



Reclaiming Your Lost Orgasm, Rebuilding Trust with Your Body — and Exploring Cannabis as a Healing Ally



by Dr. Suzanne Mulvehill



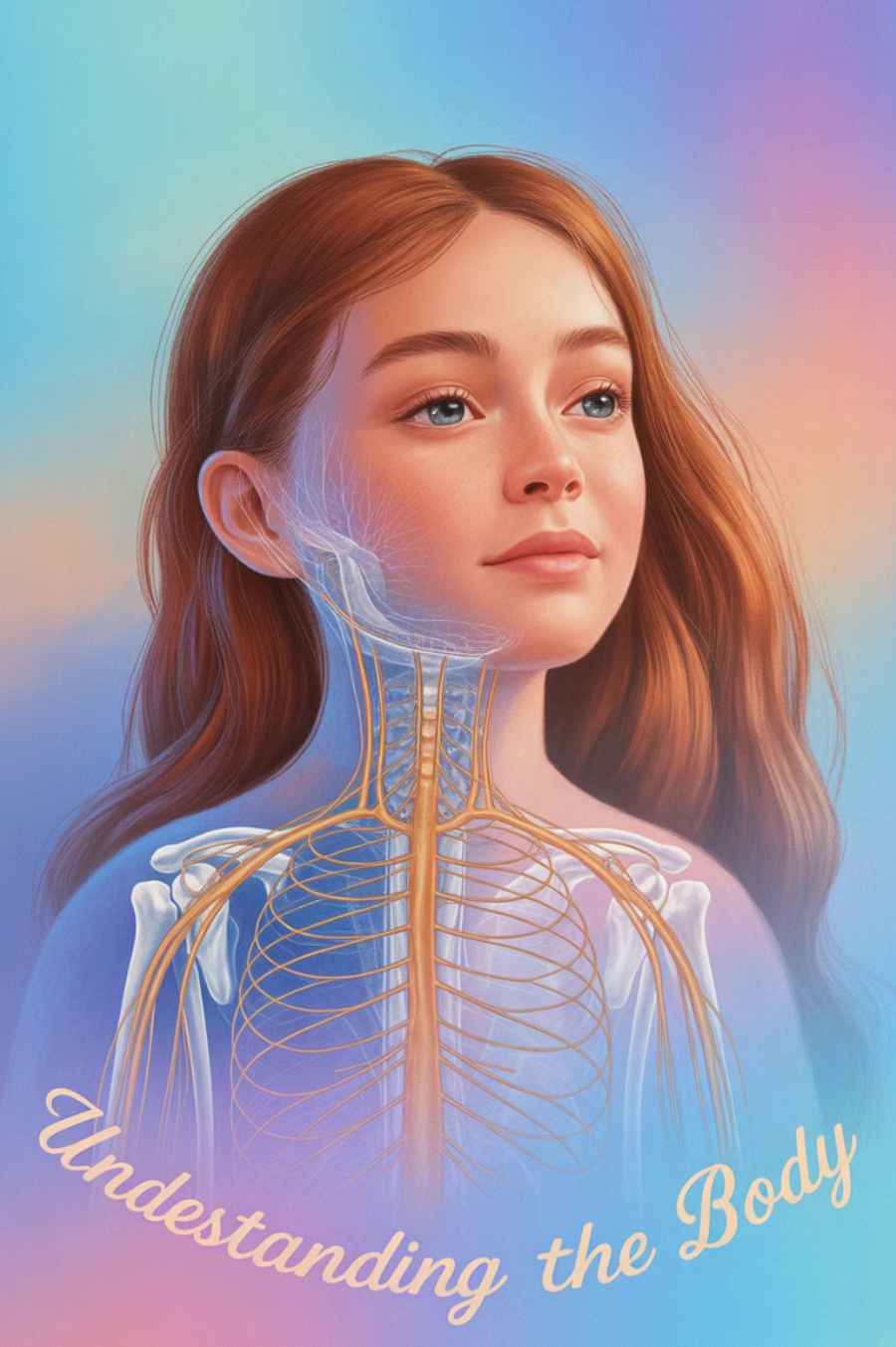
Overview

"You used to orgasm. And then... you didn't. What happened? You're not broken. You're not alone. And you are absolutely not out of options."

This guide is for women who feel stuck at the edge. Who used to reach orgasm but can't anymore — not with themselves, not with a partner. Whether your pleasure disappeared gradually or suddenly, this guide helps you understand why, what you can do about it, and how cannabis has helped other women reconnect with orgasm after it felt lost.

What's Inside

1. Understanding What Changed
2. The Top 8 Reasons Orgasm May Suddenly Stop
3. Letting Go of Pressure and Shame
4. Cannabis & Orgasm Recovery: What the Research Shows
5. Pleasure Reconnection Practices (with and without cannabis)
6. Orgasm Tracker & Self-Compassion Journal Prompts
7. Your Next Steps: What to Try, What to Let Go, and How to Ask for Help



Understanding the Body

Understanding What Changed

- "It used to be easy — what happened?"
- The role of the nervous system, pelvic floor, mental load, and sexual scripts
- Acknowledging grief, confusion, and the emotional toll

8 Common Orgasm Disruptors

1. SSRIs and antidepressants
2. Hormonal birth control or perimenopause
3. Chronic stress, trauma, or pelvic tension
4. Relationship dynamics and new partner patterns
5. Over-reliance on specific stimulation methods
6. Body image changes and disconnection
7. Loss of safety or emotional trust in your environment
8. Surgery - yes, even Hysterectomies (I personally know women who experienced loss of orgasm)

Medication Effects

SSRIs, antidepressants, and hormonal birth control can significantly impact sexual response and orgasm ability.

Physical Factors

Chronic stress, pelvic tension, and hormonal changes during perimenopause can disrupt orgasm pathways.

Psychological Elements

Body image issues, relationship dynamics, and loss of emotional safety can create barriers to pleasure.

Why Orgasm Isn't Just Physical

- Debunking the myth of the "one right way"
- Orgasm as a release, not a performance
- The impact of pressure and hyper-focus on "getting there"

Cannabis as a Healing Ally

- Research shows cannabis use before sex increases orgasm frequency for many women
- Cannabis may help reduce anxiety, increase body awareness, and ease pelvic tension
- Tips for intentional use (timing, dosage, strain types)
- Cautions and how to consult with a provider

Dr. Suzanne Mulvehill's dissertation research found that..... women who had lost the ability to orgasm reported cannabis helped them experience orgasm again — even when no other method worked.

Pleasure Reconnection Practices

- Breath + touch exercises (with no goal)
- Sensory reset: tuning into subtle sensation
- Pleasure mapping" the body again
- Cannabis-assisted self-exploration: set, setting, and slow touch
- Body gratitude journaling and mirror work
- Patience and self-compassion

Breath & Touch

Begin with simple breathing exercises paired with gentle, non-goal-oriented touch to reset your nervous system.

Pleasure Mapping

Rediscover your body's pleasure points through mindful exploration, with or without cannabis assistance.

Sensory Awareness

Practice tuning into subtle sensations throughout your body, rebuilding the mind-body connection.

Self-Compassion

Incorporate gratitude practices and mirror work to rebuild a positive relationship with your body.

Track & Reflect

Orgasm Blocker Tracker: What helps? What hinders?

Self-Compassion Prompts:

- "What am I ready to let go of?"
- "What did I learn about my body today?"
- "How can I create safety for my pleasure to return?"

Your Next Steps

- When to talk to a pelvic floor therapist or trauma-informed sex therapist
- How to talk to your partner without shame
- Resources for exploring cannabis for sexual health
- Download more free resources, courses, and healing practices



Seek Professional Support

Connect with pelvic floor therapists or trauma-informed sex therapists who specialize in orgasm difficulties.



Partner Communication

Learn how to discuss your journey with partners using shame-free language and boundary-setting.



Explore Resources

Access evidence-based information about cannabis for sexual health and wellness.



Continue Learning

Download our additional guides, courses, and practices to support your healing journey.

Final Page

You're not alone. You're not broken. Your pleasure didn't leave you — it's just waiting to be rediscovered.

Visit femaleorgasmtraining.com for more pleasure guides, courses, and tips. Follow Dr. Suzanne Mulvehill on Instagram, TikTok, YouTube, and *The Orgasm Hour Podcast* for science-backed guidance on reclaiming pleasure.