

SEXUAL RETRAINING ASSIGNMENT 27
From *Restoring the Pleasure* 2016
© Copyright Penner & Penner. Permission to copy is granted.

Date: _____ Time: _____

Shared Self-Stimulation

This is an optional assignment. Some couples have found it to be a helpful step for the woman who is able to be orgasmic through self-stimulation but not with her husband. Read about it together, and decide if it is fitting for you as a couple.

STEP 1: Your husband will prepare a comfortable private setting.

STEP 2: Read these instructions together. Discuss how each of you feels about this assignment.

STEP 3: Bathe or shower together.

STEP 4: Enjoy some mutual hugging and kissing without clothes on. You may proceed to some total-body pleasuring.

STEP 5: When both of you feel ready (let each other know), each of you get into the position that is most usual for you for self-stimulation.

STEP 6: Either looking at or away from each other (whichever is most comfortable for both of you), each of you begin stimulating yourself in the way that brings you the most pleasure. Continue as long as it is enjoyable. One of you will probably finish before the other. When you are finished, wait quietly without disturbing the other. Try not to feel a need to rush to finish once one of you has finished.

STEP 7: When you are both finished, talk about the experience. Write your reactions.

Repeat this exercise until you are able to be orgasmic through self-stimulation with your husband. The next step is to include your husband in the process in any way you can. Gradually increase the degree of his involvement. It might proceed like this: (1) Husband holds you while you self-stimulate. (2) Husband pleases other parts of your body while you self-stimulate. (3) Husband's hand is over your hand while you self-stimulate. (4) Your hand guides your husband's hand while he stimulates you. (5) You decrease the amount of guidance until he is stimulating you to orgasm with little or no participation from you.

Although orgasm is the apex of the sexual experience, it is not the ultimate as far as the total sexual experience is concerned. Relieving the inhibitions that prevent orgasmic release is important for a woman to experience fulfillment, but orgasm without pleasure and without emotional and spiritual connection is not totally satisfying either. The freedom to enjoy orgasm within a totally fulfilling sexual relationship is every woman's eventual hope.