

SEXUAL RETRAINING ASSIGNMENT 21

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Date: _____ Time: _____

Creative Pleasuring

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

STEP 1: _____ will take responsibility to see that the experience happens and will set up
The environment for your time together.

STEP 2: Together, read these instructions and Assignment 1, Underlying Principles for Body
Caressing. Tell each other what each of you understands the current assignment to
be. Then proceed with the steps.

STEP 3: Bathe or shower together in a way that brings relaxation and enjoyment of each
other's bodies.

STEP 4: Each of you should bring to the experience three or more items to use to pleasure
your partner. Think of things that would feel pleasing and sensuous against the skin.
Choose items of varying texture—maybe one soft and silky, another firm, another
with soft bristles, another fuzzy. Let these be a surprise for each other.

STEP 5: _____, start the actual pleasuring by having your partner lie on his or her
abdomen and gently stroking his or her back with the first item you chose for this
event. Then do the same with each of the other objects. Together choose one object
to continue pleasuring his or her entire body. When you feel finished, reverse roles
and _____, do the same thing with the items you chose for pleasuring
_____'s body. Stop when you have thoroughly enjoyed your partner's total body.

STEP 6: Write your reactions. Talk about the experience. What did you enjoy? What would
you have liked more of? What other kind of object could you imagine enjoying? What
did you learn?