

## **THE SEXUAL RETRAINING PROCESS**

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Use the day plan if you are completing all assignments in an intensive ten-day period. Use the week plan if you are completing the assignments in a ten-week period.

### **FIRST DAY/WEEK**

1. Guidelines for Sexual Retraining and Underlying Principles for Bodily Caressing (communication)
2. Foot and Hand Caress (touching)
3. A Sexual Assessment (communication)

### **SECOND DAY/WEEK**

4. Facial and Head Caress (touching)
5. My Sexual Development (communication)
6. Back Caress (touching)

### **THIRD DAY/WEEK**

7. Body Awareness/Mirror (teaching)
8. Bathe or Shower Together (no written assignment; set boundaries and reread the Guidelines for Sexual Retraining in order to make this safe for both of you)
9. Sharing Myself (communication)

### **FOURTH DAY/WEEK**

10. Total-Body Pleasuring, Excluding Breasts and Genitals (touching)
11. Female Self-Examination (teaching); Male Self-Examination (teaching)
12. Pubococcygeus (PC)/Kegel Muscle Exercise (teaching)

### **FIFTH DAY/WEEK**

13. Graphing Your Sexual Response (communication). Read chapter 7 out loud together; each complete your graphs on page 88; share with each other.
14. Total-Body Pleasuring, Including Breasts and Genitals without Focus or Stimulation (touching)
15. Clinical Genital Examination (teaching/communication)

### **SIXTH DAY/WEEK**

16. Non-demand Teaching (touching/teaching)
17. Read out loud together chapters 13 and 14 and a later chapter that fits your situation (teaching/communication)
18. Defining Your Sexual Experience and Defining Your Sexual Barrier

### **SEVENTH DAY/WEEK**

19. Kissing (touching/teaching)
20. You and Me (communication)
21. Creative Pleasuring (touching/fun)

### **EIGHTH DAY/WEEK**

22. Simulating Arousal Responses (teaching)
23. Vaginal Examination and Genital Affirmation (teaching)
24. Total-Body Pleasuring, Including Breast and Genital Stimulation (touching)

### **NINTH DAY/WEEK**

25. Sharing Love (communication)
26. Pleasuring, Not Using Hands (Including Using the Penis as a Paintbrush) (touching)
27. Shared Self-Stimulation (optional)
28. Total-Body Pleasuring with Mutual Manual Stimulation (touching)

### **TENTH DAY/WEEK**

29. Principles Learned (communication)
30. Total-Body Pleasuring with Entry (touching)
31. Read chapter 20 out loud together (teaching) and Create Your Ongoing Sexual Plan (communication)