

## SEXUAL RETRAINING ASSIGNMENT 6

From *Restoring the Pleasure* 2016

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

### Back Caress

(Read out loud together and follow the steps. Fill in the blanks as you plan your sessions.)

**STEP 1:** \_\_\_\_\_ will take responsibility to initiate this experience and set the atmosphere, making certain the temperature of the room is comfortable and there is privacy.

**STEP 2:** Bathe or shower individually. If possible, you will be nude for this experience. If nudity is too difficult, use the minimal covering to provide the safety needed.

**STEP 3:** \_\_\_\_\_ will be the first pleasurer; \_\_\_\_\_ will be the first receiver.

**STEP 4:** Together, reread Assignment 1, Underlying Principles for Body Caressing, page 147.

**STEP 5: *Receiver:*** Get comfortable lying front down on the bed or location chosen. Focus on the enjoyment, relaxation, and gift of your spouse's touch.

***Pleasurer:*** Position yourself so that you can comfortably enjoy your spouse's back. Start by putting your hands flat on his or her back and just feeling the pulsation and warmth of the other's skin. Move your hands over his or her back at a slow, sensuous rhythm that comes from inside you. If you want to add lotion, inform your spouse and warm the lotion in your hands before you apply it to his or her back. Do not violate the boundaries and move your hands farther than your spouse's back.

**STEP 6:** You may want to take a rest before you reverse roles or even schedule another time and repeat Step 5. \_\_\_\_\_ will be the pleasurer, and \_\_\_\_\_ will be the receiver.

**STEP 7:** Write your reaction here or on the back. Give your feelings and what you learned about yourself. Discuss your written reactions with each other.