

## Ep #12: Pleasure



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With Your Host

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Hey, this is Melissa Parsons, and you are listening to the *Your Favorite You Podcast*. I'm a certified life coach with an advanced certification in deep dive coaching. The purpose of this podcast is to help brilliant women like you with beautiful brains create the life you've been dreaming of with intention.

Well, hi there. Welcome back to *Your Favorite You*. Today we are going to talk about one of my favorite topics. Are you ready for it? We are talking about pleasure. So many of my clients come to me with very little pleasure in their day-to-day lives, and I want to change that.

According to Psychology Today, back in 2019, research suggests that prioritizing pleasure correlates with greater emotional wellbeing, at least in the short run. Simple pleasures are part of a good life. They help make life worth living. Who here does not want to have a life worth living?

Okay, first, I want to delineate between true pleasure as compared to false pleasure. Things that are truly pleasurable lead us to having greater happiness in the long run.

False pleasures are those that bring more negativity into our lives in the long run. Things like overeating overdrinking, really overdoing anything. So, what brings you true pleasure? Have you thought about it? So many of us are just slogging through life without adding even an ounce of true pleasure to our days.

The reason I know this is because I used to be one of these people. I would wake up at zero dark 30 hating the sound of my alarm. Snoozing for nine-minute increments. I would drive to work, work all day, come home, eat dinner, run from activity to activity with the kids. Get the kiddos ready for the next day. Get them into bed.

Get them back into bed ... get them back into bed, and then plop down on the couch and eat food and drink wine or cosmos, or gin and tonics with lots of lime.

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As a reward for doing it all, I would stay up too late scrolling the internet or watching TV, and I did this for years. I added false pleasures to the end of my day as a reward for making it through another day.

At this time of my life, I lived for vacations for weeklong respite from real life and on vacation. I would mostly lay around on the beach again, overeating and overdrinking to reward myself for working so much and so hard. I would never leave one vacation without having the next one planned, so that I would have something to look forward to as I was tolerating the rest of me.

If we're being honest, I still always have the next vacation planned, but not from a place of not loving my real life anymore. And let's be clear to the outside observer, my life was pretty damn fantastic. I had a job that I liked, I had and still have a husband that I like, though we like each other much more now that we have both participated in getting coached.

I have two boys that are mostly terrific, I have a snuggly, labradoodle Barney Stinson Parsons. Once I started coaching and my coaches started questioning how much true pleasure I had in my life, and we found out that it really wasn't much. Once I started figuring out what actually brought me pleasure and I started asking for those things and doing those things more, my life has gotten exponentially better.

So, the first step is to make a list of things that bring you true pleasure. For me, these are things like taking a hot bubble bath or a scalding hot shower and getting my body clean. Walking in nature, barefoot when I can, feeling the sand or the grass on my feet. Physical touch brings me lots of pleasure, sex with my husband and with myself through self-pleasure, eating my favorite meal, which right now is probably filet a loaded baked potato and a salad with ranch.

Talking on the phone or over Zoom with my besties, sitting outside in a partially-sunny and partially-shaded spot so that I can regulate my temperature reading fiction, especially smutty romance novels as an escape from my reality.

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Listening to music, even better if I'm seeing the music performed live and then visiting new places with my family and friends and going on adventures. Once you have a list of the things that bring you true pleasure, which can change on a whim, by the way, things that brought me pleasure in the past no longer bring me pleasure and things I never thought would be filled with pleasure are now just that.

So, once you have your list, The next step is to carve out a bit of time each day to experience the pleasure. There does not need to be a purpose or an endpoint with any of the things that bring you pleasure. You can just do them only for the sake of pleasure. Let me say that again. There does not need to be a purpose or an endpoint with any of the things that bring you pleasure.

You can do them only for pleasures. So, it doesn't matter how long you carve out, it only matters that you do the thing you said you were going to do for yourself. If you have to put it on your calendar, if you have to put it on your calendar and treat it like an appointment you would keep with anyone else.

As a side note, notice how often you cancel appointments that you have made with yourself as compared to how often you cancel appointments you have made with other people. Most of us would not dream of canceling on a friend or a colleague at the last minute, but we cancel on our appointments and our agreements with ourselves all the time.

Don't do that to yourself. You are just as important as anyone else on your calendar, and even more so if you ask me. So, make some time on your calendar. Pick just one thing, make an appointment with yourself. When the time comes up to do what you said you were going to do, of course your brain is going to offer that there are things that you need to do that are not what you planned, that there are other people who need you more than you need you.

You expect your brain to do that and just gently guide yourself back to what you had originally planned. And as Nike says, just do it. Once you do this day after day, week after week, you will see how much more enjoyable life is with a bit of pleasure in it.

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At that point, you can up the ante a bit if you feel called to do it, and you can plan to spend a couple hours, then a half day, then a full day doing things that bring you pleasure. Then a weekend, then a week, you get the idea. The fun thing about this is that people will start to see you live a life that is full of pleasure, and they will wonder how you do it.

Then you can encourage everyone you live with, everyone you love, everyone who matters to you, to start doing things that bring them pure pleasure too and watch everyone's life naturally up level the things that you start to give your time and attention to in your life start to grow.

You call on others who live the same way and they help you find more things that bring you pleasure, and you start building a life you love instead of one you're simply tolerating.

This gives permission to the other people in your life to do the same. I will paraphrase Jim Rohn again and say that you become most like the top five people you spend time with. Imagine spending your time with people who prioritize, pleasure, and want you to do the same? Most of my clients come to me not knowing how to do this or not even knowing that this is an important part of our one precious life.

If a client of mine wants to prioritize this, they leave my coaching container knowing exactly how to do this, and with a life far more pleasurable than they started out with. If this sounds like something you are interested in pursuing, I invite you to reach out for a consult to work with me one-on-one.

See you all next week. Hopefully you have a life and a week that is chockful of pleasure. I know I'm going to. You can bet on it. Bye.

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I, so look forward to meeting you.