



## Module 1 Worksheet

### Anatomy & Response Reference Guide

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

#### SECTION 1 | What You Learned in This Module

- The clitoris is the primary pleasure center for most people with female anatomy, and it is much larger than commonly known.
- The frenulum and glans are the most nerve-dense areas of male anatomy.
- Arousal does not always follow a straight line. Responsive desire is just as valid as spontaneous desire.
- Pleasure is the goal. Completion is not a requirement for a satisfying intimate experience.
- Variation in anatomy and response is completely normal.
- Mental state directly affects physical arousal. Stress blocks the body's ability to access pleasure.
- Long-term intimacy benefits from intentionality, not just spontaneity.

#### SECTION 2 | Myth vs. Fact | Check What You Now Know

MYTH	FACT
Penetration alone is the primary source of pleasure for most people.	Most people with female anatomy require external stimulation to reach completion.
Physical size is the most important factor in intimacy.	Skill, attention, and communication matter significantly more than size.
Arousal response is the same for everyone.	Every body has a unique response pattern. There is no universal standard.
Pelvic muscles are permanently affected by frequency of intimacy.	Pelvic muscles are elastic and resilient when properly cared for.
If you are not instantly aroused, something is wrong.	Responsive desire is normal. Arousal can build after stimulation begins.
Intimacy ends when one partner reaches completion.	Intimacy is not a finish line. It is an ongoing experience.



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## SECTION 3 | Reflection Questions

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

**What is one thing you learned in this module that genuinely surprised you?**

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**Have you been operating under any of the myths covered in this module? Which one has had the most impact on how you think about intimacy?**

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**How might your intimate experiences shift if you focused on pleasure as the goal rather than a specific outcome?**

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**Is there anything in this module that brought up questions you have not been able to answer on your own?**

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## SECTION 4 | Your Action Item Before Module 2



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Before moving to Module 2: Pleasure Mapping, take a few days to sit with what you learned here. You do not need to do anything dramatic. Just begin noticing.

Notice what assumptions you carry about your body. Notice where you feel curiosity. Notice where you feel resistance. Write any observations below.

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### A NOTE FROM THEE FANTASY SHOPPE

If anything in this module raised questions you would like to explore further with an experienced guide, we are here. Our staff averages over 15 years of experience helping people navigate exactly these conversations, privately, respectfully, and without judgment.

Stop by our Daytona Beach location at Ridgewood and Madison, or give us a call.

**TheeFantasyShope.com | (386) 252-7399**

*You are not alone in this.*