

APRIL UNFILTERED · AFTER DARK

# EVOKe Your Pleasure

## A self-check for women who struggle to receive pleasure

Find out what's quietly getting in the way, and one gentle practice for each block.

A 10-MINUTE GUIDE

WELCOME

# You want to feel it. Something closes.

You want to feel pleasure. You want to relax into touch, into attention, into being cared for. But somewhere between wanting it and feeling it, something closes.

Maybe your mind starts racing. Maybe you feel guilty for taking. Maybe you're so busy making sure he's enjoying himself that you forget to notice what *you're* feeling.

None of this means you're broken. Receiving is a skill, and for many women it was never safe to learn. This guide helps you see what's getting in your way, and gives you one small practice for each block.

HOW TO USE THIS GUIDE

Find a quiet ten minutes. Read each statement and rate it honestly. There are no wrong answers, only information.

| 0 | 1 | 2 | 3 |
|---|---|---|---|
| Never | Sometimes | Often | Almost always |

> *Receiving is a skill, and for many women it was never safe to learn.*

THE SELF-CHECK

# Rate each statement, 0 to 3

## *The Busy Mind*

TOTAL ___

My thoughts drift to my to-do list during intimate moments ☐

I have trouble staying in my body instead of my head ☐

I notice I'm "watching" myself instead of feeling ☐

## *The Guilt*

TOTAL ___

I feel selfish when the focus is on my pleasure ☐

I worry I'm taking too long ☐

I feel I need to give back right away ☐

## *The Guard*

TOTAL ___

I tense up when I'm not the one in control ☐

Letting go fully feels unsafe, even with someone I trust ☐

My body braces before my mind knows why ☐

## *The Performance*

TOTAL ___

I focus more on how I look or sound than how I feel ☐

I fake or exaggerate enjoyment so things go smoothly ☐

I'm more focused on his pleasure than my own ☐

## *The Overload*

TOTAL ___

Certain sounds, lights, or textures pull me out of the moment ☐

I'm often too tired or overstimulated to want touch ☐

I need time to switch out of "go mode" before I can relax ☐

Your highest block is where to start. A score of **6 or more** in any block is worth gentle attention.

# Five blocks, five doorways

## *The Busy Mind*

Your brain is still running the day. You may be the one who remembers everything for everyone, so switching off doesn't come easily.

> PRACTICE · FIVE SENSES
> When your mind drifts, name one thing you can feel, then one you can hear, then one you can smell. Come back to your skin, not your list.

## *The Guilt*

Somewhere you learned that your needs come last. Taking feels selfish, so you hurry through receiving to get back to giving.

> PRACTICE · THE TWO-MINUTE RULE
> Ask your partner for two minutes of touch that's just for you, with nothing expected back. Set a timer if it helps. Your only job is to say thank you.

## *The Guard*

Your body learned that letting go wasn't safe. That protected you once. Now it may be holding on longer than you need it to.

> PRACTICE · CHOOSE YOUR YES
> Before closeness, decide one thing you'd like and one thing you don't want. Say both out loud. Knowing you can stop at any time helps your body soften.

## *The Performance*

You've been focused on doing it "right": how you look, how you sound, whether he's happy. Pleasure gets lost under the pressure to perform.

PRACTICE · FEEL, DON'T SHOW

For one intimate moment, let go of any reaction you'd normally give for his sake. Breathe instead. Notice what you actually feel, even if it's small.

## *The Overload*

Your senses and nervous system are already full. Too much light, sound, or touch can tip you from relaxed to overwhelmed. This is especially common for women with ADHD or sensory sensitivity.

PRACTICE · SET THE SCENE

Dim the lights, choose soft fabrics, and turn off the noise. Give yourself ten minutes to shift out of go mode before you expect your body to say yes.

A GENTLE REMINDER

These practices feel small, but they teach your body something big: it's safe to set the load down. Start with one. Repeat it. Let it become familiar before you add another.

REFLECTION

# Sit with these

01 Which block scored highest, and does that surprise you?

02 When did receiving start to feel hard, or has it always?

03 What would it feel like to be fully cared for, with nothing expected back?

04 Which practice will you try this week?

YOU'RE ALLOWED

# *Pleasure isn't something you earn.*

It isn't a performance, and it doesn't have a finish line. It's what becomes possible when your body finally feels safe enough to soften.

GO DEEPER · FREE

### The Safe Surrender Audit

A ten-minute self-check on how your body, your energy, and your brain shape closeness.

WHEN YOU'RE READY

### The EVOKe 12-Week Program

One-on-one coaching to rebuild safety in intimacy, one gentle step at a time. Start with a relaxed discovery call.



*With love, April*

APRIL UNFILTERED

*This guide is for education and self-reflection. I'm a coach, not a therapist. If you are in danger, call 911 or the National Domestic Violence Hotline at 1-800-799-7233.*