



*iyay, feelings!*

# literary therapy:

joy, grief, pleasure, and growth

a four-part workshop series exploring  
wellness through introspective writing

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hosted by writer + wellness  
program coordinator  
**Alexander Hardy**

## Literary Therapy

## Exploration Workbook

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Session 3 of 4

**#3**

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pleasure +  
playtime

Sunday,

September 12, 2021

[getsomejoy.com](https://www.getsomejoy.com)



# Session 3: Pleasure + Playtime

Are you making time for play?

pleasure + playtime

Part 1: A moment for mindfulness

**What is something you did to pour into yourself this week?**

This week, I \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**List affirmations for today or this week:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**What would you like to create or gain during this Literary Therapy section?**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# Session 3: Pleasure + Playtime

Are you making time for play?

pleasure + playtime (cont'd)

## Mindfulness and Grounding



### Activity 1: Praise. Yo. Self.

What are five things you did well this week? Nothing is too small.

Make a list and send yourself a congratulatory text or email. Or post it on a wall or board. Shoutout to you.



### Activity 2: The best thing

How you prioritize, advocate for, or enforce a boundary to protect yourself this week? What other boundaries do you want to work on?

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## VISUALIZATION: JOYFUL CHILDHOOD ACTIVITIES

What was one of your favorite things to do for pleasure as a kid or teen? How did you feel during or after this joy-filled experience? What made this activity so special to you?

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# Session 3: Pleasure + Playtime

Are you making time for play?

pleasure + playtime (cont'd)

## Part 1: Centering joy and pleasure

### Reflect and write:

Are you doing anything that brings you similar joy or pleasure these days?

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### Doodle or draw any images representing childhood joy:



# Session 3: Pleasure + Playtime

Are you making time for play?

pleasure + playtime (cont'd)

## Part 2: Pleasure and Barriers to Joy

### What is pleasure?

(noun)

a feeling of happy satisfaction and enjoyment.

a state of gratification.

a source of delight or joy.

(adj)

used or intended for entertainment rather than business.

(verb)

give sexual enjoyment or satisfaction to.

### What is something that brought you pleasure this week or month?

We find joy in our own experiences and those witness or contribute to. Think about the various areas of your life and the ways you seek pleasure.



1 In your personal and family life

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# Session 3: Pleasure + Playtime

Are you making time for play?

pleasure + playtime (cont.)

## Part 2: Pleasure and Barriers to Joy

**What is something that brought you pleasure this week or month?**



2 In your social and community life

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3 In your career and professional life

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4 In other areas of your life

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# Session 3: Pleasure + Playtime

Are you making time for play?

pleasure + playtime (cont.)

According to philosopher Jeremy Bentham, here are 14 pleasures that we experience in the pursuit of happiness.

## Types of pleasure

- Sensory (physical, sexual, etc.)
- Wealth
- Skill
- Amity (friendship)
- Having a good name or reputation
- Power
- Piety (religious devotion)
- Benevolence (service to others)
- Malevolence (causing harm to others)
- Memory (joyful events, nostalgia)
- Imagination (creativity, fantasy)
- Expectation (hope, anticipated events or experiences)
- Association
- Relief (avoiding unpleasant experience or circumstance)

**Are there any pleasures or joyful experiences you avoid because of shame or external stigma or opinions? How does this impact your life?**

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**How would your life change if you prioritized your joy over external opinions?**

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# Session 3: Pleasure + Playtime

Are you making time for play?

pleasure + playtime (cont'd)

## Part 2: Pleasure and barriers to joy

**How would your life change if you prioritized your joy over external opinions?**

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### Marinate on this:

**Make time for playtime this week. You deserve the joy you give to others.**

- Pick up your paintbrush.
- Get out the Lego blocks.
- Host a virtual game night or cookalong.
- Can you still hula hoop or double dutch?
- Make your [insert relative]'s famous dish.
- Plug in that dusty keyboard or those turntables.
- Work on a poem, song, song, or album you started.
- Play a card or board game (in person or virtual) with a friend.





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a four-part workshop series exploring  
wellness through introspective writing

**write your way to clarity.**

Aug 22 - joy, boundaries + restorative practices

Aug 29 - grief + post-traumatic growth

**Sept 12 - pleasure + playtime**

Sept 19 - letting go + releasing

get info and register @ [getsomejoy.com](https://www.getsomejoy.com).  
joy-flavored stories @ [medium.com/getsomejoy](https://medium.com/getsomejoy)