

SEXUAL RETRAINING ASSIGNMENT 7

From *Restoring the Pleasure* 2016

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Date: _____ Time: _____

Body-Awareness/Mirror Exercise

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

SPOUSE 1: Stand in front of a full-length mirror in the nude. Describe your body as honestly as you can to your partner. Start with general feelings about your body as you see it. Then talk about each specific body part, starting with your hair and working down. Talk about how it feels and looks, ways you wish you were different, what you feel particularly good about. If this is impossible for one of you to do—talk about it! Then modify the exercise so it can work for you (examples: wearing a thin garment, dimming the lights, etc.).

SPOUSE 2: Only listen and observe. Listen both to the words and the feelings of your partner as he or she talks. Do not interrupt! When your partner is finished, provide feedback to him or her about what you have sensed and heard.

SPOUSE 1: Clarify or expand on what your partner has heard from you.

SPOUSE 2: Fill in any positive messages that you can give that will build up him or her.

SPOUSE 1: When you feel you have been understood accurately, reverse this procedure. You will now be the quiet observer and listener while your partner describes his or her body.

The first time:

Spouse 1 will be _____. Spouse 2 will be _____.

The second time:

Spouse 1 will be _____. Spouse 2 will be _____.

Write your reactions to this experience. What did you learn about yourself?

Your spouse? Share your written reactions with each other.