



Glow Journal

For sexual self-discovery

Inspired by my article, "Taking Responsibility in the Bedroom," this Glow Journal helps singles transform self pleasure into a vibrant, evolving personal growth experience. By reflecting after self-pleasure, you can foster emotional self-exploration and ignite sensual and sexual self-discovery. I created this simple guide to invite you to note one spectacular sensual experience, one adjustment you might make to your exploration, and one area of emotional exploration you will pursue.

How to Use Your Glow Journal

After self-pleasure, set aside 5-10 minutes to tune in. Find a quiet moment to answer the prompts below. Write your responses on this sheet or in your journal. Practice self-compassion---this is about connection and self-discovery,, not critique. Aim to journal after one intimate moment per week.

Glow Journal Prompts

Highlight What was one sensation that felt amazing? (e.g., "Lightly touching my skin with rose petals was electric.")	What did this teach me about my sensuality?
Adjustment What could enhance my experience next time? (e.g., "Maybe less rush to feel more present?")	What did this teach me about my sexuality?

<p>Emotional Glow</p> <p>What feelings or memories came up for you? How did my self-pleasuring touch or experience invite me to feel? (e.g., "I felt both a sense of release and joy, and guilt emerge.")</p>	<p>Emotional Glow</p> <p>How do you feel about feeling this way? What beliefs, values, early life memories or other experiences come present for me?</p>

*Created with love for individuals seeking sexual self-discovery
everywhere.*

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