



WILD PANSY COACHING



more than this

WHAT YOU WANT AND HOW TO GET IT

A TRANS-MASC SEXUAL PLEASURE WORKBOOK

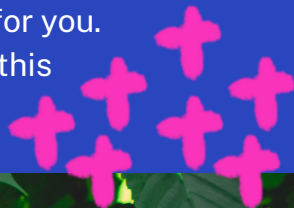
welcome!

What if trans existence were a gift? What if trans sex was sacred? What if we held space for our needs, wants, and desires without apology? What if our world supported all we have to give?

That's the world I want us all to live in. My transcestors have taught me that in order to change things we need to be able to imagine them - that dreaming is a kind of magic. My work to support trans pleasure and desire is rooted in this magic.

Understanding trans folks as worthy, as sacred, and as the gift to humanity that we are changes the paradigm. When we understand ourselves, and our community, from a trans-centered worldview we can truly see the brilliance that trans existence has to offer. What happens if you see your own experience as normative and not in comparison to mainstream (white/cis/het) assumptions?

This workbook is a tool to shift this paradigm. For you to explore and experience your sexual pleasure as a gift. It might be a complicated gift, but a fit none-the-less. This workbook is going to have parts that really resonate, and parts that are miss for you. Please take what feels good and leave the rest. I'm excited to support you on this journey!





meet your coach.

Dr. Constantinides is a queer trans man, sex coach, sexuality educator, and sex nerd who has been working in the field of trans health for 20 years. He currently has a private therapy practice where he serves folks in PA and NY, and a sex coaching practice where he provides sex coaching to individuals, folks in relationships, and offer groups, like this one.

Dr. C. is a co-author of the book [Sex Therapy with Erotically Marginalized Clients: Nine Principles of Support](#). He also teaches other healthcare providers about working with trans and queer communities through his work at Widener University, at the California Institute for Integral Studies, and at national and regional conferences.

Damon creates an intentional space to talk about what really matters, to be messy with each other, and to find joy in connection. Besides talking with queer and trans folks about *real shit* he likes to take his small dapper sweater wearing dog for walks and to go on adventures with his 12-year-old kid.

Damon C.

he/him/his



Wild Pansy Coaching
www.wildpansycoaching.com

x program timeline

1.

Welcome + Calling In

In our first meeting, you'll have the opportunity to meet other trans mascs in your cohort. Together, we'll look at what's working, what you're hoping to change, and other goals throughout the program.

This meeting will also address group agreements and ponder questions of what trust connection and joy look like so that you feel like this is a safe container for your journey and personal discovery.

2.

Models + Mirrors

We'll identify our sexual pleasure lineages and discuss intimate justice so you can start to incorporate community into your sexual story.

Plumming + Embodiment

Then discuss how our bodies work, how we want to relate to them, and how they've changed so you can clarify your relationship with your body.

3.

What is Good Sex?

Looking at the [Circle of Sexual Pleasure](#), we'll examine your beliefs so you can clearly communicate your definition of good sex.

Getting What You Want

This session focuses on attraction, relationships, and communication strategies so you can share with others what you've discovered about yourself.

4.

Desire + Fantasy

Learn more about desire and fantasy, in partnered and solo sex, so you can continue to explore sexual pleasure in multiple ways.

A Lifetime of Trans Pleasure

Finally, this session will be a place to share experiences and resources so we can support each other's integration, growth, and pleasure for the years to come.

***your trans
pleasure is
an act of
resistance.***

Meeting 1 , Welcome + Calling In

Welcome to your first assignment. I'm really excited to be on this sexual journey with you!

Every assignment in this group is an invitation and you always have the right to pass. For this assignment, take a few minutes to consider each of these questions and write, draw, or create your answers.

You are the only one who will see these answers, but there will be opportunities to share in group if you want to.

When you read the words “sexual pleasure” what comes up for you?

How would you describe your relationship with your own sexual pleasure?

Week 1, Welcome + Calling In

What, if any, are your barriers to [more] sexual pleasure?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

What is one thing that you hope will be different for you after this coaching group?

[illegible]

Week 1 , Welcome + Calling In

List three people you could connect with if hard stuff comes up for you during the program?

1.

2.

3.

What are three things you could do to take care of yourself if hard stuff comes up during the program?

1.

2.

3.



BONUS PROMPT

Name a song that makes you feel sexy!



**And, for our first meeting
please bring with you two
objects (Yay! Show and
Tell!):**

Object 1:

Represents a part of your sexual story
that you want to keep, nurture, and
expand.

Object 2:

Represents a part of your sexual story
that you want to release and move
beyond.