

# Yoni Connection.

1) WHO TAUGHT YOU WHAT IT MEANT TO BE A WOMAN?

HOW DO YOU DEFINE WOMANHOOD FOR YOURSELF?

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2) WHEN YOU THINK ABOUT YOUR VAGINA, WHAT EMOTIONS COME TO MIND?

WRITE A PARAGRAPH DESCRIBING HOW YOU FEEL ABOUT HER. HERE IS A LINK TO THE [FEELINGS WHEEL](#) IF YOU NEED HELP PROCESSING YOUR EMOTIONS TOWARD HER.

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3) HAVE YOU EVER BEEN PUNISHED OR SHAMED FOR EXPRESSING YOUR SEXUALITY?

DO YOU STILL CARRY THAT SHAME WITH YOU? IF SO, WRITE A LETTER TO YOURSELF, TO RELEASE THAT EMOTION.

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**ACTION PROMPT: WE HAVE 5 MAJOR SENSES. TASTE, TOUCH, SMELL SIGHT AND HEARING. LIST TWO THINGS THAT PLEASE EACH OF THE SENSES. MAKE A PRACTICE OF INCORPORATING THINGS THAT PLEASE YOU INTO YOUR HOME ENVIRONMENT AND LIFESTYLE.**