

# QUICKIES: pleasure and fulfillment a sex ed summary from scarleteen.com

**Pleasure** is a feeling we get when we do something that makes us feel good.

**Fulfillment** is a feeling we get when we do something that makes us feel satisfied or proud.

Some people assume that pleasure only comes from sex. Similarly, some people think fulfillment only comes from romantic relationships. Sex can be pleasurable, and romantic relationships can be fulfilling, but those aren't the only two things we can experience pleasure or fulfillment with.

There are many ways to bring both pleasure and fulfillment into our lives. The more chances we give ourselves to feel good, the more enjoyable life is likely to be. When we have a variety of activities in our lives that connect us to people and give us a reason to get up in the morning, we feel good. We also can get pleasure from feeling fulfilled just as much as we get pleasure from eating something tasty.

**How do we come up with something pleasurable to do?** We can think about what things we'd like to be seeing, touching, tasting, smelling, or hearing. Once we've got an idea about what kind of pleasure we're seeking, we figure out what we can do that will probably create those sensations or feelings. We each have our own set of items, sensations or activities that make us feel good.

**Here are just five of the very many ways we can experience pleasure:**

- Find a garden or park and enjoy nature
- Put on a piece of clothing that feels great on your skin
- Watch or read something that makes you laugh
- Do something active that is more pleasant than painful, like swimming, hiking, riding a bike, yoga or stretching
- Cook or bake something that smells and tastes delicious

**How do we find fulfillment?** We can ask ourselves what we value, what we enjoy, or what we're curious about.

If we're passionate about something, we can see if there are volunteer opportunities that let us use that passion to help others. We can set aside some time each week for

activities we enjoy. We can also think about whether there's something we've wanted to try that we've never had the chance to. If there is, we can look for groups that do that activity. We can find books at the library to help us get started on a hobby or learn how to do an activity.

If our days are usually busy, we can at least set aside little chunks of time to do or experience things that make us feel happy and fulfilled. That could be ten minutes of exercise, eating a favorite snack, or taking fifteen minutes to write or draw in a journal.

Some people find it's easiest to schedule a specific time for those things, like before bed or during lunch. Others decide to do at least one pleasurable thing a day, but don't decide what that thing will be ahead of time.

A final big source of fulfillment is spending time with friends. Friends are a deep source of connection and enjoyment. If we can't see friends in person, even just taking a few minutes to text or call them to talk can make a day way better.

**This handout was prepared by Sam Wall and Heather Corinna and is a summary of I Feel Good: Pleasure and Fulfillment ([https://www.scarleteen.com/article/bodies\\_disability\\_sexuality\\_etc/i\\_feel\\_good\\_pleasure\\_and\\_fulfillment](https://www.scarleteen.com/article/bodies_disability_sexuality_etc/i_feel_good_pleasure_and_fulfillment)) by Sam Wall. © 2017 - 2019 Scarleteen/Sam Wall. All Rights Reserved.**