



### Sue Sutherland: Is Masturbation A Part Of Your Self-Care?



Sue Sutherland is an educator, bodyworker, writer and guide. There is a stigma around self-pleasure, with an added assumption that there is a right way and a wrong way to do it. Being able to feel pleasure and be sexual with ourselves can have a significant impact on our self-esteem and the way we relate to others. Join Sue to bust some of the myths we have around masturbation and ask the question; ‘Can we make it part of our self-care?’

**TOP EMBODIMENT TIP:** Deliberately put 45 minutes a day aside for masturbation.

#### Words Matter: Self-Pleasure and Masturbation

- How is it wrong to ‘stimulate the genitals with the hand for sexual pleasure’?
- Our sexuality is often not accepted by ourselves, and we carry stigma, shame, judgement; How we are with ourselves impacts how we are with other people.
- Cure for shame is to be seen, witnessed (Brené Brown).
- Touch deprived.
- Names we use for our genitals (vs. our elbow, our chin).
- What if you have a name for your genitals that you love, that excites you, empowers you?

#### Icebreaker Questions: Get Comfortable with the Uncomfortable.

- Have you masturbated in front of a mirror? Have you masturbated in front of a lover, partner, partners, or friend?
- Have you been caught masturbating? Have you felt guilty or shameful before, during or after masturbating?
- Do you stop masturbating when you are in a relationship? Are there times in your life when you have not felt sexual at all? Have you smelled your fluids while masturbating? Have you tasted them?
- Do you think masturbation is secondary to sex? Do you prefer masturbation to sex? If you are in a relationship, do you hide masturbation from your partner?
- Have you used sex toys while masturbating? Created a fantasy while masturbating? Have you felt addicted to masturbation? Have you masturbated in nature or a public place? Can you talk openly about masturbation?
- Were you taught how to masturbate? Can you be in service to your genitals?
- How do you learn what we like? How do you want to be touched?

#### Masturbation Practice: Tune into What You Really Want

- What if we could deliberately put time aside for masturbation? 45 minutes to be sexual. Set intentions.
- Note changes in your body’s response, over time.
- Notice the emotions that emerge.

#### Resources

- ❖ **Website:** [The Feel Institute: website and BDSM Test](#)
- ❖ **References:** Brené Brown, Betty Martin’s Wheel of Consent, Jack Morin’s *The Erotic Mind*.



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