

## SEXUAL RETRAINING ASSIGNMENT 19

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

### Kissing

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

**STEP 1:** \_\_\_\_\_ will take responsibility to see that the experience happens. Prepare a comfortable setting with low lights and soft music.

**STEP 2:** Brush teeth, use dental floss, and gargle.

**STEP 3:** Read and discuss these instructions.

**STEP 4:** Sitting on the couch, fully clothed, each of you describe to the other how you like to kiss and to be kissed. Use positive descriptions rather than listing what you don't like. Reflect back to each other what you understand from the other. The spouse who is the most hesitant or reserved kisser would be the best spouse to start in Step 5.

**STEP 5:** \_\_\_\_\_, use your lips to experiment with kissing your spouse's lips. Pucker your lips and gently peck across your spouse's lips and cheeks from one side to the other, from top to bottom lip. Take time to nibble on your spouse's lips, taking the upper or lower lip between your lips. \_\_\_\_\_, follow his or her lead. Be passive, but responsive. Be careful, as the follower, not to take over or get ahead of the leader.

**STEP 6:** Reverse roles. \_\_\_\_\_, follow Step 5 to discover how you like to kiss. \_\_\_\_\_, follow his or her lead. Be passive, but responsive.

**STEP 7:** Take turns leading in experimenting with the use of your lips and tongue to find ways that you both enjoy: pecking, nibbling, licking, sucking, and in any other way interacting with each other's lips and tongues. Keep it soft and experimental. If kissing has been an issue for either of you, stop here; continue to practice daily the steps up to Step 8 with the hesitant one leading and the other *never* being aggressive or taking over. When this daily practice becomes comfortable, repeat this assignment and move on through Step 8 to the extent that it is okay for both.

**STEP 8:** Allow the involvement with each other's mouths to become mutual, simultaneous enjoyment, if that is comfortable for both of you. Take turns inserting your tongue in and out of each other's mouths. If one of you becomes too intense or forceful for the other, gently remind the intense one that you'd like to keep it soft, safe, and experimental.

**STEP 9:** Talk about the experience. What felt especially good? What barriers did you encounter? How would you like to enhance your kissing?