

SEXUAL RETRAINING ASSIGNMENT 10

From *Restoring the Pleasure* 2016

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Date: _____ Time: _____

Total-Body Pleasuring, Excluding Breasts and Genitals

(Read out loud together and follow the steps. Fill in the blanks as you plan your daily or weekly sessions.)

STEP 1: _____ will take responsibility to initiate this experience and set the atmosphere. The room temperature should be set so both of you will be comfortable without clothes or covers. Prepare a room that is softly lit and has a relaxed, uncluttered environment.

STEP 2: Bathe or shower together. You may wash each other's nonsexual body parts.

STEP 3: _____ will be the first pleasurer, and _____ will be the first receiver.

STEP 4: Read Assignment 1, Underlying Principles for Body Caressing. Discuss the current instructions. As more of the body is included in the pleasuring, it is important to remember that sexual arousal is an involuntary response and not the goal or purpose of this experience. Do not become concerned if there is or is not arousal; the purpose of this experience is body awareness.

STEP 5: *Receiver:* Lie on abdomen in a comfortable position.

Pleasurer: Place your hands on your spouse's back. With your eyes closed, focus on the sensations of your spouse's body: warmth, pulsation, vibrations, and so forth. Begin to move over his or her entire back with sensuous touch, radiating your warmth and care. Proceed in the same manner to neck, arms, and legs. Inform your spouse when you are ready for him or her to turn over.

Receiver: Turn onto your back. Before receiving the caressing of the front of your body, you might have fun drawing the boundaries on your skin with lipstick or a washable pen.

Pleasurer: Sitting with your spouse's head face up in your lap (with your genitals covered), proceed with a facial caress. Then continue down his or her neck, shoulders, arms, and hands. Move to the side of your spouse to enjoy his or her abdomen, legs, and feet. Do not touch breasts or genitals. It is important that you not violate those boundaries, marked or unmarked.

STEP 6: You may want to rest or take a break before you reverse roles and repeat Step 5. _____ will be the pleasurer; _____ will be the receiver. Couples often find with the more involved caressing assignments, it is best to complete the assignment at two different times: one day/evening, he is the receiver and she the pleasurer; another day/ evening, she is the receiver and he the pleasurer.

STEP 7: Write your reactions. Were there uncomfortable movements? What anxieties or demands slipped through your minds? What was most relaxing? Most pleasurable? Discuss your written reactions with each other.