

SEXUAL RETRAINING ASSIGNMENT 23

From *Restoring the Pleasure* 2016

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Date: _____ Time: _____

Vaginal Examination and Genital Affirmation

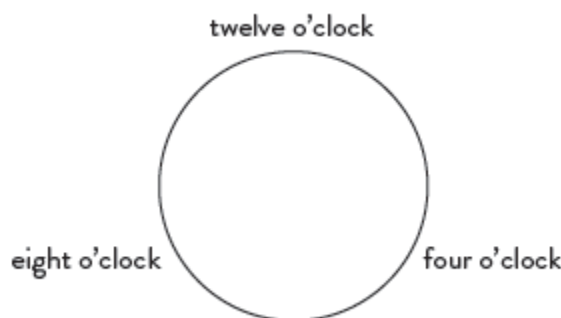
(Read out loud together and follow the steps. Fill in the blanks as you plan your sessions.)

STEP 1: Shower or bathe together, enjoying each other's bodies as you do, but not for the purpose of arousal. Scrub fingernails with a brush.

STEP 2: Caress each other's bodies with lotion or oil as desired.

STEP 3: Have fun choosing friendly pet names for your genitals. Begin a commitment to pat and affirm each other's genitals daily. This can become a part of your bedtime routine, waking-up time, or any other time that the two of you select.

STEP 4: With closely trimmed nails and the wife's invitation, husband gently insert finger in wife's vagina to the second knuckle. Then gently press on the wall of the vagina. If you think of the opening of the vagina as a clock, start at the twelve o'clock position and then slowly move around the wall of the vagina, pressing or stroking at every hour. (See figure on page 183.) Try varying degrees of pressure and types of touch. The wife should provide feedback about what sensations she notes. Particularly be aware of any points of pain or pleasure. After completing this exploration, the wife tightens her PC muscle when the husband's finger is in her vagina. Talk about how that feels to each of you. Now, with the husband's finger in the vagina and the PC muscle tightened, insert your finger just beyond the inner ridge of the PC muscle. This is the G-spot area (refer to the diagram of aroused internal female genitalia in Figure 7.10, page 80). Explore that area with various degrees of pressure—stroking, massaging, and tapping. Wife, note and talk about the sensations you have in response to your husband's exploration.



Opening of vagina with four, eight, and twelve o'clock positions Identified

STEP 5: Write and talk about the experience: what felt good, what you learned, what was uncomfortable. You may want to spend some time just holding and affirming each other.