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Worksheets & Quiz for **Discover the Secrets to Unlocking Greater Intimacy and Desire** with AVAIYA Teachers, Dr. Rose Schlaff

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

Dear AVAIYA Learners,

Are you struggling with low libido, difficulty with arousal, or experiencing pain during intimacy?

In this AVAIYA class, founder of ShameFreeSex.com, Brielle Starr hosts an enlightening class with AVAIYA Teacher, Dr. Rose Schlaff on the Neuroscience of Desire!

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 the transcript along with the main conceptual takeaway for each:

1. **Introduction and Expertise of Dr. Rose Schlaff:**
    - **Takeaway:**
      Dr. Rose Schlaff specializes in pelvic health, sexual wellness, and neuroscience. She combines various techniques, including physical therapy, hypnosis, functional nutrition, and somatics, to address issues related to sexual health and desire.

2. **Common Issues and Pelvic Floor Dysfunction:**
    - **Takeaway:**
      Many issues related to sexual health, such as pain during sex, decreased libido, and difficulty with orgasm, can be attributed to pelvic floor dysfunction. These issues are common and treatable with proper techniques and exercises focusing on pelvic floor awareness and relaxation.
3. **Neuroscience and Nervous System's Role in Sexual Desire:**
    - **Takeaway:**
      The nervous system plays a critical role in regulating sexual desire, arousal, and pleasure. Techniques that optimize the nervous system and reduce stress can help enhance intimacy and sexual responsiveness.
4. **Techniques for Pelvic Floor and Neuroscience-based Exercises:**
    - **Takeaway:**
      Exercises like diaphragmatic breathing, eye movements, and skin stimulation can help regulate the nervous system and improve pelvic floor function, ultimately enhancing sexual health and intimacy.

5. **Responsive and Contextual Desires in Relationships:**
    - **Takeaway:**
      Most people experience desire through responsiveness (triggered by stimuli) and context (dependent on environment), rather than spontaneous desire. Understanding and optimizing the conditions for responsive desire can improve sexual satisfaction and intimacy in relationships.

These themes and takeaways summarize the main points discussed in this class and provide a conceptual understanding of the topics covered by AVAIYA Teacher, Dr. Schlaff.

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

Introduction

- Introduction to Avaiya and Brielle Starr
- Introduction of Dr. Rose Schlaff and the topic of the neuroscience of desire

Background of Dr. Rose Schlaff

- Dr. Schlaff's early interest in physical therapy and sex therapy
- Work experience at San Diego Sexual Medicine
- Common issues treated (pain with sex, decreased libido, difficulty with orgasm, etc.)

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Personal and Professional Development

- Experience with medical gaslighting
- Dr. Schlaff's exploration of additional healing methods (hypnosis, functional nutrition, holistic coaching, somatics)
- Development of the Reclaim the Flame method

Introduction of the Reclaim the Flame Method

- Combining pelvic physical therapy with hypnosis, functional nutrition, somatics, and nervous system techniques
- Three pillars of the method: optimizing the nervous system, decreasing pressure/stress, and turning up the volume on desire

Impact of Pelvic Floor Issues and Nervous System Imbalances

- Common misconceptions about pelvic floor issues
- Symptoms of pelvic floor dysfunction
- Connection between stress and pelvic floor dysfunction
- Positive effects of pelvic floor muscle training and genital-based mindfulness

Identifying and Addressing Pelvic Floor Issues

- Options for diagnosing pelvic floor dysfunction (pelvic floor physical therapist, exercises)
- Explanation of pelvic floor muscle structure and function
- Demonstration of a breathing technique for pelvic floor awareness

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Neuroscience-Based Techniques for Intimacy and Desire

- Impact of societal pressures on nervous system balance
- Explanation of different types of desire (spontaneous, contextual, responsive)
- Factors that inhibit desire (internal/external pressure, nervous system imbalances)

Techniques for Nervous System Regulation

- Explanation of how cranial nerve exercises can help regulate the nervous system
- Demonstration of specific cranial nerve exercises (eye movements, skin stimulation)

Conclusion

- Summary of the importance of understanding physiology for self-compassion
- Dr. Schlaff's reassurance about the potential for positive change

Final Remarks

- Dr. Schlaff's closing insights on hope and the possibility of shifting

By following this sequence, students can gain a clear understanding of the interconnected topics and sub-topics discussed in the interview.

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Worksheet & answers for studying: Understanding the Neuroscience of Desire and the Role of the Pelvic Floor

Objective: To reinforce key concepts from Dr. Rose Schlaff's class on the neuroscience of desire, pelvic floor health, and their impacts on intimacy.

Section 1: Introductory Concepts

1.1 Definitions and Roles

a. What is the pelvic floor, and why is it important?
Answer:
The pelvic floor consists of three layers of muscles that support organs involved in urination, defecation, and sexual function. These muscles are important for controlling these functions, as well as contributing to sexual health by supporting the clitoris, erectile function, and orgasm.

b. How does the nervous system relate to the pelvic floor?
Answer:
The nervous system and the pelvic floor are interconnected. During periods of stress, the pelvic floor and shoulder muscles can contract. Understanding and managing the nervous system can help alleviate this tension and improve pelvic health.

Section 2: Common Issues and Their Impacts

2.1 Identifying Pelvic Floor Dysfunction

List at least three signs of pelvic floor dysfunction that Dr. Rose Schlaff mentioned.
Answer:

1. Frequent urination or a "small bladder" feeling.
2. Recurring urinary tract infections (UTIs).
3. Pain or discomfort during penetration or gynecological exams.

2.2 Effects on Sexual Health

How does pelvic floor dysfunction impact sexual desire, arousal, and orgasm?
Answer:
Pelvic floor dysfunction can decrease blood flow to the clitoris, which reduces arousal and lubrication. It can also cause pain during penetration, difficulty with orgasm, and overall stress related to sex, all of which can negatively impact sexual desire.

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Section 3: Techniques and Solutions

3.1 Breath and Pelvic Floor Awareness

a. Describe the breathing technique taught by Dr. Rose Schlaff.
Answer:
Place hands on the rib cage. Breathe in, expanding the hands and imagining the pelvic floor expanding as well. Breathe out slowly, noticing if the lower abdomen tightens at the end of the exhale. This helps in both relaxing and contracting the pelvic floor muscles.

b. Why is it important to practice both contraction and relaxation of the pelvic floor?
Answer:
Both functions are necessary for optimal pelvic health - contraction helps in maintaining continence and supporting the spine, while relaxation is crucial for pain-free penetration, bowel movements, and proper respiration.

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3.2 Cranial Nerve Exercises

a. How do eye movements and skin stimulation exercises benefit the nervous system?
Answer:
Eye movements can release dopamine and reduce emotional distress. Skin stimulation, such as touching the neck and ears, can activate the vagus nerve and calm the nervous system, reducing muscle tension and enhancing feelings of safety.

b. Practice the following cranial nerve exercise and note any changes in your stress level or muscle tension:

- Stand with feet touching, hands out, rotate to see where your hands aim.
- Look around the room using only eye movements.
- Focus ahead, expanding awareness peripherally, imagining a field.
- Reassess your rotation or neck tension.

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Section 4: Final Thoughts and Reflection

4.1 Self-Compassion through Physiology

Reflect on the statement: "Understanding your physiology is one of the most powerful weapons of self-compassion."
Answer:
Reflecting on this statement may include recognizing that feeling unaroused or experiencing pelvic pain doesn't mean something is inherently wrong with you. It's often a result of physiological and nervous system imbalances that can be addressed through informed techniques, reducing the emotional burden and fostering self-compassion.

4.2 Practical Application

Based on what you've learned from this lesson, list three actionable steps you can take to improve your pelvic floor health or manage your nervous system for better sexual wellness.
Answer:

1. Regularly practice the pelvic floor breathing exercises.
2. Incorporate eye movement and skin stimulation exercises to manage stress.
3. Reevaluate and reduce pressure or stress around sexual interactions, reframe successful sex, and practice self-awareness techniques.

Remember: You're not alone, and understanding these concepts can lead to significant improvements in sexual health and overall well-being.

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Here is a 10-question quiz along with an answer key at the bottom that includes rationales for each correct answer:

Quiz: The Neuroscience of Desire

1. **What are the primary topics discussed by Dr. Rose Schlaff in the recording?**
    - a) Cardiac health and diet
    - b) Neuroscience of desire and pelvic health
    - c) Neuroplasticity and memory
    - d) Exercise and longevity
2. **What are some common reasons people seek Dr. Schlaff's services?**
    - a) Insomnia and anxiety
    - b) Career advice and entrepreneurship coaching
    - c) Pain with sex, decreased libido, and difficulty with orgasm
    - d) Financial planning and investment strategies
3. **What is the significance of the pelvic floor in Dr. Schlaff's work?**
    - a) It's unrelated to sexual health and desire.
    - b) It only pertains to pregnancy and postpartum.
    - c) It plays a crucial role in functions related to pee, poop, and sex.
    - d) It's important for upper body strength.

4. **Why did Dr. Schlaff pursue additional certifications in hypnosis, functional nutrition, and other areas?**
    - a) To offer cooking classes
    - b) To additionally support what the western medical system doesn't address
    - c) To become a yoga instructor
    - d) To write a book on philosophy
5. **Which nervous system state is necessary for people with vulvas to experience maximum genital arousal?**
    - a) Complete rest state
    - b) Full fight or flight
    - c) Moderate sympathetic nervous system activation
    - d) Sleep
6. **What percentage of people with low back pain have some form of pelvic floor dysfunction, according to Dr. Schlaff?**
    - a) 25%
    - b) 50%
    - c) 95%
    - d) 100%
7. **Which exercise did Dr. Schlaff use to demonstrate the connection between the breath and the pelvic floor?**
    - a) Jumping jacks
    - b) Diaphragmatic breathing with pelvic floor awareness
    - c) Running
    - d) Push-ups

8. **What is one method Dr. Schlaff mentions to help shift the nervous system quickly?**
    - a) Listening to loud music
    - b) Focusing on eye exercises and skin stimulation
    - c) Eating a heavy meal
    - d) Watching a scary movie
9. **What analogy does Dr. Schlaff use to describe responsive desire?**
    - a) Comparing it to feeling sleepy
    - b) Comparing it to smelling freshly baked cookies
    - c) Comparing it to feeling thirsty
    - d) Comparing it to studying
10. **What is Dr. Schlaff's main message to individuals struggling with issues of desire and sexual function?**
    - a) They should see a cardiologist immediately.
    - b) They are broken and cannot be fixed.
    - c) They are not alone, not broken, and their issues are figureoutable.
    - d) They need to take a long vacation.

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Answer Key:

1. **b) Neuroscience of desire and pelvic health**
    - *Rationale*
      : The primary topics discussed are indeed the neuroscience of desire and pelvic health, as Dr. Schlaff specializes in these areas (00:00:51).
2. **c) Pain with sex, decreased libido, and difficulty with orgasm**
    - *Rationale*
      : Dr. Schlaff mentions these as the most common reasons people seek out her services (00:01:31).
3. **c) It plays a crucial role in functions related to pee, poop, and sex.**
    - *Rationale*
      : Dr. Schlaff specifically mentions that the pelvic floor is involved with these three functions (00:01:31).
4. **b) To additionally support what the western medical system doesn't address**
    - *Rationale*
      : Dr. Schlaff pursued additional certifications because she wasn’t getting the answers she needed from the medical model (00:02:33).
5. **c) Moderate sympathetic nervous system activation**
    - *Rationale*
      : Women and people with vulvas need to be in moderate sympathetic nervous system activation for maximum genital arousal (00:20:22).

6. **c) 95%**
    - *Rationale*
      : Dr. Schlaff states that 95% of people with low back pain have some kind of pelvic floor dysfunction (00:06:34).
7. **b) Diaphragmatic breathing with pelvic floor awareness**
    - *Rationale*
      : Dr. Schlaff uses a breathing exercise that aligns breathing with pelvic floor relaxation and contraction (00:12:23).
8. **b) Focusing on eye exercises and skin stimulation**
    - *Rationale*
      : Dr. Schlaff describes using eye exercises and skin stimulation to quickly shift the nervous system (00:22:20).
9. **b) Comparing it to smelling freshly baked cookies**
    - *Rationale*
      : Dr. Schlaff uses the analogy of smelling freshly baked cookies to describe responsive desire (00:17:39).
10. **c) They are not alone, not broken, and their issues are figureoutable.**
    - *Rationale*
      : Dr. Schlaff emphasizes that people are not alone or broken, and that there is always a way to address the issues they are facing (00:28:43).

This quiz is designed to test comprehension of key topics discussed in the transcript and the specific details shared on pelvic health and the neuroscience of desire.

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Final Note: This session is a significant addition to this 14 Day Journey on Sexual Empowerment. Please take advantage of all the classes in your 14 Day Journey.

Thank you for your dedication to discovering the secrets to unlocking greater intimacy and for all you do to enrich your life and the lives of those you love. Discover more sexual wellness resources at www.shamefreesex.com

Warm Regards,

Brielle Starr,

Founder of www.shamefreesex.com



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