

Sensate Focus I

There are two parts to this homework assignment. The first part of this homework is with your partner, and the second (optional) part is for you to do alone. The idea behind these exercises is to allow you to become more comfortable talking about your sexual relationship, as well as to improve your sexual enjoyment. These exercises will teach you to be more present with one another during your lovemaking, allowing you to gain more satisfaction from your sexual relationship. However, it is important that while you are focusing on these exercises, you refrain from sexual intercourse with one another.

1. During this week of treatment, I would like you to schedule 3 times during the week when you can have an uninterrupted hour of time (example: after your child is in bed). Lock your bedroom door and insure you will have no interruptions (turn off phones, etc.). Mutually agree on who will be the receiver first and who will receive second. The goal of this exercise is for the receiver to be fully present and for the giver to learn about the receiver's body, likes, and dislikes.

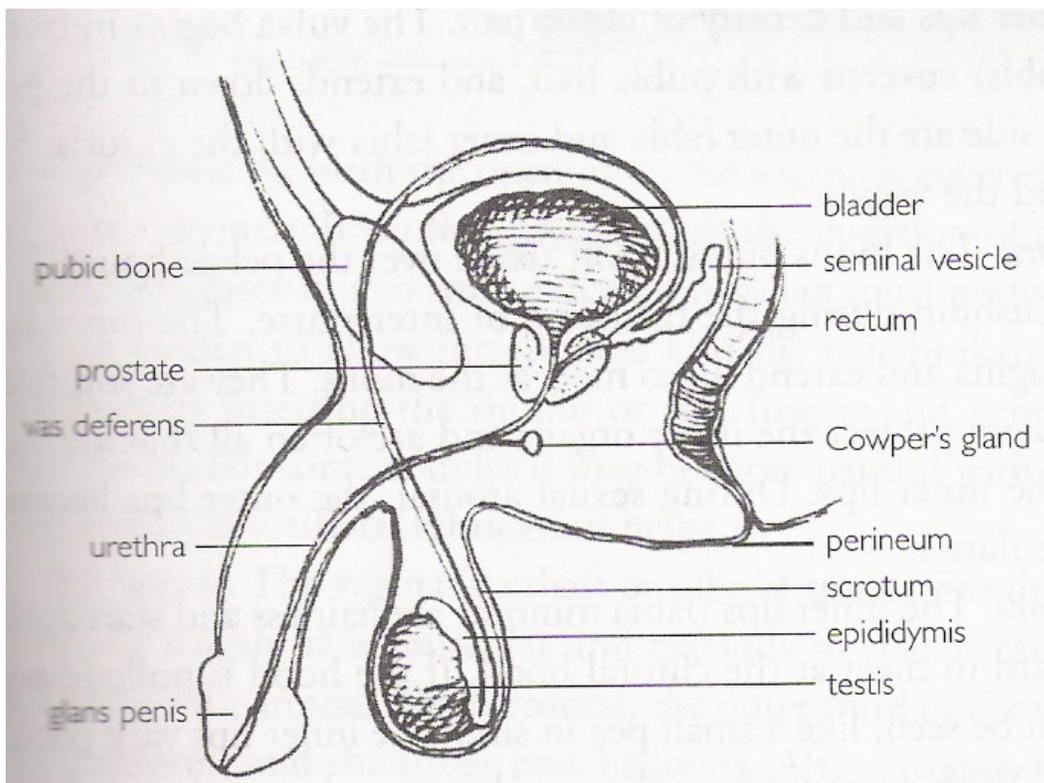
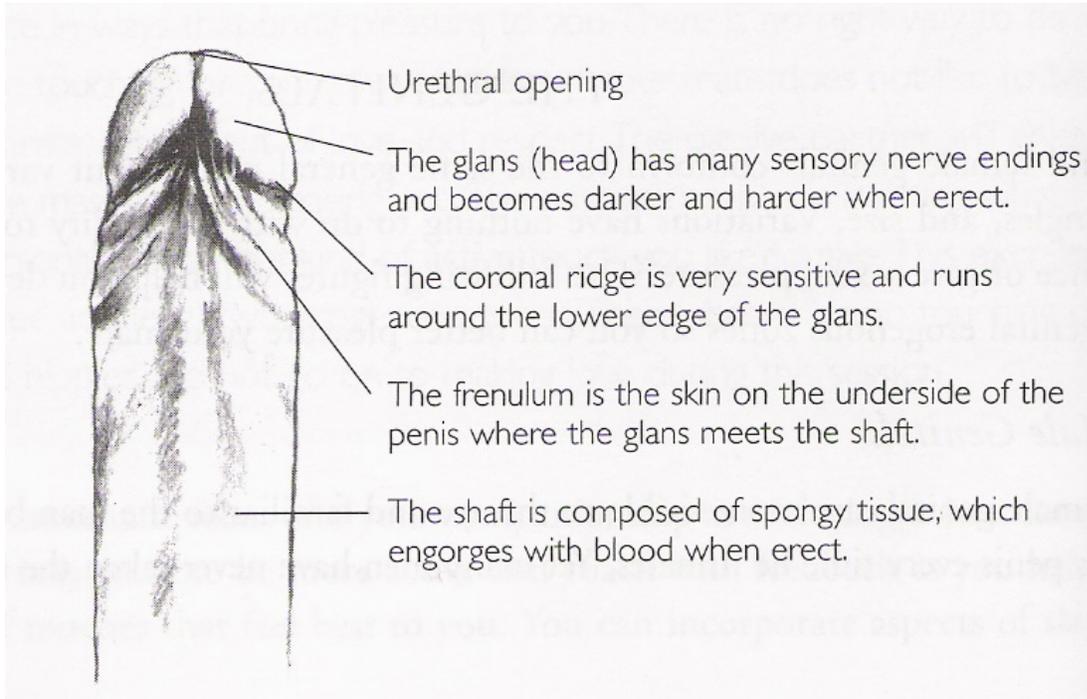
Begin with a hand, face, or foot caress, mutually agreeing on which you would prefer before beginning. This part should last 20-30 minutes, then switch roles. The giver's job is to caress the selected area. This is a time for experimentation. Explore all areas of the selected body part, using different strokes and pressures. This part can use objects (flowers, feathers, cloth, ice, etc) or lotion. Do what you would like to do, whatever you are curious about; this is your chance to experiment with different types of touch. Do not base your touching on what you think your partner likes, but what interests you.

The receiver's job is to remain interested and focused on the sensations. If other thoughts come into your mind, gently push them back out. Remain intent on the sensations, lying back with your eyes closed. Focus on the pleasure of receiving. During this time, periodically tell your spouse if something feels particularly good to you. If something is uncomfortable, gently tell them that you are uncomfortable, and they will change their approach.

After 20-30 minutes, switch roles. The giver now becomes the receiver, and vice versa. At the end of this time, each partner should spend 5-10 minutes talking to your partner about what the experience was like for you (how it felt to give and receive, sensations or thoughts you experienced, etc.). This is not a review of the other's performance; partners should discuss their own perceptions. Ensure that you mention particular experiences you enjoyed. Talk together about the thoughts that you have about it, and feelings that were aroused during the exercise. As your partner talks, listen to them carefully.

After your first time, you should progress to the next level. Repeat the above steps, but caress the entire body, excluding the genital region and breasts. Again, the giver remains curious and tries out many different types of touch, and the receiver focuses on being fully present in the moment and enjoying this special time.

2. This part is done alone, rather than together. Each of you is to do a genital self-examination. Use the following pictures to help you, ensuring that you explore all areas. For this exercise, a small hand mirror is required for women to view their genital region. Identify each labeled area in the pictures on yourself. The internal pictures are for your learning and information only. You will not be able to see these structures.



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Figure 2: Internal Female Genitalia (Front View)

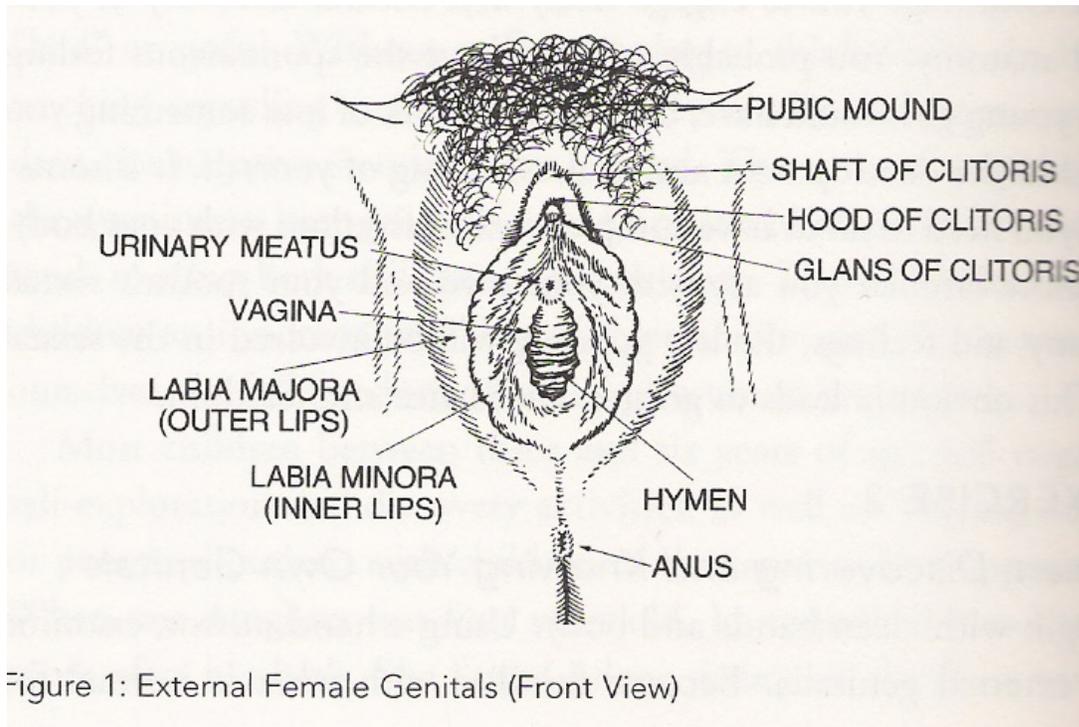
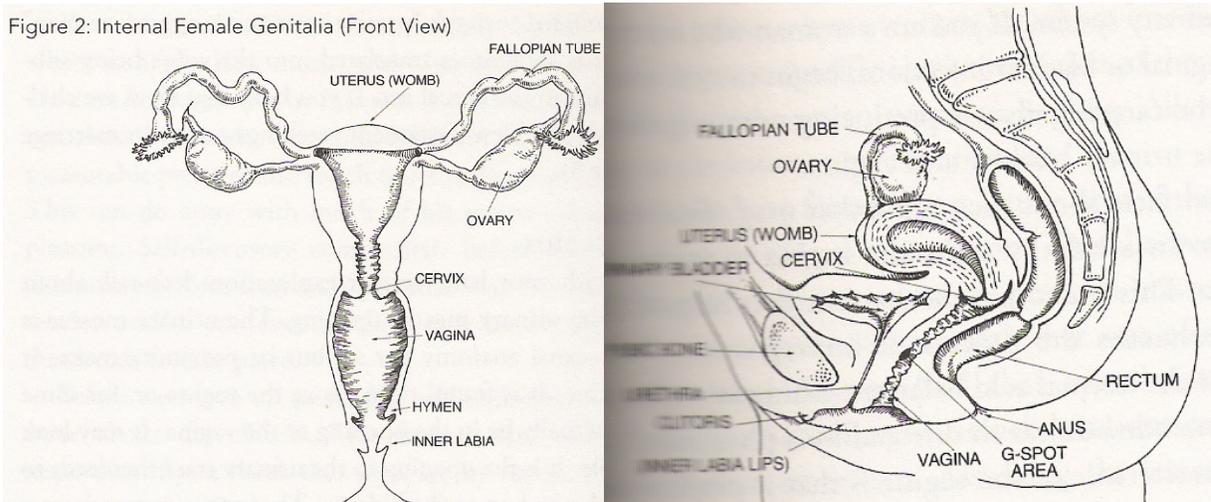


Figure 1: External Female Genitals (Front View)