

## **DEFINING YOUR SEXUAL EXPERIENCE**

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Completing this form is vital to the sexual retraining process and will give you a complete picture of your sexual behaviors. The structure of the form takes you through the emotional and relational experience of the sex act. Remember to use "I" statements rather than "you" statements. Again, write your responses individually and share them with each other in a two-hour uninterrupted block of time using the Communication Format on page 16.

### **DESIRE**

What do you experience to indicate that you are sexually interested?

How would you like that to be different?

### **INITIATION**

How do you express your desire for sexual intimacy?

Describe a typical process of initiation of sexual intercourse for you and your spouse. (Who does what and how does the other respond?)

When and where does this usually happen?

What in your process of initiation would you like to change?

### **PLEASURING AND STIMULATION**

What does or what would help the two of you connect (bring your worlds together)?

How is kissing for you? Passionate? Full mouth?

What kind of touching is most enjoyable for you? (Describe the place, length of time, degree of pressure, etc.)

Total-body caressing?

Breast touching?

Genital stimulation?

What tends to stimulate you sexually (get you aroused—turned on)?

Any problems with getting or keeping aroused?

Do you like to talk or be talked to during sexual activity?

What inhibitions get in the way of the two of you freely enjoying the process of being together?

### **ENTRY**

When in the process does entry occur, and who decides?

What, if anything, would you like to change about the process of entry?

### **LETTING GO**

When does orgasm occur for you? For your spouse?

How would you like that to be different?

Describe your sensations of sexual release.

For the woman: If you do not experience release, identify when your feelings start to lessen and what is happening at that point.

For the man: If you do not feel in control of your ejaculation, describe when you ejaculate (at entry, how many minutes or thrusts after entry, etc.), what triggers your ejaculation, and what forms of control you have tried.

## **AFFIRMING**

What do you usually do and feel after intercourse?

What do you sense from your spouse?

How might you be more sensitive to each other's need for affirmation?

What sexual activities cause conflict between the two of you?