

Sensate Focused Touch

PREP: DO BEFORE EACH STEP

Allocate plenty of time so you won't feel rushed, can complete the activity, and have time to discuss and debrief the experience after

Discuss communication strategies ahead of time— How will you express what feels good? how will you indicate your partner should stop or change?

Gather Items like feathers, leather, sensory toys, candles and mood lighting before beginning.

STEP ONE: 15-30 MINUTES EACH

One at a time begin to explore your partner's head, shoulders, and arms

Try to keep eye contact

Do not go lower than the collar bones, other than exploring the arms and hands

Focus on what it feels like, where is your attention? do you find yourself wanting to touch or be touched differently? Explore other parts of your body?

STEP 2: 15- 30 MINUTES EACH

Each person will take a turn to explore the other's full body outside of genitals and breasts

You may use hands, lips, tongue, feather, back scratcher, etc.

Do NOT attempt to kiss, make out or do any other 'foreplay' activities at this time

The goals of **this exercise is to create safety and trust**

This stage should be done naked, but if that does not feel safe start with clothes on and try again later with just undergarments working your way towards full nudity each time you do this step

STEP 3: 45 MINUTES EACH

Take Turns exploring your partner's body. You may begin to explore genitals and breasts at this stage (Feel free to use props if all parties consent!)

You may try non-verbal "hand riding" where you place your hand on your partner and show them where/ how you like to be touched.

This stage is still focused on exploring how the touch feels
DO NOT ENGAGE IN ANY PENITRATION, MAKING OUT OR FOREPLAY DURING THIS STAGE.

BE GENTLE
WITH
YOURSELF



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STEP 4: 45M- 1 HOUR

This step will involve mutual touch, instead of taking turns you will touch each other at the same time.

Shift your attention to the experience of negotiating movement between the two of you. How do you want to move vs how are they wanting to move you?

Pay attention to both how it feels to receive and give pleasure. Are you aligning in your touch? Are you liking what is happening? how will you communicate this?

no matter how sexually aroused you feel, sexual intercourse, oral and digital manipulation are still off-limits.

STEP 5: 30M- 1 HOUR

Continue with mutual touch, while moving into positions that feel like intercourse. Start with whatever position you like. Ex: missionary, doggy or side spoon

You can begin to rub genitals together, rub hands, toys or fingers over vaginal opening or anus **without penetration**. You may become aroused, but it is not necessary

Once you both feel you have a good sense of the experience try another position. Try 2-3 positions for about 15 minutes each, or until you both have a good sense of the sensations

If physical arousal or ejaculation occurs it is okay.. Continue with the exercise/ changing positions.

STEP 6: MUTUALLY DECIED TO END

Start this stage the same way you did in step 5. Once you feel comfortable and have a good sense of sensation you may progress to penetration, hand or oral stimulation of the genitals.

Stay focused on the physical sensations, if you become anxious or orgasm stop and move back to stage 5.

It is ok to continue to sex during this stage, and orgasm is not necessary.

Continue the exercise as long as it feels good, and decide together when to stop.

TIPS

Take your time with each stage. do not move forward until you feel ready

You can move backwards or between stages

Make sure to take the time to discuss what you liked and what felt good after each stage

The goal of these exercises is not ejaculation, orgasms, or making out. However, if you both feel inclined to proceed to these stages of arousal after completing a stage, you are welcome to do so.