

## SEXUAL RETRAINING ASSIGNMENT 13

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Date: \_\_\_\_\_ Time: \_\_\_\_\_

### Graphing Your Sexual Response

Read out loud together and discuss chapter 7.

1. You may make copies of the empty graph the 4<sup>th</sup> page of this assignment. Each of you use a copy to draw one or more graph lines that represent how you respond or have responded through any form of stimulation. You may want to draw one line to represent your response to self-stimulation, one to represent manual or oral stimulation by your spouse, and one to represent intercourse. On your graph, lines may represent how you respond today and how you've responded at different times in the past.
2. On the graph(s) you drew, each of you should note any points of difficulty that occur for you repeatedly. Use the detailed graph for men (on the next page) and the one for women (on the 3<sup>rd</sup> page) to identify these points. For example, if you ejaculate prematurely or if you inhibit your orgasmic response, note what is happening when the problem arises—what is happening inside of you and between the two of you.
3. Share your graphs with each other using the Communication Format. Go over all the details you circled or checked on the Sexual Response Pattern (Figures 7.7 and 7.8) and the graphs you drew and problem areas you described. You may add to each other's graph any response that the other had observed that you hadn't noted.
4. Talk about what you learned about each other that was new.

Figure 7.7

## SEXUAL RESPONSE PATTERN FOR MEN

Adapted from Masters and Johnson, *Human Sexual Response* (Boston: Little, Brown, and Company, 1966). © Copyright Penner & Penner.



Phases of the Sexual Response

Level of Sexual Arousal

Figure 7.8

## SEXUAL RESPONSE PATTERN FOR WOMEN

Adapted from Masters and Johnson, *Human Sexual Response* (Boston: Little, Brown, and Company, 1966). © Copyright Penner & Penner.

SEXUAL RESPONSE PATTERN FOR WOMEN			
EXCITEMENT PHASE	PLATEAU PHASE	ORGASMIC PHASE	RESOLUTION PHASE
<p><b>External Genitals</b></p> <ul style="list-style-type: none"> <li>• Clitoris lengthens</li> <li>• Outer lips spread flat</li> <li>• Inner lips enlarge</li> </ul> <p><b>Internal Genitalia</b></p> <ul style="list-style-type: none"> <li>• Vagina lubricates (within ten to twenty seconds)</li> <li>• Uterus elevates</li> </ul> <p><b>Total Body</b></p> <ul style="list-style-type: none"> <li>• Nipples become erect</li> <li>• Breasts enlarge</li> </ul> <p><b>Characteristics</b></p> <ul style="list-style-type: none"> <li>• Arousal</li> </ul>	<p><b>External Genitals</b></p> <ul style="list-style-type: none"> <li>• Clitoris retracts under hood</li> <li>• Inner lips turn bright red and enlarge (about one minute before orgasmic response)</li> </ul> <p><b>Internal Genitalia</b></p> <ul style="list-style-type: none"> <li>• Outer two-thirds of vagina expands</li> <li>• Outer one-third of vagina thickens and contracts, forming orgasmic platform</li> <li>• Uterus elevates fully</li> </ul> <p><b>Total Body</b></p> <ul style="list-style-type: none"> <li>• Skin flushes over abdomen, chest, etc.</li> <li>• Foot contracts downward (carpopedal spasm)</li> <li>• Heart rate increases</li> <li>• Blood pressure rises</li> <li>• Pelvis thrusts</li> <li>• Muscles tense</li> </ul> <p><b>Characteristics</b></p> <ul style="list-style-type: none"> <li>• Entry may occur at any time</li> <li>• Majority of love play</li> </ul>	<p><b>External Genitals</b></p> <ul style="list-style-type: none"> <li>• No noticeable change</li> </ul> <p><b>Internal Genitalia</b></p> <ul style="list-style-type: none"> <li>• Outer one-third of vagina contracts three to twelve times</li> <li>• Uterus contracts</li> </ul> <p><b>Total Body</b></p> <ul style="list-style-type: none"> <li>• Rectal sphincter contracts</li> <li>• Foot spasms continue</li> <li>• Heart rate increases more</li> <li>• Blood pressure rises more</li> <li>• Breathing increases</li> <li>• Facial muscles contract</li> <li>• Gasping occurs</li> </ul> <p><b>Characteristics</b></p> <ul style="list-style-type: none"> <li>• Shortest, but most intense phase</li> <li>• Internal experience</li> </ul>	<p><b>External Genitalia</b></p> <ul style="list-style-type: none"> <li>• Clitoris returns to normal size</li> <li>• Inner and outer lips return to normal size and position</li> </ul> <p><b>Internal Genitalia</b></p> <ul style="list-style-type: none"> <li>• Cervix opens slightly and drops into seminal pool</li> <li>• Uterus drops back toward front of pelvis</li> <li>• Vagina collapses and thins</li> </ul> <p><b>Total Body</b></p> <ul style="list-style-type: none"> <li>• Relief of vasocongestion and engorgement</li> <li>• Skin perspires</li> <li>• Muscles relax</li> <li>• Breasts and nipples return to prestimulated appearance</li> </ul> <p><b>Characteristics</b></p> <ul style="list-style-type: none"> <li>• Tension loss</li> <li>• Reversible</li> </ul>

Level of Sexual Arousal

Phases of the Sexual Response

## GRAPHING YOUR SEXUAL RESPONSE

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YOUR SEXUAL RESPONSE PATTERN(S)			
EXCITEMENT PHASE	PLATEAU PHASE	ORGASMIC PHASE	RESOLUTION PHASE

Level of Sexual Arousal

Phases of the Sexual Response

Draw a graph(s) of your physical, sexual response pattern(s).