The Polyvagal Guide to Pleasure

A clinical approach to connection

By Dr. Inez Gonzalez PT, DPT, CLT

Navigating the path to somatic safety and sexual wellness.

PART 1

The Three States of Your Nervous System

Your nervous system is a silent guardian, constantly scanning your environment for cues of safety or threat. Understanding where you sit on the “Polyvagal Ladder” is the first step toward reclaiming your pleasure.

1. THE TOP

Ventral Vagal (Safety & Connection)

The Feeling: Calm, grounded, curious, and open.

In the Bedroom: This is the only state where true pleasure can be received. When you are here, your breath is deep, and your body is physically prepared for intimacy.

2. THE MIDDLE

Sympathetic (Mobilization)

The Feeling: Anxious, “revved up,” or frustrated.

In the Bedroom: This manifests as Guarding. The pelvic floor clenches to protect you, making touch feel overwhelming or even painful.

3. THE BOTTOM

Dorsal Vagal (Shutdown)

The Feeling: Numb, checked out, or heavy.

In the Bedroom: This is the state of Disconnection. You may feel like you are “watching from the ceiling” or simply cannot feel sensation at all.

PART 2

The “Top 4” Neurological Safety Protocols

To move from guarding to connection, we use clinical tools to de-escalate the nervous system and prime the body for pleasure.

1 Sensory Budgeting (Scheduling)

The Protocol: Clearing the mental “tabs” to create a predictable environment. By intentionally scheduling time, you reduce the cognitive load that often keeps the system in a state of high alert.

2 Back-to-Chest Co-Regulation

The Protocol: Sit or lie with your back against your partner’s chest. Match your breathing to theirs for 2 minutes. This allows you to borrow your partner’s calm to anchor your own nervous system.

3 Vagal Priming (Solo Vibration)

The Protocol: Using a vibrator alone as a low-pressure way to introduce sensory input. This acts as a neurological desensitization tool to decrease muscle guarding before a partner is involved.

4 The Neutral Zone Entry

The Protocol: Utilize the previous three steps to finally transition into shared intimacy. Focus touch on “neutral” areas like the shoulders or inner thighs to gather safety data before moving toward the pelvic floor.

WHAT COMES NEXT

From Mapping to Mastery

Identifying your state is the beginning. To truly rewire your response to intimacy and move from chronic guarding to resilient pleasure, you need the full clinical roadmap.

In the Beginner Vibrator Masterclass, we master:

- **The 3 for 10 Rule:** The specific neurological "dosage" required to condition your brain to accept sensation as safety.
- **Front Door Etiquette:** A clinical approach to the pelvic floor that transforms touch from an intruder into a welcome guest.
- **The Sandwich Theory:** My signature sensory layering technique to ensure you stay regulated and connected.

Join the Beginner Vibrator Masterclass

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