

SEXUAL RETRAINING ASSIGNMENT 28

From *Restoring the Pleasure* 2016

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Date: _____ Time: _____

Total-Body Pleasuring with Mutual Manual Stimulation

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

STEP 1: _____ will take responsibility to initiate the experience and set the atmosphere. You might want to vary from your past locations or choose one of the favorites you have already enjoyed.

STEP 2: Bathe or shower together. Enjoy each other in any way that is pleasurable for both of you.

STEP 3: Review Assignment 1, Underlying Principles for Body Caressing, with each other. Remind each other of the guidelines that the two of you have found to be important in order to reduce demand and enhance freedom.

STEP 4: _____, begin by pleasuring the back of _____'s body. Proceed just as you did with Assignment 6, Back Caress. Reverse roles. _____, pleasure the back of _____'s body. Spend some time taking turns leading each other in kissing while embracing each other's nude body. Take time to nibble, suck, lick, and thrust tongues. Proceed to mutually enjoy each other's bodies with any form of touch that has been positive so far. Do not have entry of the penis into the vagina. Spend some time manually stimulating each other's genitals. If it's more comfortable to take turns, that's fine. Use any part of your body to enjoy any part of your spouse's body. Have fun and vary the intensity.

STEP 5: Write your reactions. Talk about what you liked best, where you still felt inhibited, what you would like more of, and what you would not like unless you ask for it.