

SEXUAL RETRAINING ASSIGNMENT 11 FOR WOMEN

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Date: _____ Time: _____

Female Self-Examination

STEP 1: Have a diagram of the female external genitalia (see diagram below). Have a hand mirror and extension lamp or spotlight.

STEP 2: Shower or bathe leisurely in order to relax.

STEP 3: Assume a comfortable position with legs spread apart, light focused on genitals, diagram within view, and hand mirror between legs so you can see your genitals clearly. Look at how your outer labia come together. Then spread the outer labia and identify the inner labia. Find the clitoris and note how the labia form a hood over the clitoris. See if you can feel the shaft of the clitoris, almost like a hidden, small penis up behind the tip of the clitoris. Touch the tip or glans of the clitoris and then the areas around it, and identify what kind of touch feels good and where.

Identify the urinary meatus, the vaginal opening, and any other points of interest. Think about what genital stimulation your partner has given you or you have given yourself in the past that has felt good, what you would like more of, what touching has been negative, and how stimulation of your genitals might be enhanced. Thank God for his creation of each of these intricate parts. Thank him for any good feelings associated with your genitals. Pray for healing from any pain or scars connected with them.

This is a clinical learning experience, not for the purpose of arousal. However, if arousal should occur, it is okay.

Figure 7.4
EXTERNAL FEMALE GENITALIA

