

SEXUAL RETRAINING ASSIGNMENT 22

From *Restoring the Pleasure* 2016

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Date: _____ Time: _____

Simulating Arousal Responses

(Fill in the blanks as you plan your daily or weekly sessions. Assign the lead to whoever is the least inhibited or the best actor. Read aloud together and follow the steps. Keep the directions near you and read the next step after you finish practicing the previous one. If it becomes too difficult for one of you, stop, talk about it, affirm each other, and try again another time.) This experience is to help reduce self-consciousness and inhibition of the automatic responses of sexual arousal. It can become humorous, even hilarious.

STEP 1: _____, select a setting that is peaceful, free of distractions, and as soundproof as possible. You may need to set up a sound barrier, like music playing at the wall or door that might carry your noises. This assignment should be done in daylight or with the lights on.

STEP 2: Lie side by side on the bed or on a comfortable surface, fully clothed.

STEP 3: Take yourselves through relaxation: First, together take in ten deep breaths slowly through your nostrils, hold, then breathe out through your mouths. _____, lead in the deep, relaxed breathing. Picture yourselves in a beautiful, sunny, private garden. As you let out the air through your mouths, feel the tension in your bodies relax.

STEP 4: Keeping in the same relaxed mode, _____, lead in taking five to ten deep breaths slowly in through the nose, then hold them and breathe out through your mouth with a sighing sound. Go to the next step when you feel natural and comfortable.

STEP 5: _____, lead in the next five to ten breaths. This time as you breathe in, imagine the breath warming the inside of your body, all the way to your genitals. As you let it out, imagine the breath coming from your genitals, through your body, up your windpipe, past your vocal cords. Let out a relaxed, rattling noise while you say, "Ah." Vary the pitch of the "Ah" with each exhalation. Continue until you feel natural and comfortable with the noises and breathing.

STEP 6: Talk about your experience. Take a break, if you wish. Then, take off your clothes And proceed with the next steps.

STEP 7: Lie side by side on your backs without clothes on, with the lights on or in daylight. Imagine yourselves on a warm, sunny, private beach, totally secluded. _____, lead in taking three to five deep breaths, holding them, then relaxing into the "warm sand" as you breathe out.

STEP 8: Now, imagine that you are doing your favorite sexual activity (each can picture something different). Breathe in and out slowly and loudly with the rattling "Ah" sound. _____, lead in five to ten of these.

STEP 9: Let the sexual activity progress in your minds as you proceed with the noisy, loose breathing. This time speed the breathing slightly, making certain it continues to be deep and noisy. Tense the muscles in your body so that your foot extends outward, your facial muscles grimace, and you thrust with your pelvis. Imagine your body flushing as it does when you blush. If you have never experienced these natural arousal responses, simulate what your spouse is doing.

STEP 10: Repeat Steps 7–9 in the nude with _____ lying on his back and _____ sitting on top of him in the typical woman-on-top position. Do not insert the penis into the vagina.

STEP 11: Repeat Steps 7–9 in the nude with _____ lying on her back and _____ on top of her in the most comfortable male-on-top position. If this is uncomfortable, turn on your sides, face-to-face. Do not insert the penis into the vagina.

STEP 12: Switch to the position that is most comfortable to both; continue to build the breathing, sounds, and movements to intensify the simulation of the release of the orgasm. If you have never experienced an orgasm, imitate your spouse's acting out of what he or she usually does during an orgasm.

STEP 13: Rest together and hold each other closely.

STEP 14: Write and talk about your reactions to each step.