

SEXUAL RETRAINING ASSIGNMENT 26

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Date: _____ Time: _____

Pleasuring, Not Using Hands (Including Using the Penis as a Paintbrush)

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

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

STEP 2: Together, read these instructions and the Underlying Principles for Body Caressing. Tell each other what each of you understands the assignment to be.

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

STEP 4: _____, start the actual pleasuring by following Assignment 1, Underlying Principles for Body Caressing, except this time you may use any part of your body except your hands. Make it an experimental and fun time of discovering what parts of your body you really enjoy using to touch _____. You might use your hair, nose, eyes, tongue, ears, forearms, breasts, genitals, feet, or whatever. Try many body parts. When you have thoroughly enjoyed your spouse's total body, reverse roles. _____ will use various parts of his or her body to pleasure _____. Each of you use your hands to hold the penis, whether erect or flaccid, to stroke over the wife's clitoris, labia, and vaginal opening, but not with entry into the vagina. Stop when you feel you have thoroughly enjoyed your spouse's total body. Some attempts at using body parts may feel awkward. That is expected and not to be seen as negative.

STEP 5: Write your reactions. Talk about the experience. What felt particularly good? What did you discover about yourself? About your spouse? What barriers were there for you? What got in the way of maximum enjoyment?