

WILD PANSY COACHING



# *more than this*

WHAT YOU WANT AND HOW TO GET IT

A TRANS-MASC SEXUAL PLEASURE WORKBOOK

## Week 2 , Mirrors + Models

**One of the many ways people understand ourselves is through how we are reflected by others. For trans masc folks there are often very few of these mirrors around us, especially as we work to understand our sexual-selves.**

**Week 2 will explore what it means to find and create those mirrors for ourselves.**

**What messages have you picked up in your life about pleasure?**

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**How have the following people or groups influenced your beliefs or assumptions about sexuality and pleasure?**

**FAMILY**

**FRIENDS**

**SEXUAL OR ROMANTIC PARTNERS**

**MEDIA**  
(FILM, TV, SOCIAL MEDIA, PORN, ETC)

## Week 2 , Mirrors + Models

**Who are your erotic role models? Who has positively impacted your understanding of yourself as a sexual being? These could be people you know, people from the media, authors, teachers, cis, queer, or trans.**

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**Which one of McDaniels Principles of Pleasure most resonates for you and why? Pleasure Lives in the Body, DeCenter Genitals and Orgasm, Give Yourself Permission, and/or Accept Your Body As Is.**

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## Principles of Pleasure

The following are principles of pleasure, as introduced by McDaniels in *Gender Magic*.

**Pleasure Lives in the Body**

**Decenter Genitals and Orgasm**

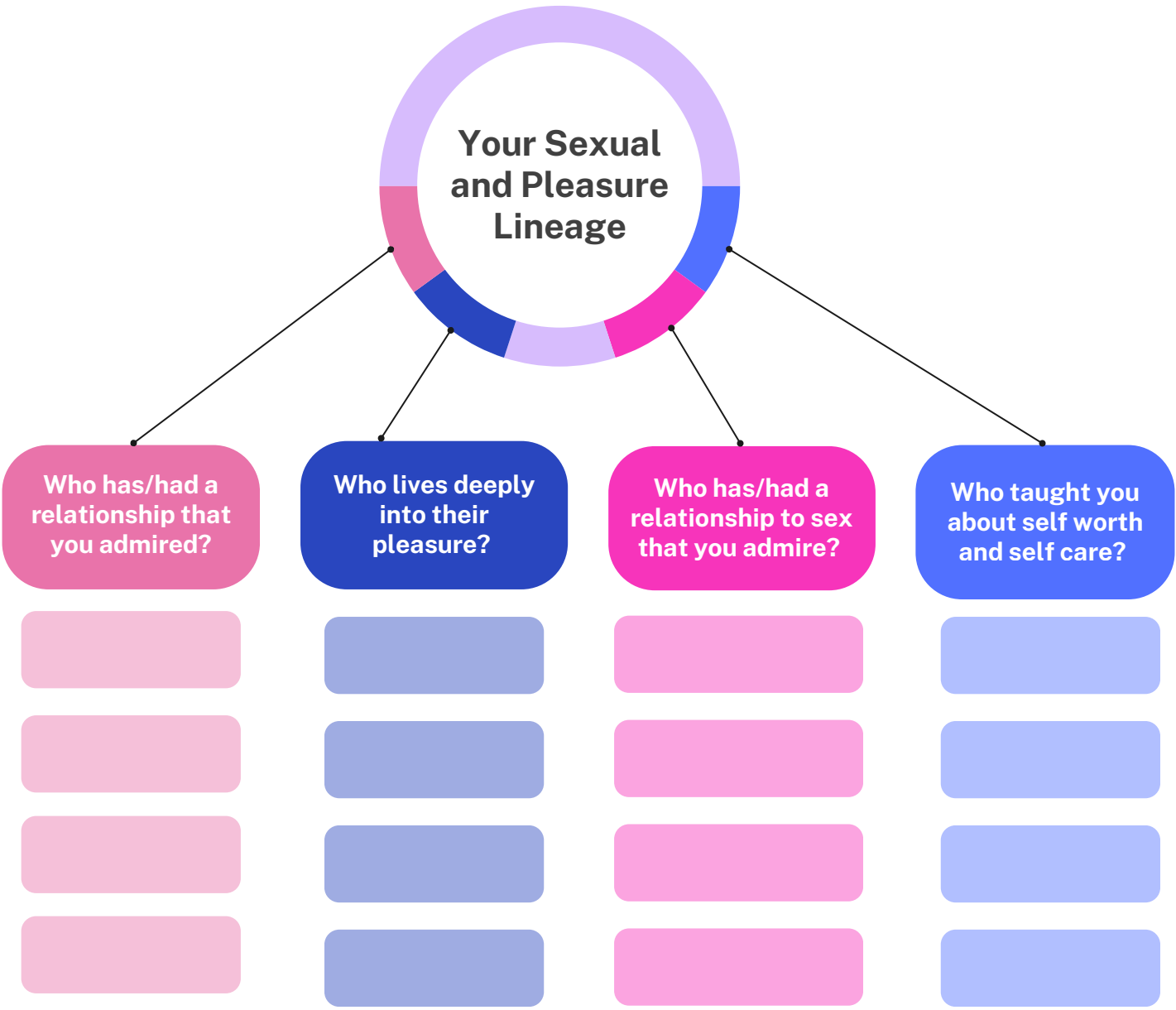
**Give Yourself Permission**

**Accept Your Body As Is**

### BONUS PROMPT

What does your most pleasurable life look like?





## Your Sexual and Pleasure Lineage

Who has/had a  
relationship that  
you admired?

Who lives deeply  
into their  
pleasure?

Who has/had a  
relationship to sex  
that you admire?

Who taught you  
about self worth  
and self care?

## Week 2 , Plumbing + Embodiment

**Our bodies, minds, and relationship to self can change so much as we age and transition. Sometimes it can feel like a coming home or navigating an entire new body - and it's worth checking in about.**

**Based on your own history or experience, some of the questions in this section might be more or less relevant, feel free to answer those that resonate and skip the ones that don't.**

**Has your body changed as you've transitioned? Has relationship with your body changed since you transitioned? If so, how?**

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**If you masturbated before transition, and if you masturbate now, how has it changed or stayed same? Has it changed as you've transitioned or aged?**

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## Week 2, Plumbing + Embodiment

**If you had sex before transition and have had sex after transition, in what ways has it changed? How has it stayed the same?**

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**When you talk about your body, what language feels best?**

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## Week 2, Plumbing + Embodiment

**What lessons have your erotic role models taught you about your body?**

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### **BONUS PROMPT**

**What is your favorite word or phrase for sex besides sex?**

