

The Cannabis and Pleasure Journey Journal: 90 Days to Rediscovering Your Sensuality

Welcome to your 90-day journey of self-discovery. This comprehensive tracking system will guide you through mindful cannabis use and pleasure exploration, helping you identify optimal strains, dosages, and settings for enhanced sensory experiences. Through a structured approach, you'll reconnect with your body and unlock deeper pleasure responses, based on research showing the correlation between mindful cannabis use and enhanced sensual experiences.



by Dr. Suzanne Mulvehill

Introduction: Connecting Cannabis and Pleasure

The relationship between cannabis and sensory enhancement is rooted in science. Cannabis interacts with the endocannabinoid system, which plays a crucial role in regulating pleasure, pain, and mood. When used mindfully, cannabis can heighten sensory perception, reduce inhibition, and create deeper bodily awareness – all key components to accessing pleasure and orgasmic potential.

By systematically tracking your experiences over 90 days, you'll develop a personalized understanding of how different cannabis variables affect your sensory responses. This journal creates a framework for that discovery process, allowing you to identify patterns and make informed adjustments to your practice.

Setting clear intentions is fundamental to this journey. Each session becomes an opportunity to communicate with yourself about what you hope to experience and discover. This intentionality transforms casual cannabis use into a purposeful exploration of pleasure.



Create a Safe Space

Establish an environment free from judgment, interruption, and pressure. Your exploration deserves privacy and security.



Practice Mindfulness

Bring full awareness to both cannabis consumption and bodily sensations. Notice subtle changes without attachment or expectation.



Document Without Judgment

Record your experiences with curiosity rather than criticism. Every session provides valuable data, regardless of outcome.



Embrace the Process

Remember that reconnecting with pleasure is a gradual process that unfolds uniquely for each person. Honor your journey.

Throughout these 90 days, you'll be building a new relationship with both cannabis and your body's capacity for pleasure. This journal serves as both your guide and your record of this transformative exploration.

How to Use This Journal

To maximize the benefits of your 90-day journey, establish a consistent practice with this journal. While spontaneity has its place in pleasure exploration, creating reliable patterns helps identify the variables that most impact your experience. Consider selecting a regular time each day for your sessions, whether morning, afternoon, or evening, noting how time of day affects your body's responses.

Before each session, prepare your environment thoughtfully. Create a comfortable, private space free from interruptions. Consider elements like temperature, lighting, sound, and textures that might enhance your sensory experience. Having your journal readily accessible allows you to document insights as they arise, without breaking your flow state.

Dosage Guidelines

Start with minimal amounts of cannabis, especially if you're new to combining it with pleasure practices. Record exact measurements when possible (mg for edibles, seconds for inhalation) to establish your personal baseline. Gradually experiment with slightly increased dosages only after establishing comfort with lower amounts.

Remember that lower doses often enhance sensory awareness without overwhelming the system. This journal will help you find your personal "sweet spot" where cannabis enhances rather than diminishes bodily connection.

Each journal entry combines structured tracking elements with open space for reflection. Complete the structured sections first, noting objective information about cannabis variables and setting. Allow the insights section to unfold naturally during or after your session, capturing both physical sensations and emotional responses without self-judgment.

Remember that this journal is a tool for self-knowledge, not a performance evaluation. Some sessions may yield profound insights while others might feel uneventful – all data points are valuable in understanding your unique relationship with cannabis and pleasure.

Safety Considerations

Always source cannabis from legal, reputable providers who can verify content and purity. Be aware of your tolerance levels and avoid combining with alcohol or other substances that might impact consent or awareness.

Create boundaries around your practice by establishing a safe word with any partners, even if exploring alone. This creates a psychological safety net and reinforces that you can end a session at any point. Store your journal securely to protect your privacy.

Setting Your Intentions

Before embarking on your 90-day journey, take time to clarify why you're undertaking this exploration and what you hope to discover. Intentionality creates a foundation for meaningful practice and helps you measure progress beyond simply physical responses. This section provides a space to articulate your personal pleasure philosophy and establish guiding principles for your journey.

Identifying Pleasure Blockers

What currently inhibits your full experience of pleasure? Consider physical discomfort, mental distractions, emotional barriers, or societal conditioning that may be limiting your sensory potential. Naming these blockers is the first step toward addressing them throughout your journey.

Desired Outcomes

Beyond physical pleasure, what deeper experiences are you seeking? This might include reconnecting with your body after trauma, discovering new dimensions of sensation, releasing performance anxiety, or integrating sensuality more fully into your identity and daily life.

Measurable Milestones

What specific, observable changes would indicate progress? Examples might include maintaining presence during pleasure for longer periods, noticing subtle sensations previously missed, or experiencing pleasure without self-judgment.



Current Relationship Assessment

Take inventory of your present relationship with bodily sensations. Rate your awareness, comfort level, and satisfaction with different aspects of physical pleasure. Note areas where you feel disconnected or would like to experience greater sensitivity.



Journey Mapping

Visualize your ideal progression over 90 days. What would you like to explore in the beginning, middle, and final stages of this practice? Setting phase-specific goals creates a roadmap while allowing flexibility for unexpected discoveries.



Pleasure Vision Statement

Write a personal manifesto describing your ideal relationship with pleasure and your body. This aspirational statement serves as both compass and anchor throughout your journey, especially during challenging moments.

Remember that intentions can evolve as you gather new insights about yourself. Revisit this section periodically throughout your 90-day practice, noting how your goals might be shifting, expanding, or becoming more refined. The purpose of setting intentions isn't to create rigid expectations but to bring consciousness and direction to your exploration.

In the space below, write your initial intentions for this journey. Consider addressing what drew you to this practice, what you hope to learn about yourself, and how you want to feel at the conclusion of these 90 days. Be as specific or abstract as feels right for you – this is your personal roadmap.

Daily Cannabis and Pleasure Tracking Pages (90 entries)

The following page template appears 90 times in your journal, providing consistent tracking for each day of your journey. Each entry combines structured data collection with open reflection space, allowing you to document both objective information and subjective experiences. Complete as many fields as relevant to your session.

Session Documentation

Date: _____

Intention for today's session: _____

Setting (location, ambiance, comfort level):

Cannabis Details

Strain name: _____

Type (Indica/Sativa/Hybrid): _____

THC/CBD percentages (if known): _____

Consumption method: _____

Dosage amount: _____

Timing (time of day): _____

Source/Dispensary: _____

Pleasure Session Insights

Physical sensations experienced: _____

Emotional state before and after: _____

Duration of pleasure session: _____

Ease of arousal (1-10 scale): _____

Intensity of sensations (1-10 scale): _____

New discoveries about your body: _____

Orgasm details (if applicable): _____

Additional thoughts and observations

Rating of overall experience (1-10): _____

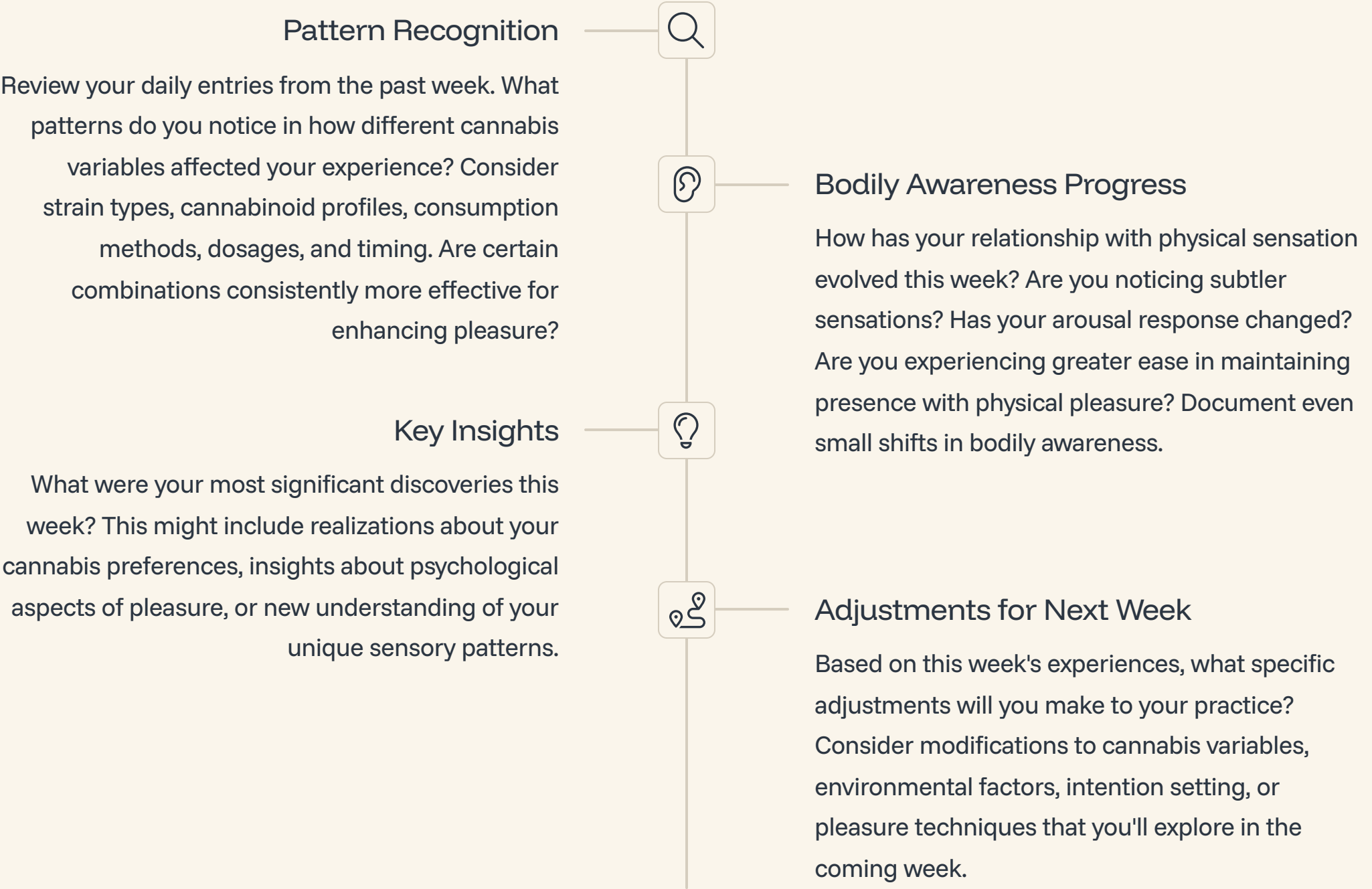
The "Physical sensations experienced" section deserves special attention. Try to describe sensations with specific, nuanced language beyond simple "good" or "bad" assessments. Note the location, quality, intensity, and duration of different sensations. Was there warmth, tingling, pulsing, expansion, or other qualities? Did sensations move or remain localized? Developing this sensory vocabulary helps refine your awareness over time.

In the "New discoveries" section, document any surprising or notable observations about your body's responses. This might include previously unnoticed erogenous zones, unexpected emotional releases, connections between different body parts, or variations in response depending on external factors like time of day or menstrual cycle phase.

Use the lined space for free-form reflection on anything not captured in the structured fields. This might include mental images that arose, memories that surfaced, sounds you made, positions that enhanced pleasure, or connections you noticed between cannabis effects and specific sensations. This space is also appropriate for noting any challenges encountered and strategies that helped address them.

Weekly Reflection Pages

At the end of each week (after every 7 daily entries), take time to complete a weekly reflection. These periodic assessments help you identify patterns that might not be obvious in day-to-day tracking and allow you to make thoughtful adjustments to your practice. Each weekly reflection creates a checkpoint in your journey and an opportunity to celebrate progress.



Use the weekly reflection as an opportunity to acknowledge both challenges and victories in your journey. If you encountered difficulties – such as distracting thoughts, physical discomfort, or emotional triggers – document specific strategies that helped address these challenges or ideas to try in the coming week.

Celebrate progress in all forms, not just in terms of physical pleasure outcomes. Progress might include increased body acceptance, greater comfort with self-touch, more detailed sensory awareness, reduced anxiety around pleasure, or simply maintaining consistent practice. Acknowledging these achievements reinforces your commitment to the journey.

Each weekly reflection builds upon the previous ones, creating a progressive narrative of your evolving relationship with cannabis and pleasure. By the end of your 90-day journey, these reflections will provide invaluable insights into your unique patterns and preferences, forming the foundation of your personalized pleasure blueprint.

Strain and Method Library

This reference section allows you to compile detailed information about each cannabis strain and consumption method you explore during your 90-day journey. By creating a personalized library, you'll develop a sophisticated understanding of how specific cannabis variables impact your pleasure experience. This knowledge empowers you to make increasingly refined choices tailored to your desired outcomes.

Strain Name	Type	THC/CBD Ratio	Primary Terpenes	Optimal Dosage	Effects on Arousal	Effects on Sensation	Overall Rating
Example: Blue Dream	Hybrid (Sativa dominant)	18% THC, 0.5% CBD	Myrcene, Pinene	5mg (edible)	7/10	Enhanced tactile sensitivity	8/10
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____

For each strain you try, create a detailed profile that goes beyond basic information. Note the aroma and flavor profiles, as these can provide clues about terpene content. Document onset time, duration of effects, and any unique characteristics you observe. If available, include information about the growing methods, as organically grown cannabis may produce different effects than conventionally grown products.

Consumption Methods Comparison

Create entries for each method you explore (vaporizing, smoking, tinctures, edibles, topicals, etc.). For each method, document onset time, duration, intensity of effects, ease of dosage control, and specific impacts on sensory perception. Note which methods seem most conducive to pleasure enhancement.

Terpene Effects Profile

As you gather information about different strains, begin tracking how specific terpenes affect your experience. For example, you might notice that myrcene-dominant strains produce deep relaxation, while limonene-rich varieties create more energetic, cerebral effects. This knowledge helps you select future strains based on terpene profiles.

Dosage Optimization

Document your "sweet spot" dosages for different desired outcomes. You might discover that micro-doses enhance subtle awareness while slightly higher doses reduce inhibition. Create personalized dosage guidelines based on your body's unique responses rather than general recommendations.

Consider creating visual representations of your findings, such as a pleasure-enhancement rating scale for different strains or a chart mapping the relationship between specific cannabis properties and bodily responses. These visual tools help synthesize complex information and reveal patterns in your experiences.

Include a section for professional recommendations from budtenders, cannabis consultants, or wellness practitioners. Document their suggestions along with your subsequent experiences, noting which expert advice aligned with your personal findings. This creates a dialogue between expert knowledge and your embodied wisdom.

As your library grows throughout the 90 days, you'll develop an increasingly sophisticated understanding of cannabis as a tool for pleasure enhancement. This personalized reference will continue to serve you beyond the journal period, allowing you to make informed choices about cannabis use in your ongoing pleasure practice.

Conclusion: Your Pleasure Blueprint



Congratulations on completing your 90-day Cannabis and Pleasure Journey! This final section helps you synthesize your discoveries into a personalized pleasure blueprint – a comprehensive understanding of how your body responds to different cannabis variables in pursuit of pleasure and orgasmic potential. This blueprint represents both the culmination of your journaling practice and a foundation for continued exploration.

Begin by reviewing all weekly reflections chronologically, noting the evolution of your experience over time. Identify turning points, breakthroughs, and gradual progressions that might not be evident when looking at individual entries. This meta-analysis reveals the narrative arc of your journey and highlights significant milestones in your relationship with cannabis and pleasure.

Next, compile your most meaningful findings into a personalized reference guide. Document your optimal cannabis profile – the combination of strain types, cannabinoid ratios, terpene profiles, consumption methods, dosages, and timing that most consistently enhances your pleasure experience. Include environmental factors that positively impact your sessions, such as lighting, temperature, sounds, or textures.



Reflect on how your relationship with your body has transformed through this practice. Many participants report increased bodily acceptance, greater comfort with vulnerability, enhanced communication skills around pleasure, and a deeper sense of embodiment. Document these psychological and emotional shifts alongside the physical discoveries, recognizing that pleasure encompasses far more than physical sensation alone.

Consider how you will integrate these learnings into your ongoing pleasure practice. Will you continue using cannabis as a regular enhancement tool, reserve it for special exploration sessions, or apply the awareness techniques you've developed even without cannabis? Create intentions for maintaining and building upon the progress you've made during these 90 days.

Include a resource section with books, websites, practitioners, or communities that might support your continued journey. Many people find that this structured exploration opens doorways to broader interests in sensuality, embodiment practices, or conscious sexuality. Documenting these resources creates pathways for ongoing growth.

Finally, take a moment to acknowledge your commitment to this practice. Dedicating 90 days to mindful pleasure exploration represents a significant investment in your relationship with yourself. This journal now stands as a testament to your curiosity, courage, and willingness to deepen your understanding of pleasure in your life.