

SEXUAL RETRAINING ASSIGNMENT 17

From *Restoring the Pleasure* 2016

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Date: _____ Time: _____

Select and Read Your Chapter from *Restoring the Pleasure*

First read chapters 13 and 14 out loud together and discuss. Then together select the chapter (15 through 19) that deals with the sexual barrier you have chosen to work on.

- Chapter 15, Overcoming Problems of Sexual Desire
- Chapter 16, Overcoming Problems of Sexual Arousal
- Chapter 17, Overcoming Problems of Sexual Release
- Chapter 18, Overcoming Intercourse Barriers
- Chapter 19, Controlling Sexual Addictions

Then read that chapter out loud to each other and plan how you will include the suggestions and assignments into the rest of your retraining process.