

Brown, adrienne maree. *Pleasure Activism*. AK Press, 2019.



Sources:

Remember that you get to define what is pleasurable for you and your body & mind.

Remember that pleasure will change overtime, so approach everything with curiosity.

Ask yourself: does this activity, object, idea, or relationship give me sensations of comfort, satisfaction, excitement, delight, or pleasure?

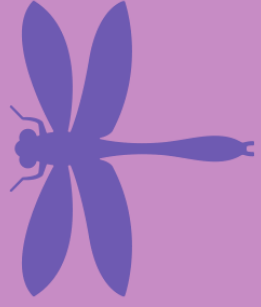


If not, think critically about its role and priority in your life, and investigate sensations in which pleasure does arouse.

Based on the work and teachings of adrienne maree brown

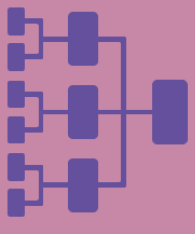
An interactive zine

Pleasure Lineage:



a "queer sex ed community curriculum" zine

My pleasure lineage looks like this:

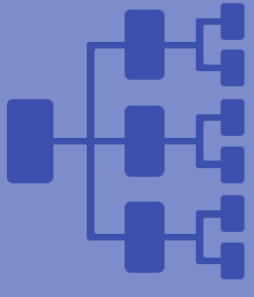


Activist friends and idols → taught me the pleasure of speaking up, or thinking critically, of not taking the first "no" as final

My parents and grandmother → taught me the pleasure of small gatherings, of routine, of non-romantic affection

Writers like adrienne maree brown, Roxane Gay, Donna Haraway → taught me the pleasure of being mindful, of clarity, of queering academia

Pleasure extends beyond sex!
Pleasure can be found in everyday activities, in feelings and ideas, in relationships, even in solitude.



Each of us learns what pleasure means from different people, so our definition and embodied experiences of pleasure all look and feel different.

A pleasure lineage is a map of our own histories of our own comfort, satisfaction, and delight.

amb's pleasure lineage looks like this:

Writers like Audis Nin, Alice Walker → taught her the pleasure of sexual liberation, of desire outside of wanting men, of embracing the queer body

Frida Kahlo → taught her the pleasure of public self-love, curiosity, standing out, truth

Aunt Margaret → taught her the pleasure of fashion and home decor, bright colors and patterns, socks and mummies

Keith Cylar → taught her the pleasure of being your whole self in professional settings, and fitting

Check out amb's "not & heavy homework" to construct your own pleasure lineage.



- amb, pleasure activism, pg. 25

"Who taught you to feel good?"

- amb, pleasure activism, p. 20