

## SEXUAL RETRAINING ASSIGNMENT 24

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

### Total-Body Pleasuring, Including Breast and Genital Stimulation

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

**STEP 1:** \_\_\_\_\_ will take responsibility to initiate the experience and set the atmosphere with attention to temperature, privacy, and mood.

**STEP 2:** Bathe or shower together. You may wash each other totally.

**STEP 3:** \_\_\_\_\_ will be the first pleasurer. \_\_\_\_\_ will be the first receiver.

**STEP 4:** Read Assignment 1, Underlying Principles for Body Caressing. Read and discuss the current instructions. Even though stimulation is added to this exercise, arousal should neither be expected nor stopped. Sexual arousal is an involuntary response. Do not become concerned if there is or is not arousal. Enjoy whatever happens.

**STEP 5: *Receiver:*** Lie on your abdomen in a comfortable position.

***Pleasurer:*** Place your hands on your spouse's back. Enjoy pleasuring the back of your spouse's body in any way that is positive to you, giving and receiving warmth through your hands. Rely on your spouse to redirect you if anything you do becomes negative or demanding. Inform your spouse when you are ready for him or her to turn over.

***Receiver:*** Turn onto your back. Soak in the pleasure.

***Pleasurer:*** Sitting with your spouse's head, face up, in your lap (if that is comfortable for both of you) proceed with a facial caress. Then continue down his or her neck, shoulders, chest, arms, and hands. Enjoy stimulating his or her breasts for your pleasure, not for the result it produces. Incorporate the knowledge you gained from the non-demand teaching as to the type of touch your spouse enjoys. Move to the side or between the legs of your spouse to pleasure his or her abdomen, legs, and genitals. Again, enjoy stimulating his or her genitals for your pleasure, incorporating what you have learned about the type of stimulation your spouse prefers. Never touch in a way that is negative to your spouse. Encourage your spouse to redirect you immediately if any touching, especially of his or her genitals, is not comfortable or becomes negative. Inform your spouse when you are finished.

**STEP 6:** You may want to rest or take a break before you reverse roles and repeat Step 5, but you are free to continue. \_\_\_\_\_ will be the pleasurer. \_\_\_\_\_ will be the receiver. Couples often find with the more involved caressing assignments, it is best to complete the assignment at two different times: one day/evening, he is the receiver and she the pleasurer; another day/evening, she is the receiver and he the pleasurer.

**STEP 7:** Discuss the experience. Write your reactions.