

Pleasure Profile



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Fill out this profile by yourself to help explore what you like when engaging in solo sex play. This is a great way to start to learn your likes and dislikes and can be a great conversation starter to talk about pleasure.

Pleasure basics

- These values influence my sexuality:
- Three things I love about my body:
- I feel sexiest when:
- I don't feel sexy when:
- It is easy/difficult for me to have an orgasm.
- If and when I orgasm, I need____minutes/hours before going again.
- Sometimes_____is uncomfortable/can hurt.

Self- sexual activities that are pleasurable to me:

- ☐ Penetrative toys (vibes, dildos, plugs)
- ☐ Stroking my:
- ☐ Externally stimulating toys (suction, vibes, fluttering):
- ☐ Sucking on:
- ☐ Teasing over clothing
- ☐ Rubbing genitals

- ☐ Nipple Play
- ☐ Reading erotica
- ☐ Watching porn
- ☐ Audio erotica
- ☐ Anal Play
- ☐ Grinding
- ☐ Being nude
- ☐ Wearing clothing

like:

Positions

- ☐ Laying on my back
- ☐ Laying on my side
- ☐ Laying on my stomach
- ☐ Doggie
- ☐ Kneeling upright

How I liked to be touched:

Use the box to explore pressure and speed of touch that you enjoy on certain body parts. For example, if you like light, slow pressure on your chest, write chest in the upper left corner.

	Light Pressure	Deep Pressure
Slow		
Fast		