SEXUAL RETRAINING ASSIGNMENT 13

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Date:	Time·
Batc.	Till 10:

Graphing Your Sexual Response

Read out loud together and discuss chapter 7.

- 1. You may make copies of the empty graph the 4th 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 3rd 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.

	Brown, and Company, 1966). © Copyright Penner & Penner.
RESOLUTION PHASE	External Genitalia • Penis becomes flaccid • Scrotum thins and drops Internal Genitalia • Testes descend and return to normal size return to normal size orgongement • Relief of vasocongestion and engorgement • Skin perspires • Muscles relax Characteristics • Tension loss • Tension loss • Tension loss • Not usually reversible (rest period required before more arousal)
TERN FOR MEN ORGASMIC PHASE	External Genitals • Penis contracts, expelling the seminal fluid Internal Genitalia • Seminal duct system contracts Total Body • Rectal sphincter contracts • Foot spasms continue • Heart rate increases more • Blood pressure rises more • Breathing increases Facial muscles contract • Gasping occurs • Gasping occurs • Shortest, but most intense phase • Internal experience
SEXUAL RESPONSE PATTERN FOR MEN PLATEAU PHASE ORGASMIC PH	External Genitals • Penis engorges more and deepens in color • Fluid containing sperm seeps from penis • Scrotum thickens • Internal Genitalia • Testes enlarge • Right testicle rises and rotates early • When approaching point of no return • Left testicle rises and rotates • Prostate contracts • Seminal vesicle contracts • Seminal vesicle contracts • Skin flushes on chest, neck, and face • Foot contracts downward (carpopedal spasm) • Heart rate increases • Pelvis thrusts • Muscles tense Characteristics • Entry may occur at any time • Ejaculatory control must be learned for extended love play
EXCITEMENT PHASE	External Genitals • Penis becomes erect as it rushes full of blood • Scrotum thickens and partially elevates Internal Genitalia • No change Total Body • Nipples become erect in 60 percent of men Characteristics • Arousal

Phases of the Sexual Response

Figure 7.8 SEXUAL RESPONSE PATTERN FOR WOMEN

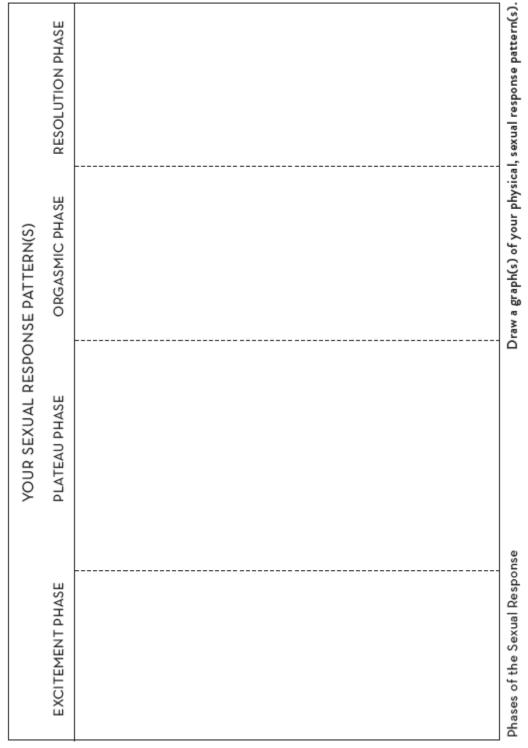
Adapted from Masters and Johnson, Human Sexual Response (Boston: Little, Brown, and Company, 1966). © Copyright Penner & Penner.

	brown, and Company, 1900). e Copyright Penner & Penner.
RESOLUTION PHASE	External Genitalia Clitoris returns to normal size Inner and outer lips return to normal size and position linternal Genitalia Cervix opens slightly and drops into seminal pool Uterus drops back toward front of pelvis Vagina collapses and thins Total Body Relief of vasocongestion and engorgement Skin perspires Muscles relax Breasts and nipples return to prestimulated appearance Characteristics Tension loss Reversible
TERN FOR WOMEN ORGASMIC PHASE	External Genitals No noticeable change Internal Genitalia Outer one-third of vagina contracts three to twelve times Uterus contracts Total Body Rectal sphincter contracts Foot spasms continue Heart rate increases more Blood pressure rises more Blood pressure rises Facial muscles contract Gasping occurs Characteristics Shortest, but most intense phase Internal experience
SEXUAL RESPONSE PATTERN FOR WOMEN PLATEAU PHASE	External Genitals Clitoris retracts under hood Inner lips turn bright red and enlarge (about one minute before orgasmic response) Internal Genitalia Outer two-thirds of vagina expands Outer one-third of vagina thickens and contracts, forming orgasmic platform Victures elevates fully Total Body Skin flushes over abdomen, chest, etc. Foot contracts downward (carpopedal spasm) Heart rate increases Blood pressure rises Blood pressure rises Blood pressure rises Blood pressure rises Characteristics Futry may occur at any time Majority of love play
EXCITEMENT PHASE	External Genitals Clitoris lengthens Outer lips spread flat Internal Genitalia Vagina lubricates (within ten to twenty seconds) Uterus elecates Total Body Nipples become erect Breasts enlarge Characteristics Arousal

Phases of the Sexual Response

GRAPHING YOUR SEXUAL RESPONSE

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Level of Sexual Arousal