

TALKING ABOUT
ORGASM



AN INFORMATION &
ACTIVITY BOOK
FOR EASIER ORGASMS

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Hello!

Welcome to your
pleasure journey.

Many people struggle to climax as often or powerfully as they'd like. You've taken a step toward easier orgasms by downloading this book. Way to go!

There are many possible causes of orgasm delay, absence, or infrequency. Some require the attention of a healthcare provider, while others do not. If you've ruled out medical causes for your struggle with orgasm, the information and activities in this book can help.

Researchers have identified many self-care options for addressing orgasm struggles. In the pages ahead, you'll learn how climax happens for most people and complete activities that have helped thousands overcome issues with orgasm.

With these activities, you'll investigate your sexual knowledge, rediscover your body, and—in all likelihood—have an orgasm or two. Have fun!

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How to Use this Book

You can work through this book on your own or with one or more partners. Focus on what's relatable, and ignore what isn't.

This book works great alongside my [Unlocking Orgasm Mini-Course](#).

Completing Activities

Print this book and write in it, or use a pdf reader to insert comments digitally. You can also complete activities in a notebook or journal. Go as fast or as slow as you'd like – this book is for you!

Please Share!

Everyone deserves easy, powerful orgasms. If you share parts of this book (with friends, partners, or as part of a workshop, class, or coaching session), please credit Shannon Burton, SXI of [SexCoachShannon.com](#).

Comfort Zone

Some people have a hard time orgasming because of difficult sexual experiences. If this book brings up really hard feelings, please exercise self-care. Take a break and seek support if you need to.

If you experience sex that is physically painful, please talk to your doctor. This workbook is not designed to resolve issues with painful sex.

You can orgasm.



Did you know there are some people who can think their way to orgasm without being touched?

It's true! Researchers have put these people in MRI machines, and their brains light up the same way as people having orgasms with touch.⁽¹⁾

The same goes for their genital response: the clitoris or penis becomes engorged, and orgasmic contractions and even ejaculation occur.

I'm not sharing this information to taunt you: quite the opposite.

If people can orgasm without touch, the odds that you can orgasm are in your favor. After all, you can think and touch your body!

That's exactly what this book is designed to do: get you using your mind and body, **together**, to become effortlessly orgasmic.

You may not see that finish line yet, but I promise you it's there. Read this book, dedicate time to the suggestions, and you can achieve easier orgasms.

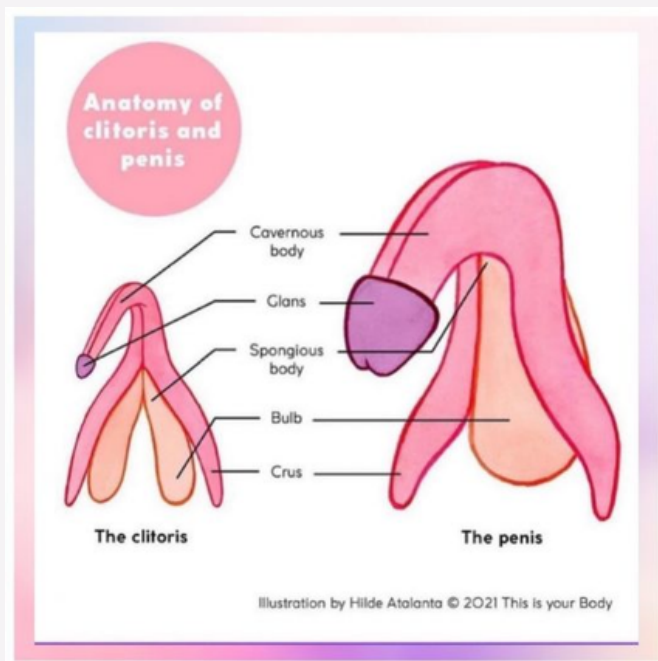
Perhaps most importantly: don't rush. Contrary to what some people say, there is rarely a quick fix for orgasm issues. You can expect to commit a minimum of 2-3 weeks to this journey. For many people, it takes longer, but orgasm can and does happen eventually; just stick with it.

Let's get started.

The Physiology of Orgasm

Where does orgasm come from?

Our internal pleasure structures:



Thought-orgasms aside, most people require at least some genital stimulation to orgasm. We'll get to the external genitals on the next page, but first I want to show you some internal structures.

One thing many people don't know is that most orgasms happen in nearly the same way across all genital configurations.

This diagram shows the internal structures of a clitoris and a penis. For most people, only the glans (in purple) is visible. For some the glans is only visible when aroused. The rest of these tissues are hidden from sight.

The clitoris and the penis are made from the same tissues; those tissues are simply arranged differently on different bodies.

The glans of both the clitoris and the penis are usually the most sensitive parts of these structures. This is where most people report that slippery, rhythmic stimulation leads to orgasm.(2)

A note on images:

As I created this free workbook, I relied on free-use illustrations found online. Regrettably, we still lack good representation of the wide variety of ways genitals, especially vulvas, can appear. Check out thevulvagallery.com to see just how much variety exists.

The Physiology of Orgasm, Cont'd

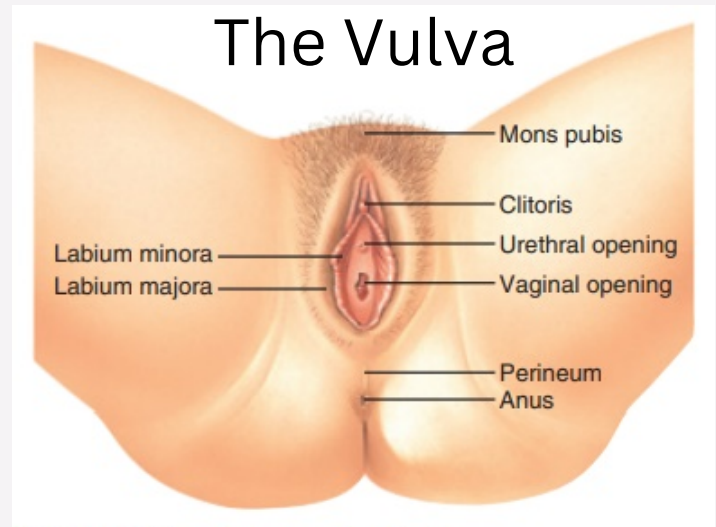
Where does orgasm come from?

This image shows the location of the glans of the clitoris, as well as other external genitalia of vulva owners.

Every vulva looks a little different, so the sizes, shapes, and colors of these parts vary from person to person. Grab a mirror and take a look at your vulva if you have one!

Thanks to the clitoris' structure and other nerves in this area, most of the labeled parts of this diagram should feel good to rub or press rhythmically with lubricated hands, other body parts, or objects—especially the clitoris glans. Indeed, this is how many vulva owners reach orgasm.

Some people with vaginas can orgasm from vaginal penetration, but the vast majority report that this isn't true for them.⁽³⁾ There's nothing wrong with not being able to orgasm from penetration alone. That's why it's recommended to stimulate the vulva, especially the clitoris glans, during sex.



<https://www.pharmacy180.com/article/anatomy-of-the-female-reproductive-system-3709/>

Anal Play is A-OK

Nearly everyone has a perineum and anus. These can feel good to gently stimulate with lubrication, and some people orgasm this way.

Just be aware that these areas have bacteria that shouldn't be transferred to other parts of your body.

In other words: play with your perineum and anus if you want to, just wash your hands (and toys if you use them) afterwards.

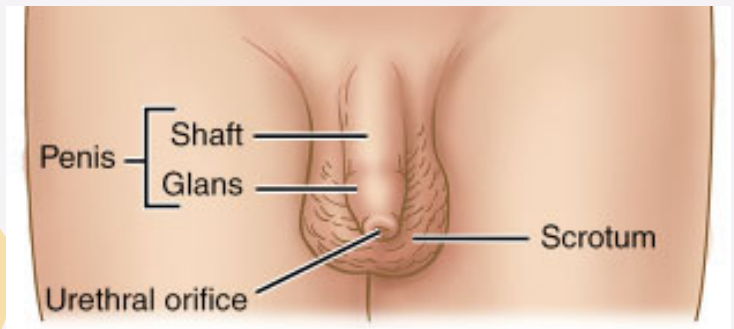
The Physiology of Orgasm, Cont'd

Where does orgasm come from?

Here is what a flaccid (unerect), uncircumcised penis can look like. Again: color, shape, and size all vary from person to person.

When aroused, the penis becomes firm, exposing the glans if it's not already exposed from foreskin removal.

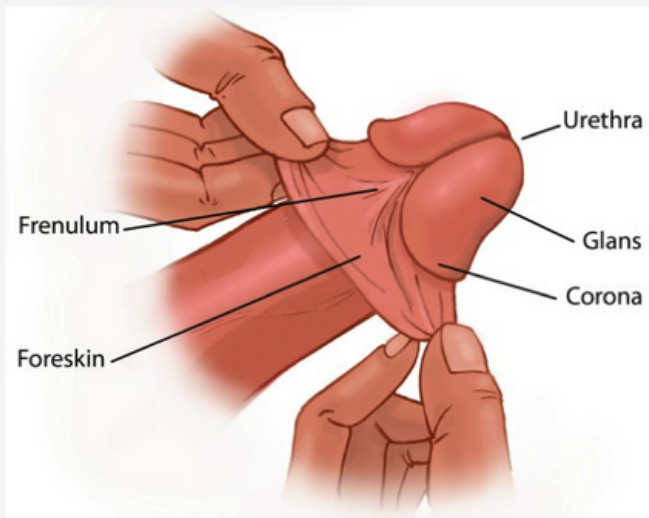
Much like the vulva, the nerves in these areas make most labeled parts pleasurable to stroke rhythmically with lubricated hands, other body parts, or objects.



https://medicine.en-academic.com/126871/male_external_genitalia

When the foreskin is pulled back or removed, you can see the underside of the glans. There is a very sensitive area there called the frenulum.

It is VERY common for penis owners with orgasm struggles to rely heavily on stimulation of the frenulum and glans to orgasm.



Most penis owners discover the pleasure of touching their glans early in life. This is probably because having a penis makes the glans easy to access. As a result, it's more common for penis owners to hyperstimulate their glans—leading to hyposensitivity and trouble orgasming during sex.(4)

Am I hyperstimulating my glans?

One common cause of orgasm struggles in penis owners is hyperstimulation of the glans.(4) This can happen to clitoris owners, too, but is much less common.

In this situation, people often report that they feel physical pleasure and can orgasm during masturbation, but not during partnered sex—even when the glans is stimulated during sex.

Sound like you? Here are some signs that you might be hyperstimulating your glans during masturbation:

- you don't use lubrication
- you grip, squeeze, or press your glans more intensely than it is gripped, squeezed, or pressed during partnered sex
- you have just one specific masturbation method you've always used to orgasm
- you've used different masturbation methods, but always in an effort to intensify glans stimulation



"I think I'm hyperstimulating my glans. What should I do?"

Addressing a hyperstimulated glans is pretty straightforward. First, you refrain from masturbation for 1-3 weeks. Partnered sex is fine. It might take a week or more before you notice a difference in sensitivity during sex.

Once 1-3 weeks are up, re-introduce masturbation that resembles the stimulation your glans receives during partnered sex. Use long-lasting lubrication, exert less pressure on the glans (or use a stroker toy that can't be squeezed), and vary your methods to be less focused on the glans and/or frenulum. Aim for whole-penis stimulation.

The Physiology of Orgasm, Cont'd

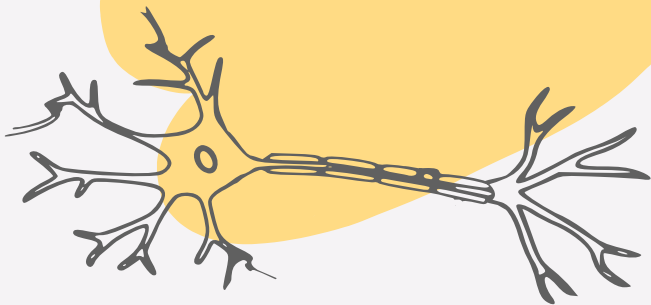
Where does orgasm come from?

In addition to the genitals, other important parts of your body play a role in your ability to orgasm.



For most of us, orgasm involves our spinal cord. In 1953, sex researcher Alfred Kinsey defined orgasm as, "the expulsive discharge of neuromuscular tensions at the peak of sexual response."

Another player is our vagus nerve network. Scientists have pinpointed this network as the messenger of orgasm for people with severe spinal injuries.(5)



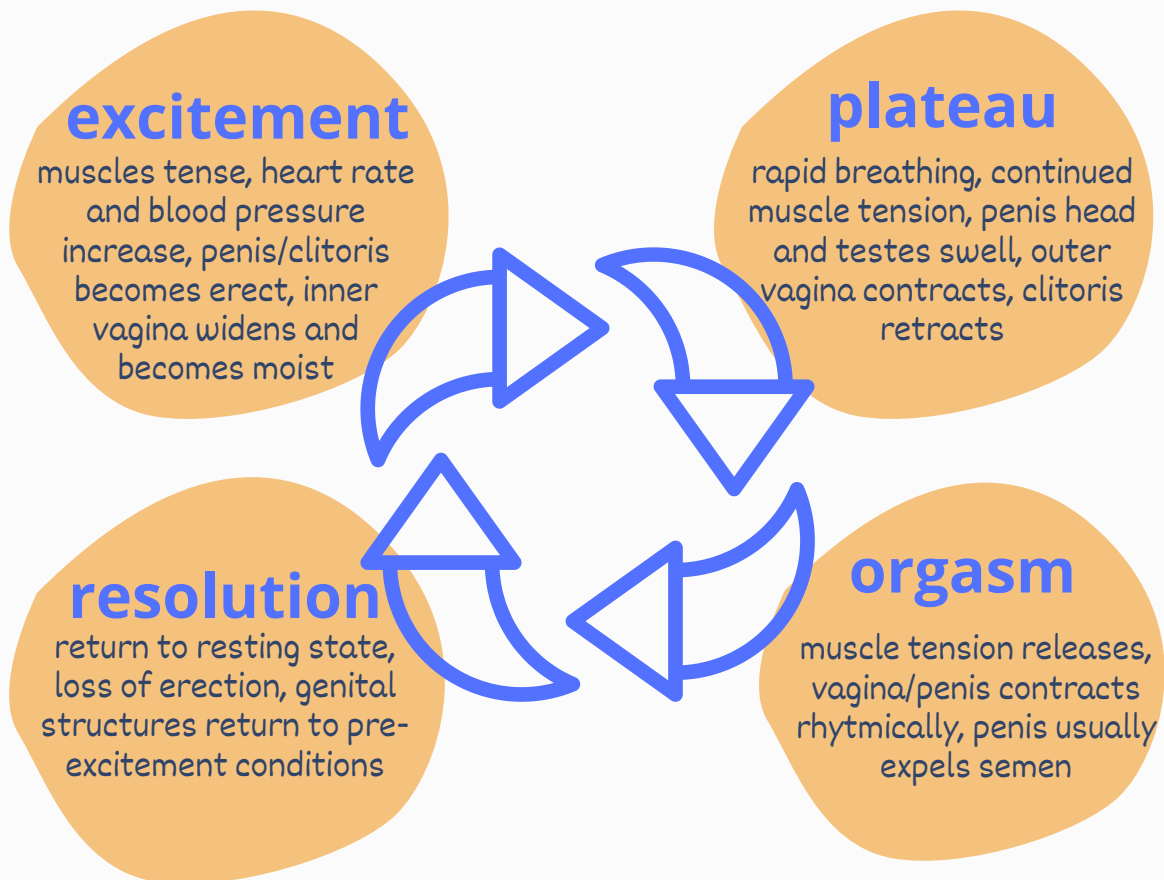
Orgasm also involves our brain. Neuroimaging studies show that the areas associated with reward, emotion, memory, muscle tension, and oxytocin show increased activity during orgasm.

Meanwhile, the prefrontal lobe and portions of the temporal lobe have decreased activity during orgasm. These areas are associated with selection, engagement, monitoring, and inhibition.(5)

To better understand all the possible reasons for troubles with orgasm, let's look at the bigger picture...

Activity 1: The Sexual Response Cycle

The **Sexual Response Cycle** describes the physiologic events that typically happen in our bodies during sexual arousal and activity.(6)
This happens whether alone or with a partner, and has 4 stages:



It's common for those struggling with orgasm to not experience all of these stages, or to feel stuck in one.



ACTIVITY: Think about what your past and current experiences with this cycle have been like. Have you experienced the excitement and plateau stages? If so, what situations bring out these responses for you? If not, don't worry: we'll go over some ideas you can try.



What does an orgasm feel like?

If you're not sure whether you've orgasmed before, here are some common descriptions of what it might feel or look like:

- whole-body muscle tension accompanied or released by a pulsing or throbbing sensation, usually centered in the genitals
- a period of breathlessness or involuntary noise-making, such as moaning or grunting
- feeling suddenly hot or flushed
- feeling suddenly exhilarated and/or exhausted
- feeling a sense of release

Orgasms come in all sorts of varieties and levels of intensity. If you've experienced any of these things during sexual arousal—you've likely orgasmed!

An essential thing to remember is that an orgasm doesn't stand alone.

Orgasm is just one part of the Sexual Response Cycle, and is defined as "the climax of sexual arousal". It's a lot like the climax of a good movie: the build-up of excitement is what makes the climax possible.

Once we understand that, it's easy to see how **anything that affects our ability to experience this build-up will affect our ability to orgasm.**

Excitement is both physical and mental. Keep that in mind as you complete Activity 2.

Activity 2: My Orgasm Story

Keeping in mind what you've learned so far, think back on your experiences with sex and orgasm: **How did you learn about these topics?**

What is your history with sex and orgasm?

What sexual roadblocks or turn-offs have you experienced?

Attach extra pages if necessary. If this activity brings up difficult feelings, feel free to take a break and seek support if you need it.

When you're done, put this book away and go get some fresh air.

An Orgasmic Orchestra



As you've read, there are many parts of your body participating in a concerted effort to create the orgasm experience.

That's why there are so many possible reasons for someone to have trouble getting 'there'.

For example, if you talk to a doctor about orgasm issues, they'll try to determine whether the cause could be your:

- nervous system
- hormones
- reflexes
- surgical history
- medications

They'll also ask if you consume drugs or alcohol, which can play a role.(3)(4)

If medical reasons are ruled out, a sex therapist will ask questions to narrow down what may be getting in the way of your orgasm mentally. This could include:

- relationship or intimacy issues
- depression, grief, anxiety, or stress
- low self-esteem
- sex- or touch-related phobias
- negative feelings about your body
- negative feelings about sex or intimacy
- abuse or trauma
- formative past experiences

Think about your Orgasm Story. Could any things listed here be a factor in your orgasm struggles?

Tough stuff is tough.

There's no doubt about it: not being able to orgasm is frustrating, and the reasons it happens can be hard to face.

For some people, addressing struggles with orgasm is straightforward. If genital stimulation doesn't feel very good, abstaining from stimulation for 1-3 weeks or introducing pleasure devices usually improves sensation.

For others, it's a little trickier. Our complex relationships, situations, and experiences cloud the path to orgasm. In some cases, couple's counseling or sex coaching is the best path to becoming orgasmic.

For those with negative experiences, emotions, and other tough stuff in their history, individual therapy is also very helpful in removing barriers to orgasm.



Similarly, medical conditions and medications should be addressed with a doctor.

Whether or not you seek additional help, you can start exploring the path to orgasm on your own with science-backed interventions.

In the next few pages, you'll learn a few ways to access and enhance your body's excitement and plateau stages in the sexual response cycle.

With a few weeks of dedicated attention to pleasure, you can unlock your orgasmic potential.

Enhancing Excitement & Plateau



There are many ways to improve your experience of the excitement and plateau stages of the Sexual Response Cycle to increase arousal and the likelihood of orgasm.

Therapists and doctors have identified several methods that seem to work well.(7) These include:

- Sensate Focus
- Progressive Muscle Relaxation
- Directed Masturbation
- Coital Alignment Technique
- Enhancement/Pleasure Devices (Sex Toys)
- Kegel Exercises
- Bibliotherapy (reading)

On the next page, I'll share a description of how to get started with a popular approach, sensate focus, by yourself or with a partner.

Keep in mind that **the primary goal of sensate focus is not to orgasm.** This practice enhances the build-up to orgasm: the excitement that creates the potential for climax.

Sensate focus shifts your attention from orgasm to the arousal experience that makes orgasm possible. It builds familiarity and intimacy with your aroused body and mind so you can become orgasmic.

You can find a guided Sensate Focus audio recording in my [Unlocking Orgasm Mini-Course](#).

ACTIVITY 3: SENSATE FOCUS

Sensate focus helps access and/or enhance the early stages of the Sexual Response Cycle. It was developed by Masters & Johnson in the 1960s and is used to address many sexual issues including trouble orgasming.(8)

Complete sensate focus sessions wearing as little clothing as is comfortable for you. Sit or lie in a relaxed position that allows you or your partner to reach most parts of your body. If mobility is limited, you can use pleasure devices to extend reach and stimulation.

- 1** **Set aside time and space free of distraction.** It's important that you dedicate at least 20-30 minutes each day (or every other day) to this focused activity. Use a clock or timer.
- 2** **Slowly stroke your hands over your body, or have your partner do so.** Spend 5-10 minutes pleurably touching everywhere except genitals and breasts. Try to tune into the sensation: what do your or your partner's hands feel like on your skin?
- 3** **Gently introduce touch to breasts and/or genitals.** Spend 5-10 minutes slowly adding erotic touch to the activity. Keep things sensual. Avoid trying to orgasm. The goal is to savor this gentle, touch-focused time.
- 4** **Repeat 2 & 3.** Slowly phase out erotic touch, returning to step 2. Spend 5-10 minutes in step 2 again, then 5-10 minutes in step 3 again. Avoid intercourse and touch that could lead to orgasm. Stop when the time is up.

Recommendations:

- practice sensate focus daily, or every other day, for 2 weeks
- after each session, journal your experience or reflect with your partner
- try repeating steps 2 & 3 a third time in a session if you can
- add body-safe lotion and/or lube to enhance sensation
- try sensory toys like feathers, ice, or warm washcloths after you've done a few sessions with just hands

What is erotic touch?

What does erotic touch in sensate focus look like, exactly?

While specific directions are helpful for some, instructions can distract from the point of sensate focus: to **tune into touch that is pleasurable to you, specifically.**

For some people, erotic touch might look like running the palms over and across their genitals. Directly stroking the nipples or glans might be more enjoyable for others. Still more may prefer penetration...or even all of these options!

The effectiveness of sensate focus relies on discovering and paying attention to the unique sensations you enjoy and doing them until the time is up. If you need ideas, here are some to consider:



- **EXPERIMENT** with using different parts of the hands: palms, fingers, the sides, even fingernails
- **VARY** the hand movements, from simply placing them against your skin and feeling their heat, to gently squeezing, twirling, or pressing parts of your body
- **REPEAT** sensations that feel good, linger on them and enjoy the pleasure for the entire timed session without orgasming

Book Recommendation:
[Bang! Masturbation for People of All Genders and Abilities](#)

Assessing Sensate Focus



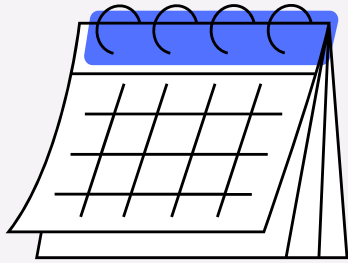
In sex coaching or therapy, your coach or therapist would check in and assess how effective sensory focus is for you.

Without a coach or therapist, it is up to you to assess the effectiveness and come up with ways to adapt it to your needs.

Here are some tips for doing that:

- The first few sessions can feel strange or awkward, but eventually should be at least somewhat pleasurable. If this practice is ever distressing, stop and consider talking to a doctor or therapist.
- If after 5 sessions you aren't experiencing enhanced arousal, try abstaining from masturbation for two weeks. Continue with orgasm-free sensate focus sessions until the two weeks has passed.
- If you're easily distracted during sensate focus sessions, try looking into recorded 'mindful masturbation' or 'masturbation meditation' sessions for audio guidance.
- Another way to reduce distraction is to look for ways to remove stressors in your life. This will also make it easier to orgasm in the long run.
- If it's hard to tune into your body, look up 'progressive muscle relaxation' and add it to your daily routine.
- If you have a partner and want to add intercourse to your sensate focus practice, you can after 5 sessions. However, continue to avoid orgasm.

Build Orgasmic Potential with a Regular Pleasure Practice



Sensate focus is an effective activity because it accomplishes so many things. It:

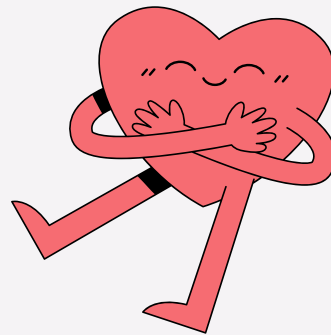
- removes the pressure to orgasm, allowing you to focus entirely on pleasure
- strengthens the connection between you and your body
- if partnered, strengthens the connection between your partner and your body while increasing intimacy
- establishes a routine that can be built into a regular pleasure practice

Research shows that most people who regularly pleasure themselves (i.e., masturbate) orgasm more reliably during partnered sex.(3)

Now that you've established a sensual, pleasure-focused routine with sensate focus, you can expand it into a pleasure practice to increase your orgasmic potential.

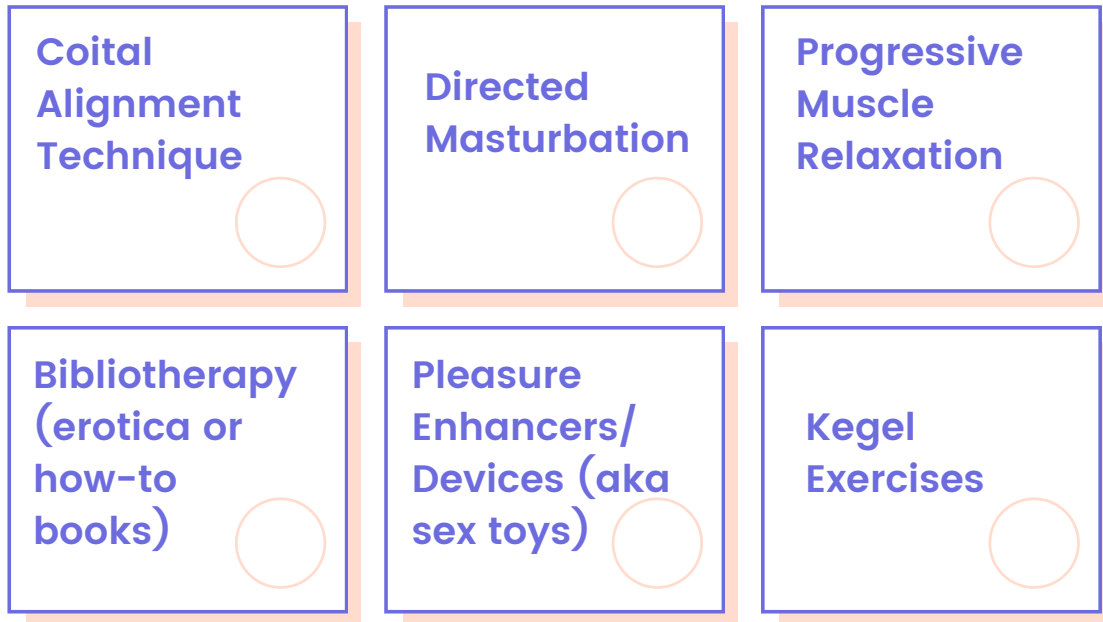
A pleasure practice can and should include more than masturbation. It should be unique to your desires and include sensation-based activities you enjoy.

You can spend time each day listening to music you enjoy, for example, or savoring a favorite scent or taste. You can end each day in a plush robe reading books you enjoy. Whatever brings you pleasure.



ACTIVITY 4: BUILDING YOUR PLEASURE PRACTICE

Once you're finding pleasure in sensate focus, you can use other evidence-backed orgasm interventions to build your personal pleasure practice. Research these options and try one for 1-2 weeks.



Remember: pleasure isn't just about your genitals.

The options above are sure to help you build orgasmic potential. They're the same interventions used by health care providers.(7)

But don't forget that your brain plays a part in orgasm as well. Be sure to include pleasure practices that leave you feeling mentally pleased.

By treating yourself to a pleasure-filled life, you create a foundation for orgasms to build on. Dedicate a little time each day to pleasure, and orgasm should become easier to achieve.

Need a little more help? Check out my [classes](#) for some that might be helpful. With how-to videos and assignments, we can take a deep dive into your unique orgasmic blueprint.



What to Do When Nothing Works

You're not broken.

It's understandably discouraging when, despite your best efforts, orgasm still seems out of reach.

The good news is that this short, free activity book is far from a comprehensive resource when it comes to addressing struggles with orgasm.

See if your local library carries **Come As You Are** by Emily Nagoski or **Becoming Orgasmic** by Julia Heiman.

Many cisgender women have used these books to unlock orgasm for themselves. Plenty of other women, men, and nonbinary folks of all backgrounds have also undoubtedly adapted the lessons to their needs to achieve the same goal.

As mentioned in the beginning of this book, bringing up orgasm issues with a doctor or therapist is often a great way to get the help you need.

If you're not yet comfortable talking about sex with a health professional, check out my free workbook **Talking About Sex**.

Even if you don't talk to a health professional, it can help to talk to someone. Reach out to a trusted friend, or schedule a session with me at **SexCoachShannon.com**.




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Check Out My Other Orgasm Resources



Come With Ease: The Easy-O(rgasm) Course


A research-based, all-genders journey to becoming your most orgasmic self.

[View course](#)

Unlocking Orgasm Mini-Course

Begin your orgasmic journey with this mini-course. Learn the anatomy of climax and how to orgasm more easily, frequently, and powerfully.

[View course](#)



Take courses or get private coaching and meet all your orgasm goals.

[Explore Now](#)

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Thanks for reading!

I'm honored to be a part of your pleasure journey.

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