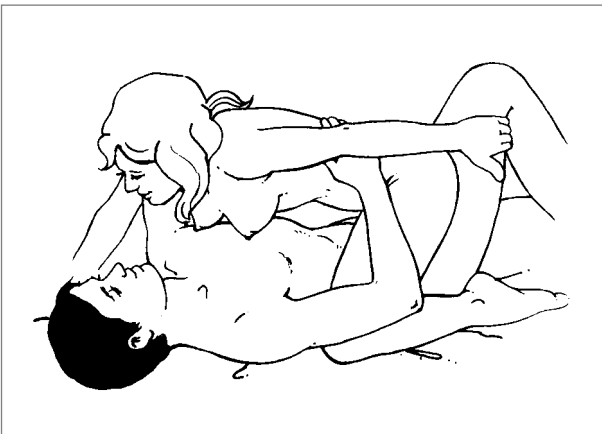




necessary. If either partner gets excited, they can be given a manual climax, but again this is not the aim of the exercise.

### ■ Stage 3: Intercourse

- ① When Stage 1 (non-genital sensate focus) and Stage 2 (genital state focus) have been completed, with both partners feeling fully relaxed and the man obtaining a full erection, you are ready for Stage 3.
- ② Go through Stage 1 briefly (10 minutes) and then Stage 2 (20 minutes). The next stage is to insert the penis into the vagina. It is best if the woman is in control of this at first. Adopt the female superior position, when the woman sits astride her partner with her knees at around the level of his chest. This position is important in all forms of sexual difficulty as it gets away from the traditional 'man on top' ideas, which some women find threatening, and gives the woman more control. It allows a man with potency or ejaculatory problems to relax more.



- ③ With the woman kneeling astride the man, stroke and caress his penis. Take your time, there is no rush. When you are both excited, rub his penis against your clitoris and vagina. When you feel pleasure, tell him. As he becomes excited, guide his penis into your vagina. It is not necessary for the penis to be fully erect at this stage. Keep still. Pause and relax, enjoying the feeling of contact between penis and vagina. Only as you become more familiar with the position, move around gently backwards and forwards on the penis. Remember you need not be afraid of too deep penetration as this can be controlled by your leaning forward.
- ④ Ask your partner to move more when you both feel ready for it. If either of you requires more manual stimulation of clitoris or penis, you can do this. Remember to keep communicating and giving each other feedback.