

**THE
PLEASURE
PATH**

**FIND YOUR INNER
COMPASS IN LOVE**

The Pleasure Path:
Find Your Inner Compass in Love

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Welcome!

If you're here, there's a good chance something in your love life feels off.

Maybe you're tired of feeling lonely. Maybe you're in a relationship where you don't feel desired or understood. Maybe you're doing everything "right," but nothing feels good.

This guide will help you find your way again.

Not by fixing him. Not by making him love you even more.

But by coming home to the one thing you've been taught to ignore: **what feels good to you.**

Pleasure isn't just for fun. It's how your body tells you what's right, what's safe, and what's real. And when you stop prioritizing him and start following your pleasure, everything changes.

You don't have to wait until you're in the right relationship to invite more pleasure into your life. You can start now.

This guide is your first step.

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What Is Pleasure, Really?

Let's get something clear up front: this isn't about surface-level self-care. It's not about wine nights, spa days, or good sex (though those can all be part of it).

Pleasure is deeper than that.

It's the **felt sense** of safety, connection, aliveness, or deep yes in your body. It's what arises when you stop bracing and start noticing.

When you're in touch with true pleasure:

- You feel more relaxed and radiant.
- You stop trying to earn love through overgiving.
- You attract people who want the real you, not your mask.
- You make braver choices, because your compass is inside you.

But most of us were taught to shut our pleasure down.

We were taught to be *pleasing* instead of *pleased*. To attune to his needs rather than our own. To make him happy instead of inviting him to make us happy.

This toolkit is your permission slip to do it differently.

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PART 1: The Pleasure Inventory

Let's look at how much space pleasure actually has in your daily life.

For each row, pick the option that describes you more often:

COLUMN A

I do what I should
I think about my problems
I feel tense or drained
I worry about the future
I take care of others first
I zone out to cope
I feel alone
I push myself to do more

COLUMN B

I do what I want
I think about what lifts me
I feel relaxed or at ease
I enjoy the present
I take care of myself
I tune in to what I need
I feel connected
I let myself rest or savor

Count your Column A and Column B answers.

- *If you're mostly Column A:* You may be in survival mode. There's nothing wrong with you, but pleasure has probably been pushed aside.
- *If you're mostly Column B:* You're already beginning to live in alignment. Notice what's helping you stay there.

This isn't a test. It's a mirror. It shows you where your nervous system lives most of the time.

And you can shift it.

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PART 2: The Pleasure Gap in Your Love Life

Now let's apply this lens to your relationship patterns.

Exercise: The Pleasure Check-In

Choose a current or past relationship that feels unresolved or unsatisfying. Answer honestly.

1. What felt good about being with him?
2. When did that pleasure start to fade?
3. What did you trade or tolerate to keep the relationship going?
4. What parts of yourself did you have to hide, suppress, or abandon?
5. If your own pleasure had been guiding you instead of fear, what would you have done differently?

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Exercise: Who Are You Trying to Please?

1. Who taught you that being pleasing was more important than being pleased?
2. What kind of woman gets love in your family, culture, or upbringing?
3. What parts of you do you shut down to be more “attractive” or “deserving” of love?
4. What do you think would happen if you let yourself want what you want?

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PART 3: The Pleasure Litmus Test

Next time you're spending time with someone, check in with these four questions:

- Do I feel **more energized** or more depleted afterward?

- Do I feel **safe and at ease** in my body, or am I on edge?

- Do I feel **wanted and understood**, or just tolerated?

- Do I feel **free to speak and feel**, or like I have to manage their reactions?

If the answer is mostly “no,” that’s not a judgment. It’s just information. Your body is telling you something important.

What do you think it might be telling you?

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PART 4: Write Your Pleasure Manifesto

This is your declaration. You can come back to it whenever you're tempted to abandon yourself again.

I give myself permission to

even if

I will no longer

Because I deserve

From now on, I choose relationships where I feel

Read it out loud. Post it somewhere visible. Let it anchor you.

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Bring This to Coaching

What you just uncovered is rich, valuable material. If you feel comfortable, bring your insights to our session. We can unpack it together and explore what it means for your love life going forward.

The best breakthroughs don't come from trying harder. They come from listening to what your body already knows.

Pleasure is how you get back to her.

And if you'd like to explore your pleasure further, I have an entire guide packed with exercises that can awaken your trust in pleasure. [**Find out more.**](#)

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ABOUT THE AUTHOR



Amy Waterman, M.A., is a Love Educator, Pleasure Revolutionary, and author dedicated to helping women live their most brilliant life.

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