

## SEXUAL RETRAINING ASSIGNMENT 16

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

### Non-demand Teaching

(Fill in the blanks as you plan your daily or weekly sessions.)

**STEP 1:** \_\_\_\_\_ will take responsibility to initiate this experience and set the atmosphere. Pillows against the headboard of the bed usually work best. Design this for teaching, rather than romance. Guiding each other's hands can be awkward. As you follow the instructions in Step 4, start with guiding, and use that as much as possible, but also use verbal guidance; have the spouse try to follow the verbal guidance if the hand guiding doesn't work for you.

**STEP 2:** Read these instructions together, and clarify with each other what each of you understands you are to do. Then follow the steps.

**STEP 3:** Bathe or shower together in a way that brings relaxation and enjoyment of each other's bodies, not touching for the purpose of stimulation or arousal.

**STEP 4:** Wife should start the actual experience by sitting in front of husband in the non-demand position shown at the top of Figure 12.1, page 173). Then she places her hands over his hands and uses his hands to caress her face, breasts, abdomen, and genitals. The purpose of the exercise is for the one guiding the hands to discover what kind of touch he or she really likes. For the one being guided, the job is to let his or her hand muscles be relaxed and limp and attend to the kind of touch that he or she is being directed to give. He or she can learn what the spouse really likes. This is a particularly good time for both to do a lot of experimenting and communicating about the kind of genital touch that brings pleasure. This is not likely to be an exciting or arousing experience, but a much more clinical and teaching kind of time. If arousal should occur, however, enjoy it.

When the husband guides the wife's hands to discover and teach the touch he enjoys on the upper front of his body, he may need to slide down and use a modified version of the upper illustration of the non-demand positions shown in Figure 12.1. For example, he may slide his head, face up, into his wife's lap. When the husband is guiding the wife in pleasuring his lower body, especially the genitals, we would encourage the use of the positions shown in the lower illustration in Figure 12.1.

**STEP 5:** You may write your reaction first and then talk together about what you learned in this experience as well as anything else that you have always enjoyed or has always been painful or difficult for you.

*Figure 12. 1*  
**NON-DEMAND POSITIONS**

