

## SEXUAL RETRAINING ASSIGNMENT 14

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

### Total-Body Pleasuring, Including Breasts and Genitals Without Purposeful Stimulation

(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 the experience and set the atmosphere with attention to temperature, privacy, and mood.

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

**STEP 3:** \_\_\_\_\_ will be the first pleasurer; \_\_\_\_\_ will be the first receiver.

**STEP 4:** Read Assignment 1, Underlying Principles for Body Caressing. Discuss the current Instructions. Continue to remember that sexual arousal is an involuntary response and not the goal of this experience. *Do not become concerned if there is or is not arousal. The purpose of the experience is body awareness.*

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

**Pleasurer:** Place your hands on your spouse's back and proceed to pleasure, taking in the warmth and sensations of your spouse's back, buttocks (cheeks only; not into the crack), arms, and legs. Take time to enjoy each part as you have in previous pleasuring exercises. Inform your spouse when you are ready for him or her to turn over.

**Receiver:** Turn onto your back. Positively redirect your spouse if anything he or she does is Negative or demanding.

**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, chest, arms, and hands. Do not focus or linger on the breasts. Just pass over them as you have every other part of the body. Move to the side of your spouse (or between his or her legs) to caress his or her abdomen, legs, and feet. Include the genitals only in a general passing over them briefly. Inform your spouse when you are finished. *Do not pursue specific stimulation.*

**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. Particularly attend to any demands that are arising and any enjoyment that is flowing. Discuss your written reactions with each other.