

# The Happy Feminist Challenge

## Workbook



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## Day 2

### THE PRACTICE OF PLEASURE

Today we learned that pleasure is not a moral issue.

Pleasure is just an experience your mind and body are able to create. It's not good or bad, and it's not something you have to earn or deserve.

Women have a hard time allowing themselves to feel pleasure sometimes because, among other reasons, the entire edifice of Western Christian civilization is based on a story about how a woman's desire for pleasure ruined humanity for all time.

So today we are going to be practicing creating pleasure for ourselves, and allowing ourselves to enjoy it.

But we need to defuse at least the most intense of your brain's objections, or it won't be fun.

## Day 2

### THE PRACTICE OF PLEASURE

So your assignment for today is simple — pick something pleasurable to enjoy, just because you enjoy it. Examples might include: eating something delicious like the ripest peach or a chocolate truffle, taking a bath, reading a poem, sitting in the sun, having sex or giving yourself an orgasm, getting a massage, taking a walk without an errand attached, window-shopping, buying or picking flower for yourself ... anything that helps you connect to one or more of your senses and enjoy them.

The challenge is to try to be present and give yourself permission to experience the pleasure. If that is difficult for you, try some of the below cognitive hacks.

You can think or say a thought to yourself like:

“I have a permission to enjoy this,” or

“It’s safe to experience pleasure,” or

“I’m allowed to feel good in my body,” or

“You can enjoy pleasure and be a good person,” or

“Pleasure is just a gift, it does not have to be earned or deserved.”

## Day 2

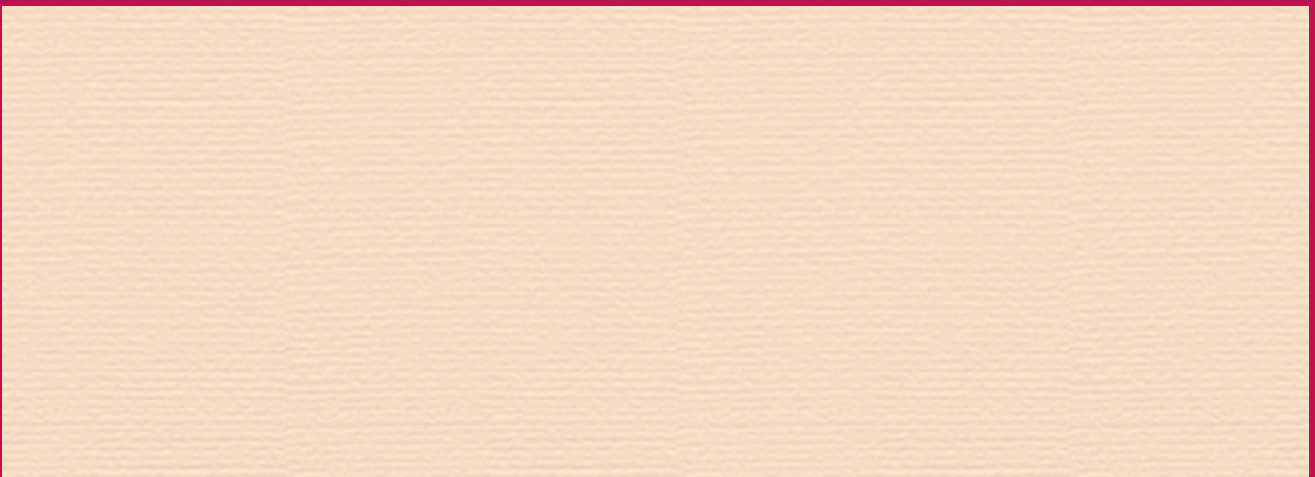
### THE PRACTICE OF PLEASURE

It can sometimes be helpful to imagine an animal or plant to give your brain a framework for what it might be like to feel pleasure without mental drama. Think of a cat stretching happily after a good nap, or a flower feeling the sun on its petals. These are just sensations that feel good to them (we think!) that they have not had to earn or deserve.

**What is the pleasure activity you've chosen?**



**What thought are you going to practice?**



What did it feel like in your body to focus on this pleasure? (Remember any feeling is ok! It could feel wonderful, or it could feel uncomfortable, or you might feel anxious — it's all just data for your growth!)



What thoughts did you notice come up?

