

SEXUAL RETRAINING ASSIGNMENT 11 FOR MEN
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Date: _____ Time: _____

Male Self-Examination

STEP 1: Have a diagram of the male external genitalia (see diagram below).

STEP 2: Shower.

STEP 3: In a private, well-lit room, with the diagram of male genitals in view, identify all the specific parts of the penis and testes. Note the coronal ridge and the frenulum, or “seam” on the backside of the penis. Think about the kind of touch and stimulation you have enjoyed, either when you have stimulated yourself or when your spouse has stimulated you. Imagine other kinds of touch and stimulation you might try. Think about how you might teach your spouse what you would enjoy without placing demands on her. Thank God for the specialness of your genitals and all the positive feelings they have given you. Pray for healing of any pain associated with them.

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

Figure 7.6
CIRCUMCISED EXTERNAL MALE GENITALIA (SIDE VIEW)

