'm open to exploring this concept and accepting how I feel about it.

Be gentle with yourself, your discoveries, and whatever shows up for you. Please reach out over text message or voxxer if you have any questions or concerns.

Enjoy Playing and Exploring!

Dawn

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