



Reimagine Pleasure

**transforming struggles
into orgasms**



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Hi!



It's lovely to meet you!

Thank you very choosing to improve your sex life! As women, we have many things to do during the day, and sex is often the last thing on our minds.

It shouldn't be. We must start and honour ourselves, our needs, and our bodies.

Since we were young, society has told us that our needs do not matter. Sex education at school did not teach us to enjoy ourselves. Let's face it; if you were brave enough to enjoy sex, you were called names. I bet you know what ones I am talking about.

Society, our partner/s, the media, and even ourselves, put so much pressure on sex and intimacy that we feel we have failed when the fantasy isn't reality.

The pressure to have the best, mind-blowing orgasms and please our partner/s can be overwhelming. So much so that we often *freeze* or cannot enjoy the moment.

What if I told you it is possible to have mind-blowing sex, and it's not always the orgasm that counts, but the journey?

This booklet will let you in on a few secrets. You might like to keep it on your bedside table for now.



Who am I to talk so openly and help you think of sex and trauma differently? We will be talking about a very intimate topic, so it is only fair that you know who I am.

I am a psychotherapist and counsellor based in Perth, Western Australia. I specialise in trauma and sex, including kink and BDSM. I have degrees in psychology, psychotherapy, and counselling. During my undergraduate studies, I discovered I was interested in working with women and sexuality. My interest in alternative lifestyles and kink/BDSM followed a few years later.

I used to struggle with my sexuality for many years. Working up the courage to talk to someone took a long time. I used to struggle to talk to my partner about my needs. Honestly, I didn't know what they were or what I liked. When I did find the courage to talk to someone, my experience wasn't great. It was disappointing that the therapists I sought out were too uncomfortable to talk about sex!

I didn't want that for my clients. This became my mission and focus. I want women to feel empowered by their sexuality, not embarrassed. I want you to know yourself - your wants and needs. Even more so, how to talk about them! This is my mission. Embrace your inner goddess, she deserves to shine.

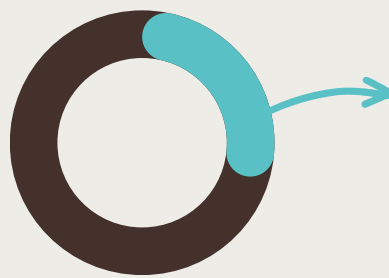


Let's normalise



The reason being we need to *normalise* a few things. There is nothing wrong with you if you struggle to orgasm. I know you think there is, and I know it is frustrating. I promise you, you ARE normal.

Orgasm by penetration



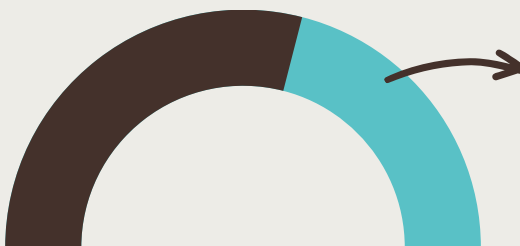
18.4% of women
experience
orgasm
by penetration
alone

Multiple orgasm



43% of women do not experience multiple orgasm

Faked orgasm



59% of women have faked it

Never orgasm

11% of women never experience
and orgasm in their lifetime.
35% experience difficulties



Health benefits



Yes, it is true! Sex doesn't just feel good. It is good for you - physically, mentally, and emotionally. This also includes solo sex!

Immune system

Having sex once a week can increase your immunoglobulin or antibodies, giving you a stronger immune system.

Libido

The old saying of "the more you do it, the more you want it", there is truth in that. Regular sexual activity increases your sex drive, plus improves your sexual function, desire, and satisfaction.

Body function

Fancy some natural pain relief? Sex releases endorphins that reduce pain and improve our heart function, mood and stamina. Your reproductive organs appreciate the love, too and will be healthier.

Hormones

Feeling stressed? Have sex. Anxiety higher than you'd like? Have sex. Can't sleep? Have sex. Sex assists in regulating your hormones, such as cortisol (stress) and oxytocin (love and mood).



Does time of day matter?

When are you more likely to have sex? Is there a reason you prefer a certain time of day? Let's face it, we prefer when we like to get down, but have you thought about why?

Did you know the time of day we have sex can impact the benefits we receive?

Let's have a look at the advantages between day and night.



You are waking from a sound sleep, you are relaxed.

Feel like starting the day in a great mood? Morning sex is the way to go! We know from the health benefits section sex is a great way to release all those yummy, feel-good hormones, it makes sense to wake up and give them a boost!

Extra intimacy! You might be the type of person who needs affection to feel connected. That is okay. Lots of people do. Morning sex can help you feel connected to your partner when you wake up, leaving you with a nice, fuzzy feeling all day. Plus, when the day gets stressful, you can sit and remember the feelings the morning left you with.

Sex increases energy, especially in the morning!

If your natural sleep pattern is a little out of routine, morning sex can assist in getting you back into one. Your body has a natural circadian rhythm; morning sex can help regulate yours.

Males have higher levels of testosterone in the morning. This means desire and libido are higher in the morning. Not to mention, their erections are stronger.

Your estrogen is also at an increased level in the morning. This allows increased sexual desire and arousal. Estrogen is important for vaginal lubrication; the results would speak for themselves. Your pelvic floor is relaxed more in the morning, and you're more likely to let go and relax.

Your body is telling you, you're primed to go!



How wonderful if you have the time and ability to enjoy yourself during the afternoon hours.

Afternoon sex can help you **focus and be more productive** for the rest of the day. Feeling a bit stressed? As I keep saying, sex is great for releasing the love and stress-relieving hormones.

If you are creative, afternoon-loving is the boost you need to finish that book, painting, or blog you are working on.

You can class sex as exercise, and we know exercise improves cognition.



You've had a long day at work, and the kids have been just as hectic. You are getting ready for bed, and the last thing on your mind is sex. I know - you're most likely touched out. Why would you want to have sex when you are feeling this way?

Remember all those hormones I keep talking about? At night we see an increase in melatonin. Melatonin is important for your sleep-wake cycle and helps you fall asleep. Don't forget that oxytocin, dopamine, and serotonin assist in mood, relaxation and natural pain relief - including headaches and menstrual cramps.

As for the morning, increased bonding and closeness are good for drifting off to sleep, promoting safety and comfort.

Which time of day will become your *favourite*?



Hack your brain

I don't have to tell you how your thoughts get in the way of your sexual experiences. I already know they can turn an exciting, hot moment into a moment where you are thinking about what must be done tomorrow. The to-do list is long and never-ending. Those **thoughts can ruin** your sexual experiences.

Not to mention the negative self-talk that pops up and takes over when you are not feeling great about your body. Your confidence takes a hit when these thoughts pop up.

Here are 5 ways to hack your brain. There are reflection questions on the next page. Remember to think of these as you answer your questions.

- 1 Learning to love and accept yourself and your body can have a powerful impact on your sexual experiences. This may involve practising self-care, focusing on positive qualities, and reframing negative self-talk.
- 2 It can be helpful to identify and challenge negative beliefs or thought patterns that may impact your sexual experiences. For example, if you believe that your body is not attractive, try to reframe this thought by focusing on what you like about your body.
- 3 Rather than worrying about how you look or perform, focus on the physical sensations and pleasure of sex. This can help you stay present in the moment and fully enjoy the experience.
- 4 Open and honest communication with your partner/s can help build trust and intimacy and create a more positive sexual experience. If you have concerns or insecurities, sharing these with your partner can help them understand your needs and support you.
- 5 Exploring your body and sexual preferences can help you feel more comfortable and confident in your sexual relationships. This may involve self-exploration, trying new things with a partner/s, or seeking out resources and information about sexuality.

Reflection questions

- What are some of my beliefs and attitudes towards sex? Are they helpful or limiting to me and my relationship?
- What are some of the mental blocks or fears I have around sex?
- Where do they come from?
- Have I had any negative experiences affecting my current sexual experiences?
- How can I work through these experiences and move forward?
- What are some of the things that turn me on or make me feel comfortable during sexual experiences?
- How can I communicate these needs to my partner?
- What are some things I can do to enhance my sexual confidence and explore my sexuality in a safe and consensual way?
- How can I work with my partner to create a safe and trusting space for sexual exploration and experimentation?
- How can I prioritise self-care and self-love to improve my overall sexual well-being?
- What did my parents tell me about sex or leave me to believe?

Removing mental blocks around sex requires

honesty, vulnerability, and self-awareness.

By reflecting on our beliefs and attitudes towards sex, we can identify and address the mental blocks that may be holding us back from fully enjoying and exploring our sexuality. I congratulate you for taking the time to work through these questions, they can be tricky.

Remember to validate yourself and offer compassion where needed.





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Try these thoughts *instead*

" My partner/s have seen my body and they keep coming back "

" They will like me or they wouldn't want to have sex "

" the more I enjoy it the more they will too "

" my pleasure excites my partner/s "

" Allowing pleasure allows my partner/s to feel sexy and powerful "

If I ask for what I want:

" They know how to turn me on "

" If I am brave to ask, maybe they will too "

" I am willing to be awkward and that's okay "

If I notice things I like and find sexy about my partner/s my

" desire will increase "

" it will be good when we get going "





Spoil yourself

Let's get personal, or more personal than we have been. This section is all about you and your pleasure. I don't want you even to consider anyone else. Maybe I should have put this section first....

Do you know how to pleasure yourself?

Do you know what your body likes and how?

When was the last time you looked at your body - all of it - in the mirror?

The time is now if you haven't for a while. It is time to enhance the inner goddess you are. I would love you to take some time out of your day and do a few of the things on this list.

- | | |
|---|--|
| ☐ Write about what you like then share it with someone you trust | ☐ Practice mindfulness |
| ☐ Explore your body in ways you haven't before | ☐ Have a massage |
| ☐ Do something you enjoyed as a child | ☐ Use candles instead of lights |
| ☐ Think about your boundaries and share them with someone | ☐ Explore with sex toys |
| ☐ Practice breath-work and breathing | ☐ Read or listen to erotica |
| ☐ Experiment with temperature sensations | ☐ Write your fantasies as a story |
| ☐ Do something your body will enjoy every day | ☐ Explore with feathers and different textures |
| ☐ Explore with smells and sounds during solo sex | ☐ Use your hands and fingers in a different way |

Reminding ourselves what we enjoyed doing as children helps us
reconnect with ourselves

Why do we want orgasms?



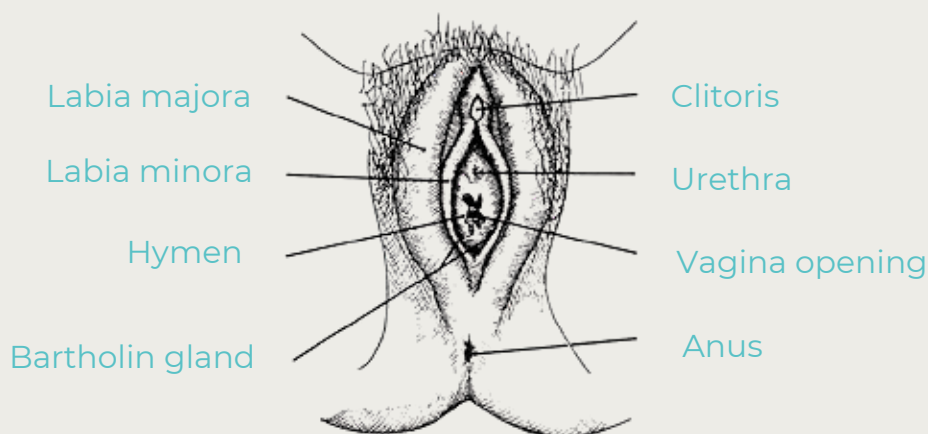
Apart from they FEEL good, why else do you want to have an orgasm?

Please remember, the journey and the experience before you even reach the top of the sometimes elusive mountain is just as important as the peak. A lot of this list happens before orgasms to different degrees. Orgasms also tend to happen later in life, sometimes, patience is key.

- ☒ Release of oxytocin (love hormone) reducing cortisol (stress hormone).
- ☒ Promotes connection and closeness to your partner/s, and increases trust and empathy.
- ☒ Natural pain relief.
- ☒ Good for mental health
- ☒ Increases sex organs functionality (increased blood flow, lubrication, arousal, and contractions).
- ☒ You will get a good night sleep
- ☒ Great for your skin - increases oil (sebum), cortisol and oxytocin, which reduce acne.
- ☒ Reduces aging, improves muscle strength, bone density, and body fat.
- ☒ Assists with menstrual cramping and has been known to shorten bleed time.
- ☒ Taking control of **your** orgasm and sexual pleasure is empowering!

Types of orgasms

To understand what is happening to your body, it's good to understand the different types of orgasms. Remember that not everyone has all of these or even any of these. It's perfectly okay if you don't. Sometimes it takes a lot of preparation and time. You are not a movie star, you most likely will not reach orgasm in 2 minutes. It takes, on average more than 20 minutes. Go back to the statistics section of this booklet, I highlight that you are the person who will most likely give yourself the big O, not your partner/s.



When did you last look at your genitals in a mirror?

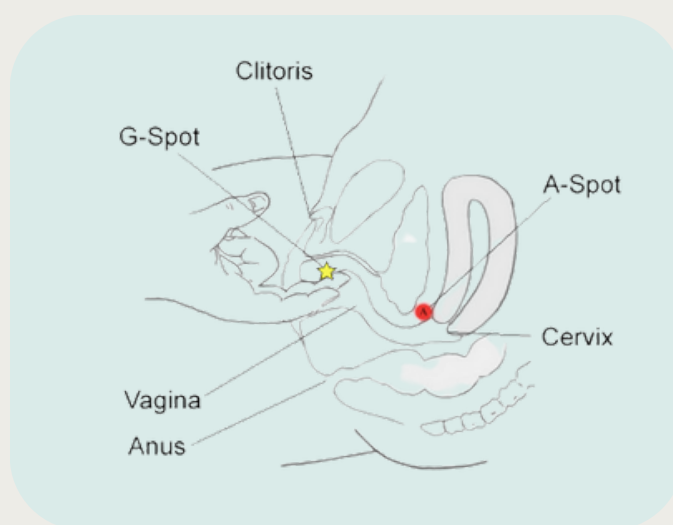
I know it might make you feel uncomfortable, and that's normal. We were taught not to look at ourselves. Just notice how you are feeling about now. What comes up for you? This is another chance to explore your feelings about your body and its parts. Another opportunity to sit and understand and think about where the story of how you feel about your body and genital area is to be explored.

Be kind to yourself. Start with a few minutes, then work up from there. It's not a race. I **promise you**; if you get to know your vulva and vagina intimately, your relationship with her will change for the **better**.

Let's get onto the types of orgasms you may experience.

➡ The clitoris is a highly sensitive area located at the top of the vulva. It contains thousands of nerve endings and can be stimulated through direct or indirect contact. Clitoral orgasms typically involve intense, localised sensations of pleasure.

➡ Vaginal orgasms are achieved through stimulation of the internal walls of the vagina, typically through penetrative sex. Vaginal orgasms can feel different than clitoral orgasms, often described as a deep, full-body sensation of pleasure.



➡ The G-spot is an area of the vagina on the front wall, about 1-2 inches inside. Stimulation of the G-spot can produce intense sensations of pleasure and lead to a G-spot orgasm. G-spot orgasms are often described as a strong, pulsing sensation of pleasure that radiates throughout the body.

➡ The A-spot is a less well-known erogenous zone deep within the vagina. It is located on the front wall, closer to the cervix. Stimulation of the A-spot can lead to intense sensations of pleasure and deep, full-body orgasm.

➡ The cervix is a highly sensitive area of the female body that can produce intense sensations of pleasure when stimulated. Cervical orgasms are often described as a deep, powerful pleasure sensation radiating throughout the body.

➡ Many women experience combination orgasms involving different types of stimulation.

How to reach orgasm

First and foremost, I know it's hard not to, but **PLEASE** stop pressuring yourself! The more pressure you experience, the less likely it will happen. Your body needs to be relaxed to have an orgasm. Remember, you are not Anastasia Steele from 50 Shades of Grey. You are you; if you struggle with this, adding pressure on yourself won't help. Trust me; I know how difficult it is not to feel the added anxiety to have one. It's a journey, once you stop obsessing over the destination, you will reach it. Hopefully, your partner/s is understanding and trying to help and support you.

Here are 5 ways to help you achieve the 'holy grail'.

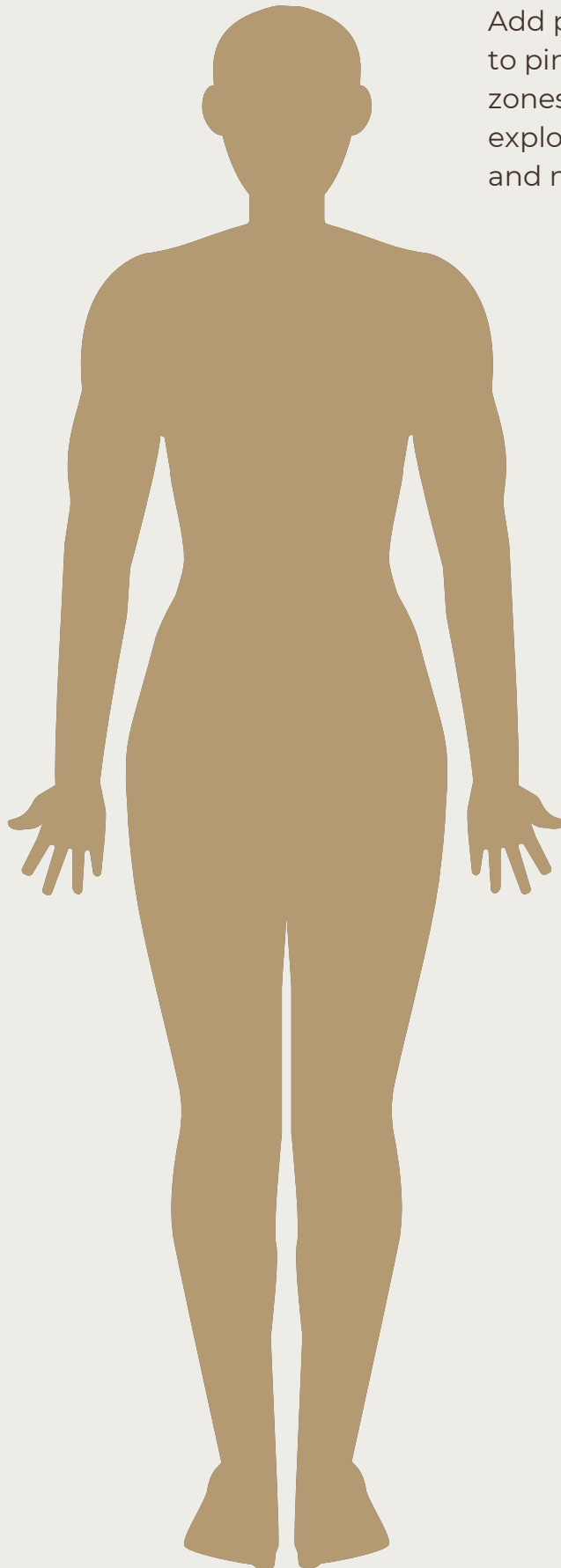
- 1 Explore your own body:** Take the time to explore your own body and figure out what feels good for you. Experiment with different types of touch and stimulation, and pay attention to what feels pleasurable.
- 2 Communicate with your partner:** If you have a partner, tell them what you like and what feels good for you. Give feedback and guide them towards the types of touch and stimulation that work best for you.
- 3 Engage in foreplay:** Foreplay can help build arousal and increase the chances of orgasms. Try kissing, touching, and other non-genital stimulation before moving on to genital stimulation.
- 4 Focus on the G-spot:** The G-spot is a highly sensitive area on the front vaginal wall that can be stimulated to produce intense pleasure and vaginal orgasms. Try using your fingers or a toy to stimulate this area during solo play or with a partner/s.
- 5 Relax and let go:** Relaxation and letting go of inhibitions can also be key to achieving a vaginal orgasm. Try deep breathing or mindfulness exercises to help calm your mind and body and increase your receptiveness to pleasure. Add music, candles, dress sexy, or talk dirty.

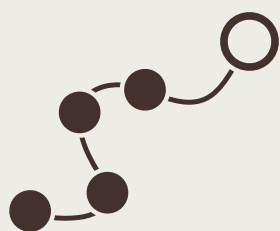
**If you are faking orgasms, stop.
You are only denying yourself**

Body mapping



Add points to the body to pinpoint your erogenous zones. You find these by exploring with a partner, notice and mark what feels good.





Adding spice



Are you ready to spice things up in the bedroom?

Look no further than your friendly neighbourhood sex toy store!

Sex toys can add an extra level of excitement and pleasure to your solo play or partner play. But with so many options out there, where do you even begin?

Let's start with the classics: vibrators. From bullet vibes to rabbit vibes, there's a shape and size to fit every preference. Feeling adventurous?

Try a remote-controlled vibrator for some added excitement during partner play. But vibrators aren't the only toys in town.

Strap-ons and dildos can be a great way to explore new sensations and play with power dynamics. And don't forget about butt plugs and anal beads for some backdoor fun.

But wait, there's more!

Sex toys aren't just for penetration. Nipple clamps, bondage gear, and sensory toys like feather ticklers can all add a new dimension to your play.

And the best part? Sex toys aren't just for solo play. Using toys with a partner can enhance intimacy, communication, and pleasure.

So why not make your next date night a trip to the sex toy store?

Even spicier!

Are you curious about kink and BDSM? Maybe you've heard the buzzwords floating around and wondered what it's all about. Let's break it down!

First of all, what is kink? Kink refers to any sexual practices or preferences considered outside the mainstream. This can include anything from bondage and domination to role-playing and sensory play.

BDSM is a specific subset of kink that stands for Bondage and Discipline, Dominance and Submission, and Sadism and Masochism. BDSM encompasses many activities, from light bondage and spanking to intense power exchanges and pain play.

For many people, kink and BDSM can provide a way to explore their sexuality in a safe, consensual, and non-judgmental environment. It can also provide a way to explore power dynamics, trust, and intimacy with partner/s.

But it's important to note that kink and BDSM should always be practised with safety, communication, and consent as top priorities. This means discussing boundaries and limits with your partner/s, using safe words or signals, and always being aware of everyone's physical and emotional needs.

If you're interested in exploring kink and BDSM, there are many resources available to help you get started. From online communities to local events and workshops, there are plenty of ways to connect with like-minded individuals and learn more about this fascinating world. Wanting to explore BDSM or kink does not mean something is wrong with you. Being open to new things can be exciting and allows personal growth, let go and be free.

Remember, kink and BDSM are all about exploring your *desires* and having fun, so don't be afraid to let your freak flag fly.





Let's Talk Trauma

Let's get one thing clear - trauma changes **everything**.

Your body feels like it is betraying you. Sex becomes frustrating as your body shuts down, so much so, you don't feel anything. You're numb. You cannot get wet. Penetration becomes painful. Your body reacts in ways you do not understand.

I have sat with hundreds of women, and men, who have experienced sexual assault of all kinds and have seen how it affects their minds, emotions, and body.

We know, trauma sits in our nervous system; so it's not wonder your body isn't playing the game when it comes to sex after you've experienced a sexual trauma. Sometimes, it can cause sexual pain.

But, what exactly IS sexual trauma?

CSA - Child Sexual Assault

If you experienced sexual abuse as a child, it might have been from someone you trusted, like a family member or a family friend. This could have involved inappropriate touching or showing you things you shouldn't have seen.

As an adult, you might struggle with trusting others or feel disconnected from your own body. You might avoid intimacy, or, on the flip side, feel overly sexualised because boundaries were never respected when you were young.

Rape

Being raped is an incredibly traumatic experience. It's when someone forces you into sex or sexual acts without your consent. You might feel like it's your fault, even though it's not.

Afterward, you could experience flashbacks, nightmares, or find yourself avoiding anything that reminds you of what happened. It's common to feel numb, disconnected, or like you've lost a part of yourself.



Sexual Assault

Sexual assault can include any unwanted sexual contact, like someone touching you inappropriately or forcing themselves on you. You might find yourself feeling ashamed or dirty, even though you did nothing wrong.

It's also normal to have anxiety or panic attacks, especially in situations that remind you of the assault. You might notice yourself withdrawing from others or feeling like you have to constantly be on guard.

Incest

When sexual abuse comes from a family member, it's especially painful because the people who are supposed to protect you are the ones hurting you. You might feel isolated or afraid to tell anyone, worried about what will happen if you do.

As an adult, this can make it hard to form healthy relationships, and you might struggle with intense feelings of shame or guilt, even though it was never your fault.

Sexual Harassment

If you've been sexually harassed at work, school, or somewhere else, you know how uncomfortable and powerless it makes you feel. Maybe someone made unwanted comments about your body, or they kept trying to touch you when you didn't want them to.

This can lead to anxiety, depression, or even fear of going to places where the harassment happened. You might find yourself doubting your own worth or wondering if you did something to invite it, but let me tell you—it's never your fault.

Sexual Exploitation

Sexual exploitation happens when someone uses you for their own gain, often taking advantage of your situation or vulnerability. This might look like being manipulated into sex work or being trafficked.

The trauma from this can run deep, leaving you feeling worthless or trapped. You might struggle with trust, especially with people who try to offer help, because it's hard to know who's really safe after such an experience.



Revenge Porn

If someone has shared private images or videos of you without your consent, it can feel like your whole world is crashing down. You might feel exposed, humiliated, and terrified of who might see those images.

It's common to feel anxious or paranoid, constantly worrying about who knows or what they think. This can make it hard to trust others or even feel safe in your own skin.

Partner Rape

Being forced into sexual acts by someone you're in a relationship with, or married to, can be incredibly confusing and painful. You might think, "But they're my partner, they're supposed to love me."

This kind of betrayal can lead to intense feelings of confusion, guilt, and shame. You might start to avoid intimacy altogether or feel like you're constantly walking on eggshells around your partner.

Sexual Coercion

Sexual coercion is when someone pressures or manipulates you into sex. Maybe they guilt-tripped you, saying things like, "If you loved me, you would do this," or made you feel like you didn't have a choice.

You might end up feeling confused or blaming yourself for what happened. It's also common to feel trapped in the relationship or situation, unsure of how to say no or set boundaries.



Sexual pain

Experiencing pain during sex is more common than you might think, but that doesn't make it any less distressing. Whether it's something that's been happening for a long time or it's just started recently, sexual pain can leave you feeling confused, frustrated, or even ashamed. It's important to know that this pain is real, and it's not "just in your head."

Sometimes, it's linked to past trauma, but no matter the cause, it's something that can be explored and often worked through.

It's easy to brush off sexual pain, telling yourself it's not a big deal, or trying to push through it for the sake of others. But ignoring the pain won't make it go away. In fact, we can be really good at gaslighting ourselves, convincing ourselves that we're overreacting or that it's something we just have to live with.

The truth is, ignoring sexual pain can have serious consequences, both physically and emotionally. If the pain is left untreated, it could lead to infections or other health issues. And when you keep pushing through the pain, your body might start to believe that sex will always hurt. Your body's natural response could be to tense up, close off, and struggle with things like lubrication or orgasm because it's trying to protect you from more pain.

When dealing with sexual pain, it's important to remember that you don't have to go through it alone. There are various medical professionals and allied health services that can help. A gynecologist or urologist can check for any underlying medical issues and provide treatment options. You might also find support from a pelvic floor physiotherapist who specialises in helping you relax or strengthen the muscles involved in sexual function. A general practitioner (GP) can guide you in connecting with the right specialists, and sometimes a pain specialist can offer additional management strategies. Working with these professionals, alongside therapy, can provide a comprehensive approach to healing, addressing both the physical and emotional aspects of sexual pain. And of course a trained mental health practitioner can assist.

It's important all your medical team are aware of your pain and who you are working with so they can work together.



Types of sexual pain

Vaginismus

If you've ever felt your body clench up or tighten involuntarily when trying to have sex, you might be experiencing vaginismus. This can make penetration difficult, painful, or even impossible. Often, this response is your body's way of protecting itself, especially if there's a history of sexual trauma. It's like your body is saying "no" even if your mind wants to say "yes."

Dyspareunia

Dyspareunia is the term for pain during intercourse. This can feel like a sharp, burning, or aching sensation, and it might happen at the entrance of the vagina, deeper inside, or even in the pelvic area. Sometimes, this pain is directly linked to physical conditions, but it can also be a response to trauma. If your body associates sex with past hurt or fear, it might react with pain as a way of trying to protect you.

Vulvodynia

Vulvodynia refers to chronic pain or discomfort around the vulva (the external part of the female genitals). This might feel like burning, stinging, or rawness, and it can be triggered by touch, pressure, or sometimes even clothing. While the exact cause isn't always clear, stress, anxiety, or a history of trauma can play a significant role in how your body experiences this pain.



Pelvic Floor Dysfunction

Your pelvic floor muscles support your bladder, bowel, and uterus, and they play a big role in sexual function. When these muscles are too tight or too weak, it can lead to pain during sex. Trauma can cause your body to hold tension in these muscles as a way of trying to protect you, which can contribute to this pain.

Healing from sexual pain, especially when it's linked to trauma, is about reconnecting with your body in a safe and supportive way by exploring what's going on physically, emotionally, and mentally, without rushing or pushing past what feels comfortable.

Remember, sexual pain doesn't have to define your experience of intimacy. With the right support, it's possible to move past the pain and into a space where sex feels comfortable, enjoyable, and connected once again.

“Our bodies are the repositories of our histories. The body remembers what the mind forgets.”

Esther Perel



Healing Trauma

I know that was a lot to take in. Unfortunately, the reality is that sexual trauma affects too many of us. Statistically, when you sit down to dinner with your friends, as a woman, 1 in 5 of you has experienced some form of sexual trauma. For men, that number is 1 in 16. These figures are far too high, and the impact can be overwhelming.

It's completely normal to feel stuck and as though nothing can help, like you're all alone in this. Healing from something so deep and personal isn't easy, but I want you to know that it's absolutely possible. With the help of a well-trained therapist who you connect with, you can move forward and reclaim your life.

Every therapist has their own methods, so it's about finding what works best for you. Healing from sexual trauma, especially when it's connected to sexual pain, is about reconnecting with your body in a way that feels safe and supportive.

You'll explore what's happening physically, emotionally, and mentally. Don't rush, and don't ever push past what feels comfortable for you. Sometimes, this might involve somatic therapy to gently release the tension your body is holding onto, or parts work to understand the different parts of you that might be reacting to sexual experiences. EMDR (eye movement desensitisation and reprocessing) can be particularly helpful if past trauma is at the root of your pain, allowing your brain to process those memories and reduce their impact on your body.

You'll focus on rebuilding trust with your body and finding ways to experience pleasure without pain. This might involve learning to listen to your body's signals, practicing self-compassion, and gradually reintroducing intimacy in a way that feels safe and empowering.

You may even decide using kink with someone you trust, as a way to heal and give yourself a new ending for a traumatic experience.

Remember, sexual pain and trauma don't have to define your experience of intimacy. With the right support, it's possible to move past the pain and into a space where sex feels comfortable, enjoyable, and connected once again.





Final words

Sex should be fun, exciting, and full of joy—not something that feels like a chore or an obligation. The old beliefs we've been carrying around for so long? It's time to let them go. Expressing yourself, your desires, and your needs is not just okay; it's healthy. You deserve to embrace all the possibilities that come with a fulfilling sexual life.

I know that taking this step can feel daunting. Maybe you've been taught to feel shame around sex, or perhaps past experiences have left deep, painful scars. I've been there too. For years, I struggled with my own shame and trauma, unsure how to communicate my needs or even acknowledge that they existed. But along the way, I learned something powerful: communication is key, and so is honouring your desires.

For me, discovering kink in a safe, supportive environment was a turning point. It opened up my world and allowed me to explore parts of myself that I had kept hidden for far too long. It wasn't just about the sexual experiences; it was about reclaiming my power and finding joy in expressing who I truly am.

This is why I do this work—why I'm so passionate about helping women find their potential and their pleasure. You don't have to settle for less. You can throw away those outdated beliefs, connect with your body, and discover what truly excites you.

If you're ready to take the next step, or if you simply need someone to talk to, I'm here for you. Please feel free to reach out—my contact details are on the final page of this book. You deserve to feel empowered, validated, and hopeful about your future. With the right support, you can work towards a life where sex is a source of joy, not fear.

Thank you for allowing me to be part of your journey. You're brave, and you're stronger than you know.

Kellie

The name 'Kellie' is written in a light blue, cursive font. To its right is a large, dark brown heart shape, which is part of a signature or logo.



A series of horizontal lines for writing, starting with a light blue line that curves upwards and to the right, followed by a series of dark brown lines.



What to do next?

Give all these things a go! Try them out. Don't just read the information and leave it thinking it will automatically happen. Remember, practice is needed. Practical exercises and thought. If you need to work through a few things or cannot get through the mental blocks on your own, REACH OUT. I am here for you.



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