

SEXUAL RETRAINING ASSIGNMENT 15

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Date: _____ Time: _____

Clinical Genital Examination

(Read out loud together and discuss any fears or needs for safety. Then follow the steps.)

STEP 1: Have diagrams of the male genitalia and the female external genitalia (from Assignment 11 A & B). Have a hand mirror and adequate lighting available.

STEP 2: Shower or bathe together; lather up each other's bodies and enjoy the pleasure and relaxation of touching each other in that process, not for the purpose of arousal.

STEP 3: In a private, well-lit room, with the diagram of male genitalia, the husband identifies all the specific parts of the penis and testes. If it is comfortable for both, the husband may invite the wife to join in the exploration by touching various parts as they are identified. Wife, only participate to the extent that it is comfortable for you. Particularly note the coronal ridge and the frenulum, or seam, on the backside of the penis. After exploring the various parts of the genitals, talk about what kind of touch feels good, any stimulation of the genitals your partner has given you in the past that you would like more of, and any stimulation or handling of the genitals that has been unpleasant for you. Wife, talk about ways you enjoy pleasuring his genitals and any feelings of discomfort you have with the male genitals.

STEP 4: Wife assumes comfortable position with legs spread apart, light on genitals, diagram within view, and hand mirror between legs so you can see the genitals clearly. Identify for your husband how your outer labia come together. Then you spread the outer labia and identify the inner labia. Find and show him the clitoris and how the labia form a hood over the clitoris. Identify for him 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 talk with your husband about what kind of touch feels good and where. If it is comfortable for both, invite your husband to join in exploration and touching as is comfortable.

Identify the urinary meatus, vaginal opening, and any other points of interest. Talk about what genital stimulation your partner has given you 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. Husband, talk about ways you enjoy pleasuring her genitals and any feelings of discomfort you have with the female genitalia. When genital touching has not been comfortable for a woman, many times it has been too direct. Experiment with putting a flat hand over the pons and the pointer and middle fingers along the labia.

STEP 5: You may write your reactions and then talk about what this has felt like for each of you, what was comfortable or uncomfortable, and what you learned about yourselves and each other.

This is a clinical, learning experience, not for the purpose of arousal. If arousal should occur, it is okay. But do not focus on it; ignore it or enjoy it without pursuing it.