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Worksheets & Quiz for **Reclaiming your pleasure and enhancing your overall well-being** with AVAIYA Teacher Dr. Jordin Wiggins

(This worksheet is designed to be used with the included transcript and audio class)



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Dear AVAIYA Learners,

In this AVAIYA class, Ande Anderson & ShameFreeSex.com founder, Brielle Starr hosts an enlightening class with AVAIYA Teacher, Dr. Jordin Wiggins.

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Enjoy this class with Dr. Jordin Wiggins as she dives deep into "The Pleasure Principle" and uncovers why 1 in 2 women globally suffer from sexual dysfunction—and most importantly, what can be done about it. This enlightening discussion isn't just about sex; it's about transforming your whole life!

Worksheets & Journaling: A Special Note

After almost twenty years of creating educational content at AVAIYA, we've learned that most people still prefer to do their personal development work with a pen or pencil…and often, you write in a separate journal. Because you receive these class worksheets in digital format, we've reduced the space between questions so that in the event you print the pages, it will help you limit the amount of paper pages you need to print out at home.

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Here are five key themes discussed in this class along with their main conceptual takeaways:

Theme 1: Prevalence of Sexual Dysfunction in Women

Main Conceptual Takeaway: Dr. Jordin Wiggins highlights that 1 in 2 women suffer from sexual dysfunction globally, an issue that affects not just their personal health but also their relationships and daily work life. This illustrates the significant yet often overlooked impact of sexual dysfunction on women's overall well-being.

Theme 2: Stress and Its Impact on Sexual Health

Main Conceptual Takeaway: Dr. Wiggins points out that stress and dysregulated cortisol levels can turn off the pleasure centers in the brain, leading to a diminished sexual experience. This underscores the importance of managing stress to maintain healthy sexual function.

Theme 3: Misconceptions About Hormones and Libido

Main Conceptual Takeaway: While many believe hormone imbalances are the primary cause of low libido, Dr. Wiggins explains that, although hormones do play a role, they are not the sole factor. Often, stress and lifestyle issues are more influential. This clarifies that a multifactorial approach is necessary when addressing sexual dysfunction.

Theme 4: Steps to Addressing Sexual Dysfunction

Main Conceptual Takeaway: Dr. Wiggins provides actionable steps such as saying no to unnecessary commitments, asking for help, and slowing down to be more present. These practices can help recalibrate the nervous system and turn pleasure centers back on. This emphasizes the need for lifestyle adjustments to improve sexual health.

Theme 5: Link Between Sexual Empowerment and Overall Health

Main Conceptual Takeaway: Sexual health is a significant marker for overall health and wellness. Dr. Wiggins explains that when a woman is sexually empowered, she experiences higher energy, better mood, and overall well-being, highlighting the intrinsic link between sexual health and general health.

These themes offer a comprehensive look into the complexities of sexual dysfunction and the multifaceted approaches needed for effective treatment and improvement.

Here is a comprehensive sequence of topics covered in this class, with sub-topic bullets below each primary topic:

Introduction

- Hosts introduction by Ande Anderson
- Introduction of guest speaker, Dr. Jordan Wiggins

Discussion on Sexual Dysfunction in Women

- Jordan Wiggins introduces the concept of sexual dysfunction
    - Definition of sexual dysfunction
    - Types of sexual dysfunction (pain with sex, difficulty orgasming, desire issues, arousal issues)
- Impact on health and relationships
- Global scale of sexual dysfunction

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Causes and Societal Influence

- Ande Anderson's agreement on the magnitude of the issue
- Jordan Wiggins' insights on causes
    - Societal views on pleasure
    - Work hard, play hard mentality
- Consequences of pleasure centers being turned off
    - Nervous system and cortisol dysregulation

Dr. Wiggins' Personal Story

- Ande asks Dr. Wiggins about her personal story
- Dr. Wiggins' struggle with sexual dysfunction
    - Experience with depression and birth control
    - Surgery and subsequent pelvic pain
- Professional insights from working in women's health clinic
    - High rate of sexual dissatisfaction among patients
    - Ineffectiveness of traditional medical treatments for sexual dysfunction

Role of Hormones in Sexual Dysfunction

- Question by Brielle Starr on the role of hormones in low libido
- Dr. Wiggins' explanation
    - Minor role of hormones for a small percentage of women
    - Misconceptions regarding testosterone and estrogen
    - The holistic and multifactorial nature of libido issues

Main Causes of Low Libido and Lack of Desire

- Dr. Wiggins identifies stress and high cortisol levels as main causes
    - Impact of living in constant stress on pleasure centers in the brain
    - Lifestyle adjustments

Practical Steps To Improve Sexual Health

- Ande asks for actionable steps to decrease stress
- Dr. Wiggins' suggestions
    - Saying no to one thing a day
    - Asking for help
    - Slowing down and mindfulness
    - Practicing being present in daily activities and intimate moments

Link between Sexual Empowerment and Physical Health

- Ande asks about the connection between sexual empowerment and physical health
- Dr. Wiggins' explanation
    - Holistic health benefits of being connected to one's sexuality
    - Sexual dysfunction as an indicator of broader health issues

Conclusion

- Acknowledgement by Ande of interconnectedness of sexual and overall health
- Dr. Wiggins’ final thoughts on the importance of these conversations
- Closing remarks by Ande Anderson and gratitude for participation

This sequence encapsulates the main topics and sub-topics discussed throughout the conversation.

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Worksheet: Understanding Sexual Dysfunction and the Role of Pleasure

Objectives:

- To understand the prevalence and impacts of sexual dysfunction in women.
- To explore the role of stress and hormones in sexual health.
- To learn practical strategies for improving sexual wellness and overall health.

Part 1: Comprehension Questions

1. **Prevalence of Sexual Dysfunction**
    - What statistic on sexual dysfunction in women globally did Dr. Jordan Wiggins mention in the introduction?
    - Define sexual dysfunction as outlined by Dr. Wiggins.
2. **Impact of Stress**
    - How does stress affect the pleasure centers in the brain according to Dr. Wiggins?
    - Provide examples of how high stress levels can manifest in daily life and sexual health.
3. **Personal Story**
    - Briefly summarize Dr. Wiggins' personal experience with sexual dysfunction.
    - How did her personal struggles lead to her current focus on treating sexual dysfunction?
4. **Role of Hormones**
    - According to Dr. Wiggins, how often do hormones alone cause low libido and sexual dysfunction?
    - What other factors does she suggest might be culprits when hormones are not the main issue?

5. **Tips for Reducing Stress**
    - List three actionable tips provided by Dr. Wiggins to reduce stress and improve sexual wellness.
    - Why might these tips be difficult to implement despite appearing simple?
6. **Link Between Sexual Empowerment and Physical Health**
    - Explain the link between sexual empowerment and physical health as discussed in this session.
    - How does Dr. Wiggins metaphorically describe a woman connected to her sexuality?

Part 2: Reflection and Application

1. **Self-Reflection:**
    - Reflect on your own levels of stress and how they might be impacting your sexual health. Write a short paragraph about it.
2. **Action Plan:**
    - Identify one stress-reducing strategy suggested by Dr. Wiggins that you can implement in your daily life. Write down a specific plan for how you will incorporate this strategy over the next week.
3. **Discussion Questions (for group settings):**
    - How can society change to better support women's sexual health and decrease the prevalence of sexual dysfunction?
    - Discuss the concept of 'checkbox sex.' How can couples work together to transform their intimate interactions into more connected, passionate experiences?

Part 3: Additional Research

1. **Further Reading:**
    - Dr. Wiggins mentioned her book "The Pink Canary". What aspect does this book cover more thoroughly, and why might it be beneficial for understanding sexual dysfunction better?
2. **Exploring Pelvic Floor Health:**
    - Research what a pelvic floor physiotherapist does and write a brief summary of how such therapy can help with sexual dysfunction.

Answer Key (for instructors):

Part 1: Comprehension Questions

1. **Prevalence of Sexual Dysfunction**
    - Dr. Wiggins mentioned that 1 in 2 women suffers from sexual dysfunction in their lifetime, which is a global statistic.
    - Sexual dysfunction includes pain with sex, difficulty orgasming or inability to orgasm, issues with desire, and issues with arousal.
2. **Impact of Stress**
    - Stress affects the pleasure centers in the brain by turning them off, leading to decreased enjoyment in touch, kissing, and sex.
    - High stress levels can manifest as constant busyness, difficulty relaxing, and preoccupation even during intimate moments.
3. **Personal Story**
    - Dr. Wiggins experienced sexual dysfunction, including desire issues and pain with sex, stemming from medical and physiological issues. This personal challenge drove her to research and address sexual dysfunction in her medical practice.

4. **Role of Hormones**
    - Hormones alone cause low libido and sexual dysfunction in about 10% of cases.
    - Other factors might include stress, cortisol dysfunction, and holistic lifestyle factors.
5. **Tips for Reducing Stress**
    - a) Say no to one thing a day. b) Ask for help with tasks. c) Slow down and be present in activities.
    - These tips might be difficult due to entrenched habits of over-functioning and the social expectations placed on high-achieving women.
6. **Link Between Sexual Empowerment and Physical Health**
    - Sexual empowerment leads to better overall health, balanced hormones, proper adrenal function, and a sense of invincibility and high energy levels.
    - Dr. Wiggins describes a sexually empowered woman as unstoppable and energetic, often feeling like they are walking on air.
    -

Part 2: Reflection and Application

1. **Self-Reflection:**
    - [Personal responses will vary.]
2. **Action Plan:**
    - Example Plan: "I will ask my partner to handle dinner three nights a week so I can have some relaxation time. I will also practice being more present during my morning shower."

3. **Discussion Questions:**
    - Possible Answers:
        - Society can better support women's sexual health by destigmatizing conversations about sexual dysfunction, providing better education, and fostering environments where women feel comfortable seeking help.
        - Couples can combat 'checkbox sex' by prioritizing quality over frequency, creating more opportunities for emotional connection, and exploring new activities that enhance intimacy.

Part 3: Additional Research

1. **Further Reading:**
    - "The Pink Canary" delves into the multifactorial nature of libido and sexual health, offering insights that go beyond hormonal factors. This can be useful for a comprehensive understanding of sexual dysfunction.
2. **Exploring Pelvic Floor Health:**
    - A pelvic floor physiotherapist specializes in treating pelvic floor dysfunction, which can include issues like pelvic pain and pain during sex. They use targeted exercises, manual techniques, and sometimes biofeedback to help alleviate these symptoms.

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Here is a 10-question quiz based on this class provided along with the answer key and rationale for the correct answers.

Quiz: Understanding 'The Pleasure Principle'

1. **According to Dr. Jordin Wiggins, what is the prevalence of sexual dysfunction among women globally?**
    - A. 1 in 5
    - B. 1 in 3
    - C. 1 in 2
    - D. 1 in 4
2. **What types of issues constitute sexual dysfunction as defined by Dr. Jordin Wiggins?**
    - A. Pain with sex, difficulty orgasming, and issues with arousal and desire
    - B. Infertility, irregular periods, and STIs
    - C. Emotional detachment, lack of communication, and relationship breakups
    - D. All of the above
3. **Dr. Jordin Wiggins mentions that stress is linked to sexual dysfunction. What impact does stress have on the pleasure centers of the brain?**
    - A. It enhances pleasure centers
    - B. It has no effect
    - C. It turns off the pleasure centers
    - D. It lightly influences them
4. **What was Dr. Jordin Wiggins' personal experience that led her to study sexual dysfunction?**
    - A. Depression and a cyst requiring surgery, causing pelvic pain and low desire
    - B. Emotional trauma from a past relationship
    - C. Diet and exercise issues affecting her health
    - D. None of the above

5. **What did Dr. Jordin Wiggins discover when she included a question about sexual satisfaction in her intake form at her women's health clinic?**
    - A. Most patients were satisfied with their sex lives
    - B. Very few patients indicated satisfaction, revealing widespread sexual dysfunction
    - C. The question was irrelevant to most patients
    - D. None of the above
6. **Dr. Jordin Wiggins suggests that super women struggle with pleasure due to:**
    - A. Low intelligence
    - B. Overworking and busy lifestyles
    - C. Frequent vacations
    - D. None of the above
7. **What is one practice Dr. Jordin Wiggins recommends to help turn the pleasure centers in the brain back on?**
    - A. Doing more for others
    - B. Saying no to something once a day
    - C. Taking on additional responsibilities
    - D. Avoiding physical activity
8. **According to Dr. Jordin Wiggins, how does living life in a state of stress primarily affect individuals' sexual experiences?**
    - A. Increases arousal and pleasure
    - B. Makes them feel numb or disconnected during intimacy
    - C. Has no effect
    - D. Improves physical endurance
9. **What did Dr. Jordin Wiggins find to be a more common link to low libido than hormones?**
    - A. Physical injuries
    - B. Cortisol dysfunction from stress
    - C. Dietary deficiencies
    - D. Age

10. **Dr. Jordin Wiggins refers to which term to describe non-pleasurable sex that people might engage in out of obligation?**
    - A. Passionate intimacy
    - B. Checkbox sex
    - C. Emotional detachment
    - D. Active disconnect

Answer Key and Rationale

1. **C. 1 in 2.**
    - *Rationale: Dr. Jordin Wiggins mentions that 1 in 2 women suffers from sexual dysfunction globally, which she finds massive and alarming.*
2. **A. Pain with sex, difficulty orgasming, and issues with arousal and desire.**
    - *Rationale: Dr. Jordin Wiggins defines sexual dysfunction with these specific issues.*
3. **C. It turns off the pleasure centers.**
    - *Rationale: Dr. Jordin Wiggins explains that stress and cortisol dysregulation turn off the pleasure centers in the brain.*
4. **A. Depression and a cyst requiring surgery, causing pelvic pain and low desire.**
    - *Rationale: Dr. Jordin Wiggins describes her personal struggle with a cyst, depression, and subsequent pelvic pain and low sexual desire.*
5. **B. Very few patients indicated satisfaction, revealing widespread sexual dysfunction.**
    - *Rationale: Dr. Jordin Wiggins recounts how many of her patients had very low satisfaction with their sex lives.*

6. **B. Overworking and busy lifestyles.**
    - *Rationale: Dr. Jordin Wiggins remarks that overachieving, overworking, and busy lifestyles damage the pleasure centers in the brain.*
7. **B. Saying no to something once a day.**
    - *Rationale: Dr. Jordin Wiggins advises to practice saying no to reduce overcommitment and bring pleasure back into day-to-day life.*
8. **B. Makes them feel numb or disconnected during intimacy.**
    - *Rationale: Dr. Jordin Wiggins discusses how stress can cause individuals to feel numb and less connected during intimate moments.*
9. **B. Cortisol dysfunction from stress.**
    - *Rationale: Dr. Jordin Wiggins found that stress and cortisol dysfunction are more closely related to low libido than hormones.*
10. **B. Checkbox sex.**
    - *Rationale: Dr. Jordin Wiggins uses the term 'checkbox sex' to describe non-pleasurable sex done out of perceived obligation.*

These questions and their corresponding answers are drawn directly from this class, reflecting critical points discussed by Dr. Jordin Wiggins, Ande Anderson & Brielle Starr.

Final Note: This class emphasizes that sexual dysfunction is a widespread yet often overlooked issue that has profound effects on women's health and relationships.

It also highlights that addressing this problem requires a multifaceted approach that goes beyond traditional medical treatments to include stress management and lifestyle modifications.

We hope you continue your education and inspire other women to learn more about themselves and their sexual empowerment.

Thank you for your dedication to learning and for being part of the solution in healthy sexual empowerment.

Warm & Fuzzy Regards,

Ande Anderson, Co Founder of AVAIYA

Brielle Starr, Founder of www.shamefreesex.com



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