



WRITTEN EXERCISE:

PAGE 1/2

FORMAT:

INDIVIDUAL
WRITTEN
EXERCISE,
GROUP
DISCUSSION

*Taking Time for Pleasure*⁴⁷

TIME: 60 MIN

REQUIRED MATERIALS: TAKING TIME FOR PLEASURE EXERCISE, IN APPROPRIATE LANGUAGE

SUMMARY:

This is a written exercise that participants can do alone to explore how they relate to activities that give them pleasure – identifying which activities they enjoy, and to what extent they regularly experience these activities in their daily life. It is often a surprising exercise for participants, as they often realise through the process that they have stopped engaging in most pleasurable activities in favour of work.

KEY EXPLANATION POINTS:

- Ask participants to sit alone and fill out the ‘taking time for pleasure’ questionnaire.
- After they have filled out the questionnaire, ask them to come together as a group to discuss their reactions to the exercise, and as appropriate, to share some of the steps that they will take to reconnect to pleasurable activities in their life.

FACILITATION NOTES:

- Making time for pleasure and sexuality requires a determined effort on your part to overcome inertia and to combat the obstacles that stand in your way. It also means changing your perception of your self, which also could be preventing you from enjoying your sexuality. Never forget that pleasure is a key strength.
- Try to identify *things or activities that give you pleasure and are not linked to your work or your activism*. As activists, often we declare that our activism is a source of ‘great pleasure’ for us, and this is very good.
- In this exercise, though, we want you to pinpoint other things that give you pleasure, adding variety to it and making it more sustainable.



WRITTEN EXERCISE:

PAGE 2/2

FORMAT:

INDIVIDUAL
WRITTEN
EXERCISE,
GROUP
DISCUSSION

Taking Time for Pleasure

Below, list 10 different activities that you particularly enjoy, that give you pleasure:

1	2
3	4
5	6
7	8
9	10

Try and remember when was the last time you did or enjoyed something that gave you pleasure and how often do you do so?

Identify the personal, environmental or social obstacles that have prevented you from enjoying these pleasures more often.

At times, it could be that our way of organising our priorities and distributing our time is governed by the logic of 'work before pleasure'. But probably your 'to do' list is interminable and thus time for pleasure never really arises.

It could also be that in your social or organisational context, the activity or practice that you consider pleasurable is socially sanctioned, particularly because it is not considered to be 'in keeping' with the life of an activist.

List three practical, achievable changes you can make to increase pleasure in your life:

- 1.
- 2.
- 3.