

### SEXUAL RETRAINING ASSIGNMENT 30

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

## Total-Body Pleasuring with Entry

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

- STEP 1:** \_\_\_\_\_ will take responsibility to initiate the experience and set the atmosphere. It will be important for this exercise to not only provide for mood, temperature, and privacy, but also birth control, if needed.
- STEP 2:** Bathe or shower together. Enjoy each other's bodies in any way that is positive for both of you.
- STEP 3:** Review Assignment 1, Underlying Principles for Body Caressing, with each other. Talk about your feelings of being able to proceed to intercourse. Adjust for any concerns or demands that might arise.
- STEP 4:** \_\_\_\_\_ will begin by giving \_\_\_\_\_ a facial, hand, and foot caress. Then spend some time mutually hugging, kissing, and enjoying the pleasure of each other's bodies in any way that is positive for both of you. Include breast and genital stimulation and using the penis as a paintbrush to stimulate \_\_\_\_\_'s genitals. She may invite the husband to do some poking of the penis into the vagina by adding a lubricant to the penis and between the labia, separating them as she does. With the woman in the top position, poke in a little at a time. Enter all the way when that is comfortable for both of you.
- STEP 5:** Rest together quietly without thrusting. Enjoy the closeness of each other's bodies. Kiss and pleasure as you desire. Then begin gentle thrusting. The woman should control the thrusting. Stop to rest every few minutes. Move around in any way you desire. When it is desirable for both, allow the intensity of the thrusting to build. Continue as long as that is pleasurable for both of you. If there is release for either or both of you, that is fine, but it is not necessary. Ejaculation and orgasm are reflex responses to the intense buildup of sexual arousal. When your body is ready for that and you can allow it, it will happen. That is not an expectation of this exercise.
- STEP 6:** Write your reaction. Talk about the experience from start to finish. What was most positive? What got in the way? Was there any pain, anxiety, demand?