



Module 2 Worksheet

Pleasure Mapping Guide

This worksheet is for your private use. Take your time with it.

SECTION 1 | What You Learned in This Module

- Pleasure is not one thing. It comes in different forms: pressure, rhythm, vibration, temperature, and texture.
- Your body has a unique pleasure map. What works for someone else may not work for you, and that is completely normal.
- Pleasure zones exist all over your body, not just the obvious places. Your neck, ears, inner thighs, lower back, and more can all be sources of arousal.
- Mental state directly affects your body's ability to access pleasure. Stress blocks arousal. You cannot stress your way into pleasure.
- Solo exploration is research, not replacement. It helps you understand your body without performance pressure.
- Your ideal rhythm, pressure level, and sensation types are specific to you. There is no universal standard.
- Arousal patterns vary. Some people need significant warm-up time. Others respond quickly. Neither is better or worse.

SECTION 2 | Sensation Inventory

Rate each sensation type on a scale of 1-5 (1=uncomfortable, 5=highly pleasurable)

Light, teasing touch	_____
Medium pressure	_____
Firm, deep pressure	_____
Slow and steady	_____
Medium pace	_____
Fast and intense	_____
Manual/hand	_____
Oral	_____
Vibration	_____
Penetration	_____



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SECTION 3 | Body Zone Mapping

Mark areas that respond to touch. Everyone is different.

- Neck
- Ears
- Chest/nipples
- Inner thighs
- Lower back
- Perineum
- Hands/feet
- Scalp
- Other: _____

SECTION 4 | Arousal Pattern Recognition

How long does it typically take for arousal to build? _____

Do you prefer immediate genital touch or gradual build-up? _____

Does mental fantasy help or distract? _____

What mental state supports your arousal best? _____

SECTION 5 | Reflection Questions

There are no right answers. This is private. Be honest with yourself.

What surprised you most about your sensation preferences?

Which pleasure zones did you already know about? Which ones are new to discover?



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How does stress currently affect your ability to access pleasure?

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SECTION 6 | Your Action Item Before Module 3

Before moving to Module 3: Communication Essentials, commit to one week of solo exploration. Not as homework. Not as performance. As curiosity.

Set aside 15 to 30 minutes, three times this week, to explore without any goal except noticing. Use the sensation types we covered. Try different touch locations. Pay attention to what your brain does.

Then write it down in your sensation journal below.

Sensation Journal:

Date	What I Tried	What Worked	Notes

A NOTE FROM THEE FANTASY SHOPPE

Solo exploration is easier with the right tools. If you do not have anything to work with, or what you have is not creating the sensations you want to test, come see us at Thee Fantasy Shoppe in Daytona Beach.

Our staff averages over 15 years of experience each. Tell them you are working through this course and exploring different sensation types. They will ask questions, make recommendations, and get you what actually matches your nervous system, not what is trendy online.

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You are not alone in this.