

SEXUAL RETRAINING ASSIGNMENT 31

From *Restoring the Pleasure* 2016

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Date: _____ Time: _____

Creating Your Ongoing Sexual Plan

STEP 1: Read chapter 20 in *Restoring the Pleasure* out loud together and discuss.

STEP 2: Using the list of principles you have prioritized and what you have learned in chapter 20, individually write out a plan for your sexual relationship that would ensure that these principles will be followed.

STEP 3: Share your plans with each other using the Communication Format.

STEP 4: Work together, combining ideas from both plans, to make a joint plan that represents all of your desires for your ongoing sexual relationship. Be realistic. If, before you started this process, you had been having sexual times several times a year, don't now expect to have them more than once a week. If it was difficult for you to schedule times to do these assignments, assume you will be able to be together about as often or less frequently than you were able to do the assignments. Evaluate your habits and lifestyle; do make changes, but not so extreme that you will be frustrated and fail.

Be very specific. Define the different types of sexual experiences you would like to have, how preparation and initiation will happen, when and where the experiences will happen, how you will handle rescheduling if a scheduled time has to be canceled, how you will decide who will be the initiator for each scheduled time, and how you will plan for scheduled and spontaneous opportunities.