

## ■ Stage 1: Non-Genital Sensate Focus

This exercise is an opportunity for you to make a fresh start in your love life. The idea is to learn to enjoy giving pleasure to your partner by non-sexual contact through the experience of touch.

No sexual intercourse should take place during this stage, and there should be no touching of breasts, nipples, penis, testicles, vagina or clitoris. But you can kiss and cuddle as much as you like!

Make a specific time when you will both be relaxed and not rushed. Choose a place which is warm and comfortable. If the bedroom is cold, try sitting in front of the sitting room fire. Sometimes a warm bath beforehand can be relaxing.

Both partners should remove all items of clothing. One partner should approach the other partner who should be lying comfortably. Use a lotion to massage, fondle, and trace the outline of your partner's body. Try to discover the degree of pressure which is most enjoyable, and which areas of the body are most sensitive. The non-active partner is allowed to do nothing except concentrate on the thoughts and feelings aroused, and to give feedback on how, where, and in what way they enjoy being touched.

Now place your hand under your partner's hand so that you can guide it to areas that are pleasurable. Try one partner lying on their front, while the other massages their back, neck, shoulders, arms, buttocks and legs for 10 minutes, using the lotion to rub gently into the skin. Then change over. Next partner A can lie on their back while partner B massages neck, chest, stomach, shoulders, arms and legs.

Use your own imaginative variations and try the same exercise on three to four different occasions. Try to be relaxed and make the session into as much fun as possible.

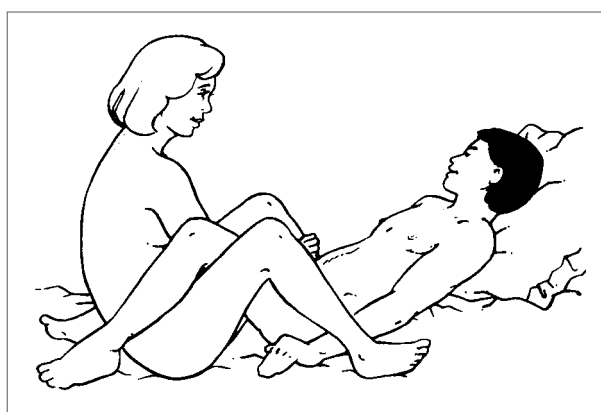
## ■ Stage 2: Genital Sensate Focus

When both partners enjoy Stage 1 – non-genital sensate focus – and feel completely relaxed, you can begin to include genital areas into the session. Again the aim is to explore different ways of giving pleasure, with no specific goal of trying to achieve orgasm.

To start with, carry out the instructions for non-genital sensate focus. This time, each spend 10 minutes touching and massaging the other's body. Now partner A gently massages partner's B breasts and nipples for five minutes. Then partner B massages A's breasts and nipples for five minutes. Again the emphasis is on feedback and guidance – tell your partner what feels good.

The next steps are as follows: the man gently touches the woman's clitoris. The woman gently touches the man's testicles and penis. Each step should last five minutes.

The next step is best carried out with the man sitting up or leaning against a pillow with the woman sitting between his legs. She should then be stimulated according to her wishes using hand guidance if necessary. Stimulate the outer vagina and clitoris gently at first, then increase the speed of stimulation. Take a rest for a few minutes and then try again.



Change over to a position where the man is lying on his back. He can then show his partner how to rub his penis, testicles and thighs to produce an erection. Use moisturising lotion when