



RESTORING the PLEASURE

COMPLETE STEP-BY-STEP PROGRAMS
TO HELP COUPLES OVERCOME THE
MOST COMMON SEXUAL BARRIERS

CLIFFORD L. PENNER, Ph.D.
JOYCE J. PENNER, R.N., M.N.

A PDF COMPANION TO THE AUDIOBOOK

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THREE

Hearing Each Other

COMMUNICATION MODEL

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SENDER:

RECEIVER:



STEP ONE

Listen to your inner self.

Determine what it is you think, feel, or need.

Choose carefully the words, gestures, and emotions that will accurately reflect the message you wish to send.



STEP TWO

Put aside your thoughts and feelings.

Listen to and observe the words, body language, and feelings of the other person.

Rephrase in your own words what you think the sender is trying to say.



STEP THREE

Affirm that you indeed said what you meant and that your message was received accurately.

OR

Clarify, rephrase, or add to your message.

COMMUNICATION FOCUS EXERCISE 1

Getting Started

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1. I am interested in opening our sexual communication because

2. I would hope that by learning more about my sexual self I will

3. Sexually, I view myself as

4. The best thing about me sexually is

5. The thing I want most to work on sexually is

Individually complete your responses to this exercise. Share these with each other using the three steps of the Communication Format. Then use the Listener's Rating Sheet to evaluate your own listening skills.

COMMUNICATION FOCUS EXERCISE 2

Listener's Rating Sheet

(For Rating Yourself)

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Listener's Name _____

While I was listening, my eyes were

My eyes communicated

While I was listening, my body was

My specific movements or postures were

My body communicated

My verbal response indicated that I (check one)

___ fully understood

___ mostly understood

___ partly understood

___ mostly misunderstood

___ totally misunderstood

COMMUNICATION FOCUS EXERCISE 3

Listener's Rating Sheet

(For Rating Each Other)

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If this assignment seems too high risk, skip it and go on.

Listener's Name _____

While you were listening, your eyes were

Your eyes communicated

While you were listening, your body was

Your specific movements or postures were

Your body communicated

Your verbal response indicated that you (check one)

___ fully understood

___ mostly understood

___ partly understood

___ mostly misunderstood

___ totally misunderstood

Sexual Curiosity Is Natural

Figure 6.1

STAGES OF SEXUAL DEVELOPMENT

STAGE	CRITICAL LEARNING	PARENT'S ROLE	IMPACT ON SEXUAL ADJUSTMENT
Infancy	Bonding	Build attachment	Capacity for intimacy
Toddlerhood	Touching, naming, and control of genitals	Affirm genitals and feelings as God's special design; use correct names	Positive acceptance of genitals (user friendly)
Preschool	Question asking	Reinforce, reflect, review, respond, repeat	Open communication about sex
School Age	Exploring	Affirm curiosity; set boundaries; protect from abuse	Sexual awareness with boundaries and without shame
Preadolescence	Erotic feelings and bumbling discovery	Prepare for changes; protect from pornography; affirm God-given responses; systematic education	Self-acceptance and competence in relating to opposite sex
Adolescence	Decision making	Share values; guide decision making; listen	Accept feelings; control actions
Single Adulthood	Become whole; develop all forms of intimacy	Allowing growth and independence	Capacity for intimate bond with opposite sex
Married Adulthood	Giving and receiving of sexual pleasure		Sexual responsiveness and responsibility
Older Adulthood	Adapting to challenges of aging		Slow, pleasure-oriented sex

SEVEN

Sexual Response Is Automatic

Figure 7.1

SEXUAL RESPONSE PATTERNS

Adapted from Masters and Johnson, *Human Sexual Response* (Boston: Little, Brown, and Company, 1966).

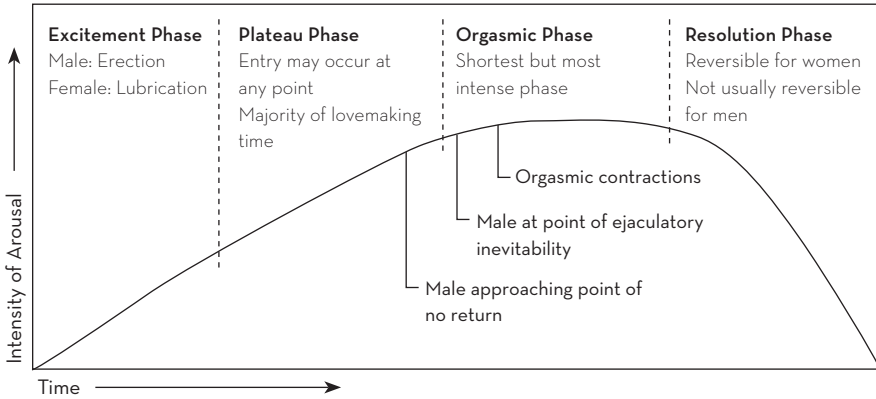


Figure 7.2

INTERNAL FEMALE GENITALIA (FRONT VIEW)

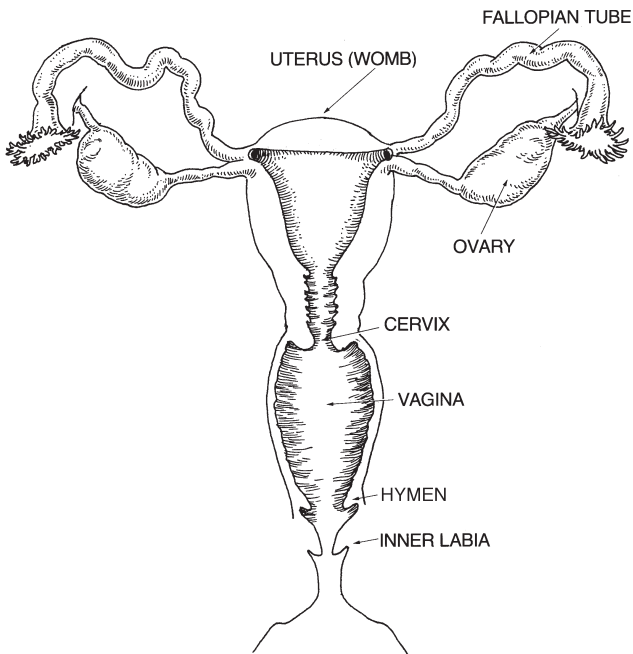


Figure 7.3

UNAROUSED INTERNAL FEMALE GENITALIA (SIDE VIEW)

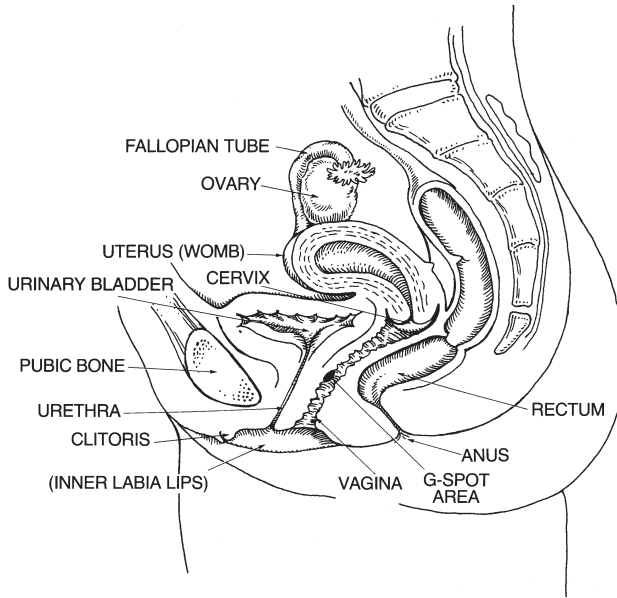


Figure 7.4

EXTERNAL FEMALE GENITALIA

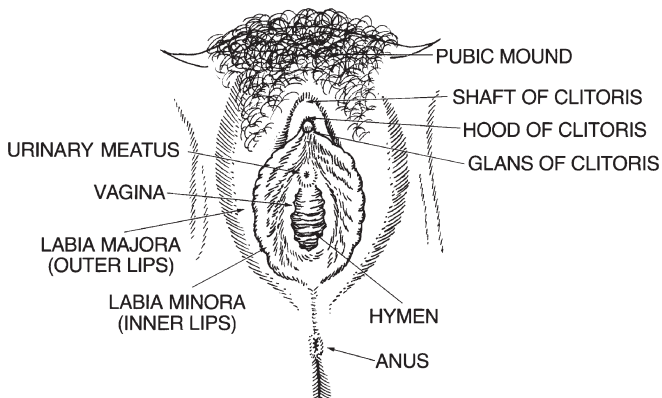


Figure 7.5
UNAROUSED INTERNAL MALE GENITALIA

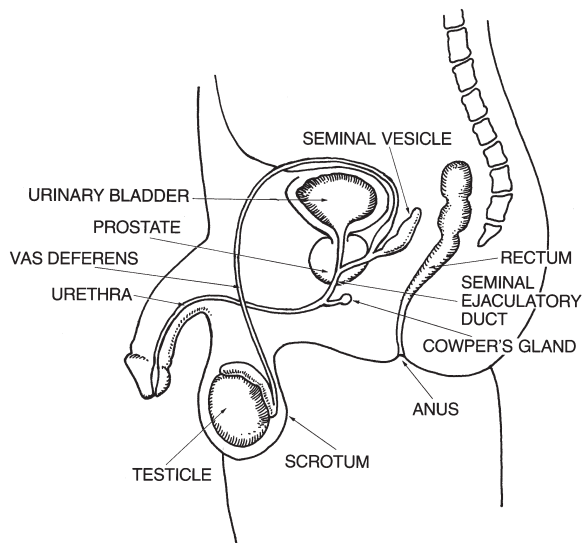


Figure 7.6
CIRCUMCISED EXTERNAL MALE GENITALIA (SIDE VIEW)

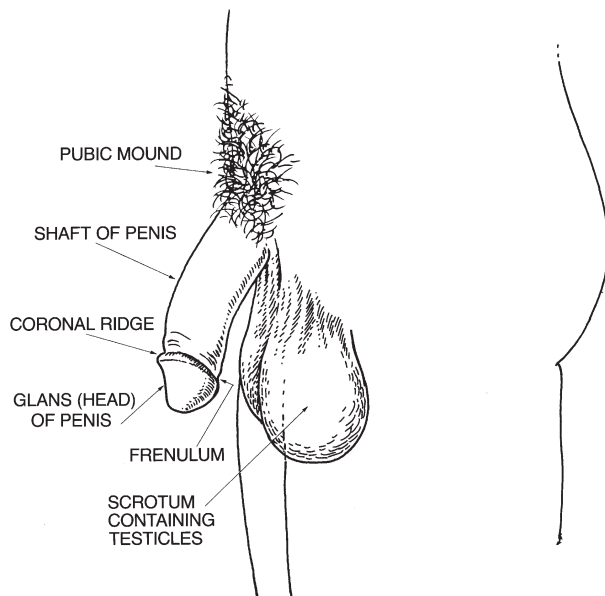
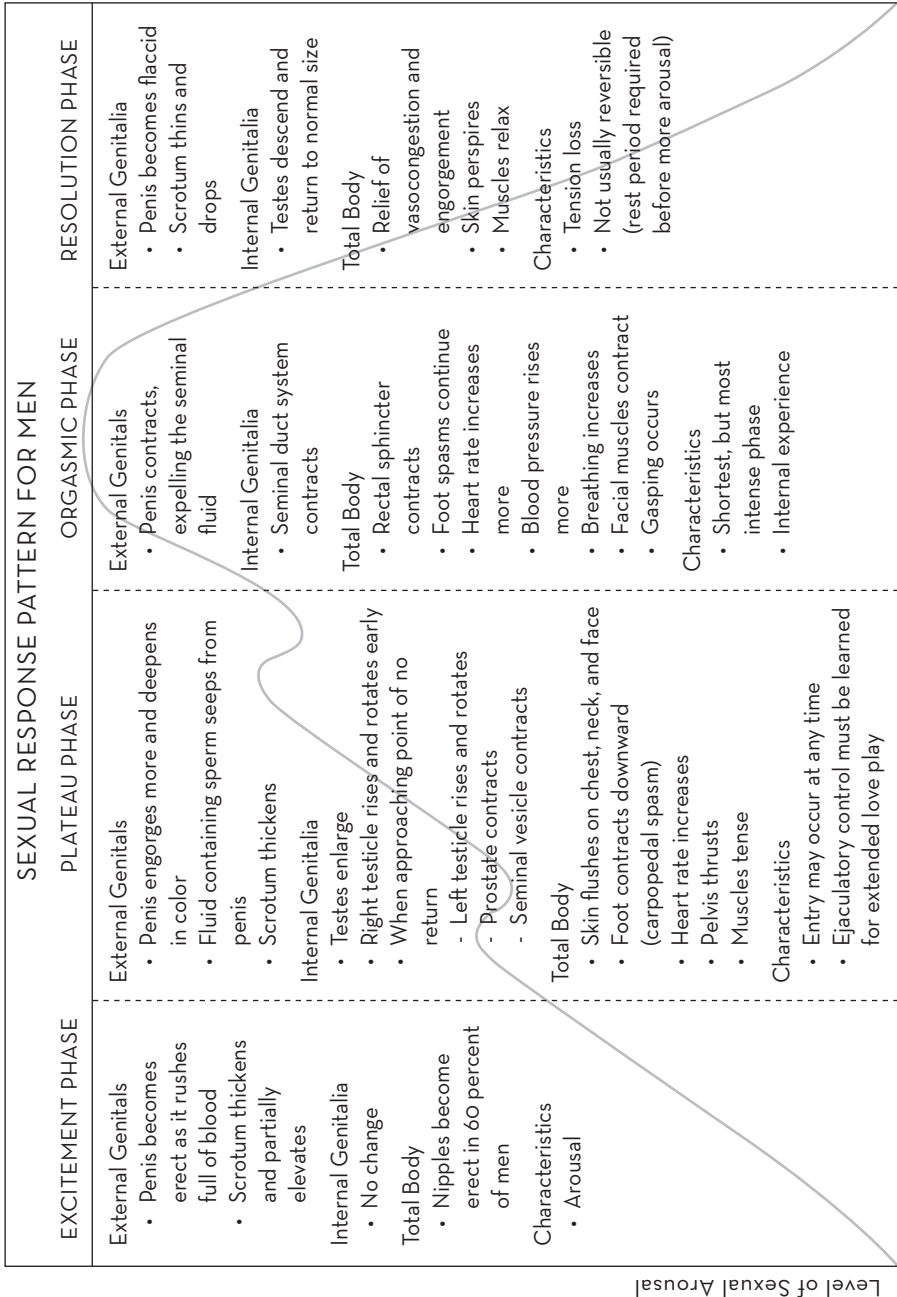


Figure 7.7

SEXUAL RESPONSE PATTERN FOR MEN

Adapted from Masters and Johnson, *Human Sexual Response* (Boston: Little, Brown, and Company, 1966). © Copyright Penner & Penner.



Phases of the Sexual Response

Figure 7.8

SEXUAL RESPONSE PATTERN FOR WOMEN

Adapted from Masters and Johnson, *Human Sexual Response* (Boston: Little, Brown, and Company, 1966). © Copyright Penner & Penner.

SEXUAL RESPONSE PATTERN FOR WOMEN			
EXCITEMENT PHASE	PLATEAU PHASE	ORGASMIC PHASE	RESOLUTION PHASE
<p>External Genitalia</p> <ul style="list-style-type: none"> • Clitoris lengthens • Outer lips spread flat • Inner lips enlarge <p>Internal Genitalia</p> <ul style="list-style-type: none"> • Vagina lubricates (within ten to twenty seconds) • Uterus elevates <p>Total Body</p> <ul style="list-style-type: none"> • Nipples become erect • Breasts enlarge <p>Characteristics</p> <ul style="list-style-type: none"> • Arousal 	<p>External Genitalia</p> <ul style="list-style-type: none"> • Clitoris retracts under hood • Inner lips turn bright red and enlarge (about one minute before orgasmic response) <p>Internal Genitalia</p> <ul style="list-style-type: none"> • Outer two-thirds of vagina expands • Outer one-third of vagina thickens and contracts, forming orgasmic platform • Uterus elevates fully <p>Total Body</p> <ul style="list-style-type: none"> • Skin flushes over abdomen, chest, etc. • Foot contracts downward (carpopedal spasm) • Heart rate increases • Blood pressure rises • Pelvis thrusts • Muscles tense <p>Characteristics</p> <ul style="list-style-type: none"> • Entry may occur at any time • Majority of love play 	<p>External Genitalia</p> <ul style="list-style-type: none"> • No noticeable change <p>Internal Genitalia</p> <ul style="list-style-type: none"> • Outer one-third of vagina contracts three to twelve times • Uterus contracts <p>Total Body</p> <ul style="list-style-type: none"> • Rectal sphincter contracts • Foot spasms continue • Heart rate increases more • Blood pressure rises more <p>Characteristics</p> <ul style="list-style-type: none"> • Breathing increases • Facial muscles contract • Gasping occurs • Shortest, but most intense phase • Internal experience 	<p>External Genitalia</p> <ul style="list-style-type: none"> • Clitoris returns to normal size • Inner and outer lips return to normal size and position <p>Internal Genitalia</p> <ul style="list-style-type: none"> • Cervix opens slightly and drops into seminal pool • Uterus drops back toward front of pelvis • Vagina collapses and thins <p>Total Body</p> <ul style="list-style-type: none"> • Relief of vasocongestion and engorgement • Skin perspires • Muscles relax • Breasts and nipples return to prestimulated appearance <p>Characteristics</p> <ul style="list-style-type: none"> • Tension loss • Reversible

Level of Sexual Arousal

Phases of the Sexual Response

Figure 7.9

AROUSED MALE GENITALIA (SIDE VIEW)

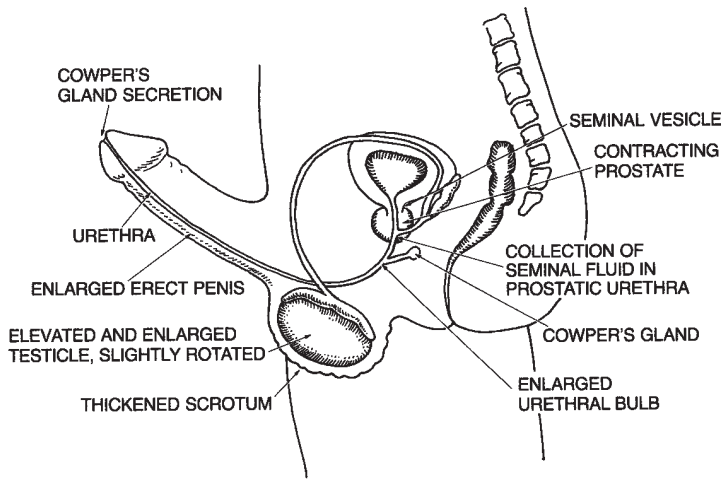
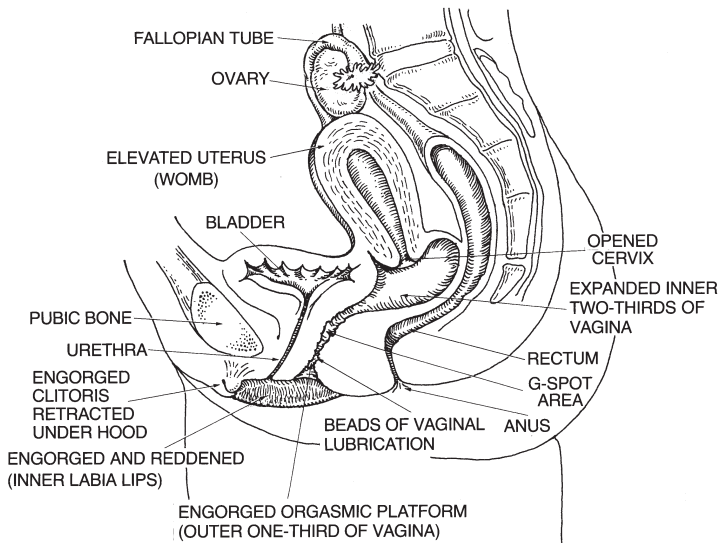


Figure 7.10

AROUSED INTERNAL FEMALE GENITALIA (SIDE VIEW)



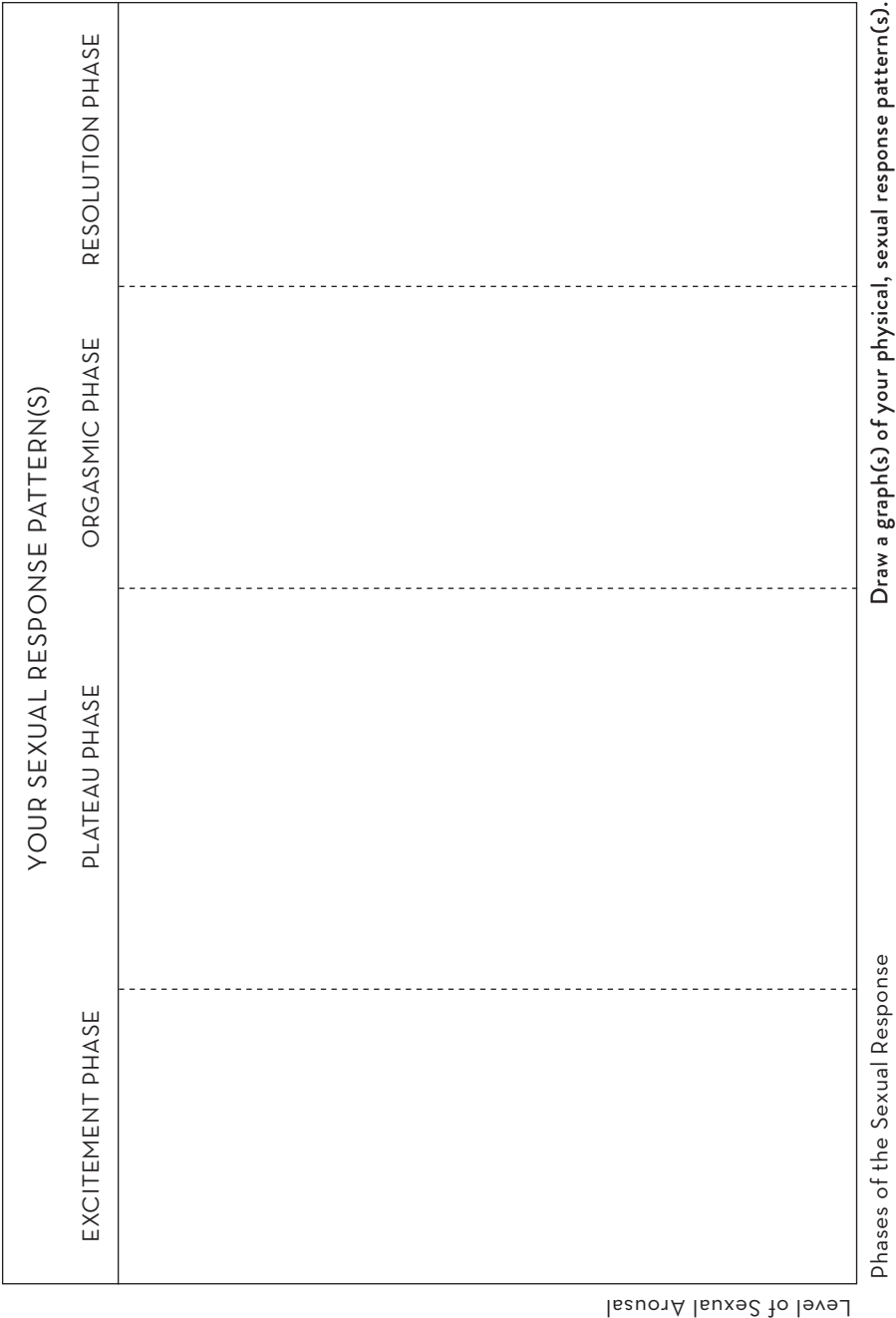
COMMUNICATION FOCUS EXERCISE 4

Graphing Your Sexual Response Pattern

1. You may make copies of the Graphing Your Sexual Response form. Each of you use a copy to draw one or more graph lines that represent how you respond or have responded through any form of stimulation. You may want to draw one line to represent your response to self-stimulation, one to represent manual or oral stimulation by your spouse, and one to represent intercourse. On your graph, lines may represent how you respond today and how you've responded at different times in the past.
2. On the graph(s) you drew, each of you should note any points of difficulty that occur for you repeatedly. Use the detailed graph for men (**Figure 7.7**) and the one for women (**Figure 7.8**) to identify these points. For example, if you ejaculate prematurely or if you inhibit your orgasmic response, note what is happening when the problem arises—what is happening inside of you and between the two of you.
3. Share your graphs with each other using the Communication Format. Go over all the details you circled or checked on the Sexual Response Pattern (Figures 7.7 and 7.8) and the graphs you drew and problem areas you described. You may add to each other's graph any response that the other had observed that you hadn't noted.
4. Talk about what you learned about each other that was new.

GRAPHING YOUR SEXUAL RESPONSE

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Assessing Your Sex Life

PHYSICAL HISTORY FORM

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Age: _____ Height: _____ Weight: _____

1. HEALTH HISTORY (BIRTH TO PRESENT)

General Description	Illness and Treatments	Surgical Operations
Childhood		
Adolescence		
Adulthood		

Were you a bed wetter? Until what age? How was that handled?
 (This may keep women from letting go orgasmically; it may cause men to be anxious about letting go, which could lead to premature ejaculation or ED.)

2. CURRENT PHYSICAL HEALTH

General Description	Illness and Treatments	Surgical Operations

Are any of these health issues affecting your sexual functioning? If you aren't certain, determine this with your physician.

Specific Difficulties (Circle any of the following that apply to you; discuss their effects on your sex life with your spouse):

- headaches

dizziness

fainting spells

palpitations

stomach trouble
- loss of appetite

bowel disturbances

fatigue

insomnia

nightmares
- depression

anxiety

fears

suicidal thoughts

alcoholism

Allergies and Special Diet/Food Restrictions:

List medications you are currently taking (check side effects online):

Substance Intake	No	Yes	Frequency	Amount	Type
Tobacco					
Alcohol					
Nonprescription Drugs					
Street Drugs (now or previously)					

List other illnesses or difficulties within your family of origin.

3. MENTAL HEALTH

Describe how you usually feel emotionally.

What mental health difficulties have been struggles for you?

Describe diagnoses and treatments.

4. MEDICAL TESTS

If you have been tested for any of the following, please list the results of those tests.

Thyroid function:

Hormonal levels:

Diabetes:

Cardiovascular disease:

Sexually transmitted disease:

Other:

5. REPRODUCTIVE AND SEXUAL HEALTH

Age of first orgasm/ejaculation:

Did this occur...

___ during sleep?

___ in response to self-stimulation (masturbation)?

___ in response to pornography?

___ during sexual play with another person?

Describe any difficulty or infection you have had or now have with your...

breasts

genitals

urethra, bladder, or urinary tract

rectum

(female) uterus, cervix, or vagina

(male) prostate gland

How were they treated?

Describe any medical procedure(s) that caused you discomfort as a child or adult.

List any sexually transmitted diseases (STDs) that you have had or currently have.

Genital Disease or STD	Dates of Infection	Treatments and Results

What form(s) of birth control do you use or have you used?

How did/do you respond? (Did you like it? Did it interfere?)

WOMEN

Menstrual History

Age of first period (menses):

What preparation had you received?

What was your reaction to your first period?

Are/were you regular?

Do/did you have pain?

Do/did you experience mood changes (PMS)?

Describe the effect this has/had on your sexual life.

Reproductive History

	Age	Describe	Complications
Pregnancies			
Deliveries			
Miscarriages			
Abortions			
Infertility Struggles			

BACKGROUND HISTORY

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This form will gather information about what each of you brought to your sexual experience from your childhood and your past. Complete this individually, taking plenty of time to reflect on each question. Memories may keep coming to you that you can add to your initial responses. Set aside at least a two-hour block of uninterrupted time to share your responses with each other. Be sure to utilize the active listening skills of the Communication Format. If the information or hurt revealed is too big for the two of you to handle, seek professional help.

FAMILY HISTORY

Describe your family of origin.

Who lived in the household? Describe each person.

Relationship with your mother? Her attitude toward you?

Relationship with your father? His attitude toward you?

Relationship with each of your siblings?

Parents' relationship with each other?

How were you punished as a child?

What type of affection was expressed?

What was your general impression of your household?

SEXUAL DEVELOPMENT

What were your parents' attitudes toward sex?

What were the names used for genitals, urination, and defecation?

What is your first remembrance of your genitals?

Education About Sex

When were you educated about sex? By whom? What was the content of the education?

How were your sexual questions answered?

SEXUAL EXPERIMENTATION

Did you participate in exploratory play (playing doctor, house, etc.)? When? What was your reaction?

How did your peers influence your sexual experimentation (sex play, dirty jokes, pornography, etc.)?

What is your history of masturbation?

Describe your first experience: when, where, and source of stimulation.

What is your technique? What were you taught? Were there any reactions to your activity? How did you feel about it?

Describe any adolescent sexual activity.

Describe any homosexual play and/or fantasies.

Describe any compulsive habits that developed for you.

SEXUAL ABUSE

How was nudity handled in your home?

As a child, were you ever exposed to an adolescent's or adult's body in a way that made you feel uncomfortable?

Were you ever touched on your breasts or genitals by an adolescent or adult?

Were sexual or uncomfortable feelings ever stirred up in you in relation to an older person?

At what age did you first witness an explicit sexual scene in/on each of the following:

Magazines?

Movies?

Television?

Computer or other devices?

Describe any traumatic sexual experience(s).

DATING HISTORY

First date or romance?

Other dating relationships or romances?

Dating history with spouse?

SEXUAL HISTORY

Age of first sexual intercourse:

Describe the circumstances.

What was your reaction?

List negative sexual role models (men or women you believe negatively affected your development as a man or woman).

List positive sexual role models (men or women who you believe positively influenced who you are today as a man or a woman).

MARITAL HISTORY

Previous marriages (include wedding dates, length of marriages, and reasons for termination):

Current marriage (include wedding date and length of marriage):

Areas of compatibility:

Areas of tension:

Children:

RELIGIOUS HISTORY AS IT RELATES TO YOUR SEXUALITY

Home influence:

Church or group worship experience and influence:

Personal faith and beliefs:

PERSONAL DATA

What fearful or distressing experiences have you never shared?

How would you describe yourself?

How would you describe your spouse?

DEFINING YOUR SEXUAL EXPERIENCE

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Completing this form is vital to the sexual retraining process and will give you a complete picture of your sexual behaviors. The structure of the form takes you through the emotional and relational experience of the sex act. Remember to use “I” statements rather than “you” statements. Again, write your responses individually and share them with each other in a two-hour uninterrupted block of time using the Communication Format.

DESIRE

What do you experience to indicate that you are sexually interested?

How would you like that to be different?

INITIATION

How do you express your desire for sexual intimacy?

Describe a typical process of initiation of sexual intercourse for you and your spouse. (Who does what and how does the other respond?)

When and where does this usually happen?

What in your process of initiation would you like to change?

PLEASURING AND STIMULATION

What does or what would help the two of you connect (bring your worlds together)?

How is kissing for you? Passionate? Full mouth?

What kind of touching is most enjoyable for you? (Describe the place, length of time, degree of pressure, etc.)

Total-body caressing?

Breast touching?

Genital stimulation?

What tends to stimulate you sexually (get you aroused—turned on)?

Any problems with getting or keeping aroused?

Do you like to talk or be talked to during sexual activity?

What inhibitions get in the way of the two of you freely enjoying the process of being together?

ENTRY

When in the process does entry occur, and who decides?

What, if anything, would you like to change about the process of entry?

LETTING GO

When does orgasm occur for you? For your spouse?

How would you like that to be different?

Describe your sensations of sexual release.

For the woman: If you do not experience release, identify when your feelings start to lessen and what is happening at that point.

For the man: If you do not feel in control of your ejaculation, describe when you ejaculate (at entry, how many minutes after entry, etc.), what triggers your ejaculation, and what forms of control you have tried.

AFFIRMING

What do you usually do and feel after intercourse?

What do you sense from your spouse?

How might you be more sensitive to each other's need for affirmation?

What sexual activities cause conflict between the two of you?

DEFINING YOUR SEXUAL BARRIER

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Completing this form will give each of you time to individually sort out how you experience your dilemma. Sharing your responses with each other may clear up differences that neither of you realized. Use this structure to individually reflect on your difficulty and then listen carefully and actively clarify as you share with each other.

What particular sexual difficulty are you experiencing?

How is it affecting you?

How is it affecting your spouse?

When and how did the problem first develop?

What have you done about it (counseling, reading, self-help, etc.)?

Which one of you initiated this process to work on your dilemma?

Masturbation

___ I do

___ It's okay before marriage

___ I don't

___ I shouldn't

___ It's normal

___ It's a problem for me

Sexual fantasies are...

___ wrong

___ okay after marriage

___ normal

___ a problem for me

___ okay before marriage

Lovemaking is a good experience for me. ___ Yes ___ No

Lovemaking is a good experience for my spouse. ___ Yes ___ No

We make love ___ times a month.

Woman initiates ___ percent of the time.

Man initiates ___ percent of the time.

I wish my spouse would initiate more often. ___ Yes ___ No

FOR MEN

I ejaculate prematurely (before she is or I am ready to respond)
___ percent of the time.

I have difficulty achieving or maintaining an erection ___ percent of the
time.

She is orgasmic ___ percent of the time.

She is orgasmic...

___ by masturbation

___ by external stimulation

___ during actual intercourse

Does she experience pain during intercourse? If so, what kind?

FOR WOMEN

I am orgasmic ___ percent of the time.

I am orgasmic ...

___ by masturbation

___ during actual intercourse

Do you experience pain during intercourse? If so, what kind?

He ejaculates prematurely (before he is or I am ready) ___ percent of the time.

He has difficulty achieving or maintaining an erection ___ percent of the time.

FOR MEN AND WOMEN

I would like to enhance the sexual fulfillment of our marriage by working on the following areas (check as many as desired):

___ frequency of intercourse

___ variety within the lovemaking experience

___ increased interest for myself

___ increased interest for my partner

___ change in the pattern of initiation

___ control of ejaculation for the man

___ orgasmic responsiveness for the woman

___ ease of gaining and keeping an erection for the man

___ reducing pain for the woman

___ general pleasuring of each other's body

___ freedom of sexual activity between my partner and me

___ other:

PLAN FOR RETRAINING

1. Compare and discuss the previous three pages.
2. Determine individually and then together which is the most important area to work on. You may choose several areas. If you do, list them in order of priority. Decide this together.

GOALS FOR RETRAINING

How would your sex life be different? If sexual retraining is successful, what would your sex life be like after the retraining?

Husband's:

Wife's:

Compare your personal goals and decide on joint goals.

Compile your ideas individually, then make a joint list. Apply the effective communication skills of chapter 3 to avoid blame and defensiveness.

Physiology: Sexual Response Cycle
Experimental: Emotional-Relational Process
Sexual Dysfunction: When It Isn't Working

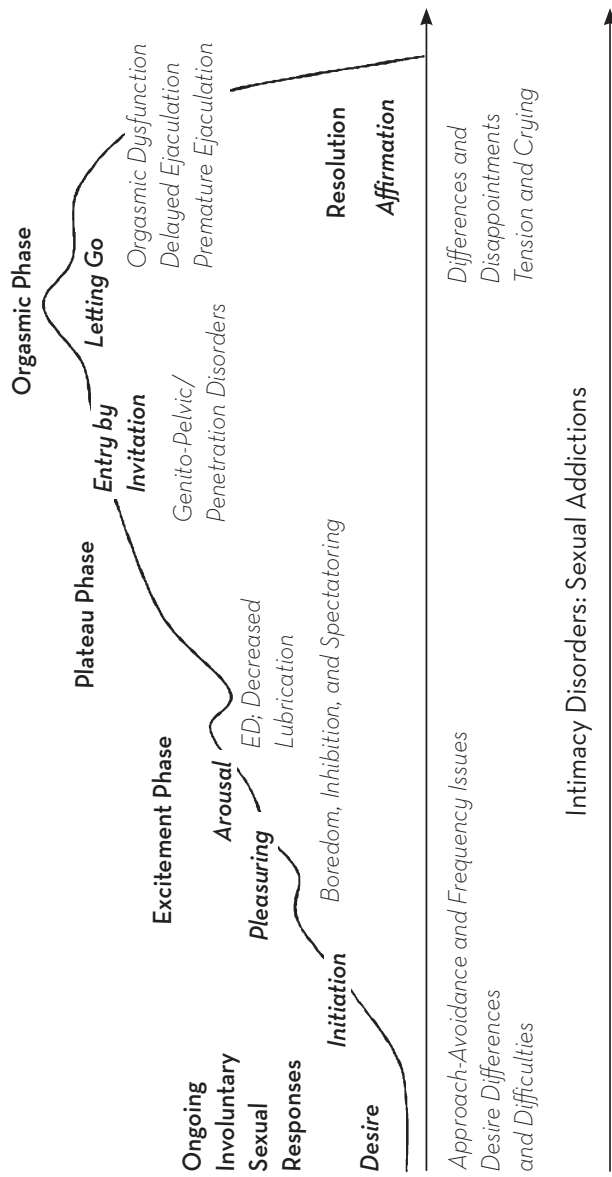


Figure 11.1

GRAPH DEPICTING SEXUAL RESPONSE, EXPERIENCE, AND DYSFUNCTION

Sexual Retraining

SEXUAL RETRAINING ASSIGNMENT 1

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Date: _____ Time: _____

Guidelines for Sexual Retraining

(Read out loud together and discuss.)

1. No sexual intercourse or attempts at intercourse should be made until that is assigned. (If you should go ahead before intercourse is recommended, adjust the plan by backing up and repeating the two previous touching exercises.)
2. You may repeat any previously assigned experience, but don't go ahead of what has been assigned.
3. Select one spouse to initiate each experience. (Make sure the experience happens as scheduled.) The initiator will be the first receiver, choose the location, and set the atmosphere. Be creative with the setting. Try to vary the location and the accouterments (candles, music, etc.). Select a setting that is different from that of your usual sexual experiences. Turn off the TV and all electronic devices.
4. Even though you are not likely to use the full time, allow one to three hours for each exercise. Once you have made the time available, turn clocks around and ignore the time. You may set an alarm for the maximum time you have available. There is no need to fill the time allowed.
5. Protect against interruptions by turning off the telephone and doorbell, locking all doors, and putting pets outside.
6. Even though there will be a need to push through barriers, there should be no negative experiences. Demands or anxieties should be verbalized the moment they are felt. It's better not to complete the exercise than to repeat past negative patterns and feelings. It is very important to build trust by *never* violating the boundaries of the exercise. Never allow your hands to roam beyond the body part assigned.

7. The moment you feel anxiety, demand, or uncomfortable touch, express your feelings, talk about them, and come at the experience again in another way.
8. The focus of all touching experiences will be pleasure (enjoyment, comfort, relaxation, positive sensation). As long as it is not negative, the experience has been successful. As both pleasurer and receiver, your goal is to learn how to soak in the touch (refer to Underlying Principles for Body Caressing in Assignment 1).
9. After each experience, talk about your reactions and feelings. Listen carefully and try to understand how your spouse feels without evaluating or judging his or her reaction. Each spouse's reactions are valid.

Underlying Principles for Body Caressing

(Read out loud together and discuss.)

1. **Concept of Mutuality.** First Corinthians 7:3-5 teaches that our bodies are each other's to enjoy. This mutuality works best when caressing is scheduled into our lives on a regular basis and when it is free from demand for arousal, release, or intercourse. The only expectation is that we give our bodies to each other for mutual enjoyment. Pleasure cannot be demanded from each other, but rather is given and received freely.
2. **Sexual Arousal and Responsiveness.** These involuntary processes may occur when we are relaxed and soaking in sensuous touch, but they cannot be the goal. When we try to get aroused or try to have an orgasm, our trying is likely to interfere with the natural bodily responses. That is why it is important to distract from any anxiety about responsiveness by verbalizing when we feel that demand. In all touching exercises, do not become concerned if there is or is not arousal.
3. **Body Awareness/Sensate Focus.** The purpose of the touching exercises is body awareness. They are not to be therapeutic

massages, but rather sensuous touches that communicate warmth. Even though our bodies are designed for pleasure, many of us have not learned to enjoy the giving and receiving of bodily touch.

4. **Receiving and Caressing.** As both pleasurer and receiver, we must take responsibility for discovering, communicating, and going after our sexual feelings and needs, but not at the other's expense. Demand is reduced when we can count on each other to share from within, rather than expecting the other to produce a response in us. We can give our bodies to each other to enjoy, but we cannot produce in each other the involuntary response of sexual arousal and release. Therefore, as

Receiver: Your only task is to soak in the touch and to redirect the pleasurer when the touch is not pleasing. Express your concern if at any time you start to wonder whether your spouse is not enjoying himself or herself.

Pleasurer: Your task is to lovingly touch your spouse in a way that feels good to you, enjoying his or her body for your pleasure. Think of radiating warmth through your fingertips (or any other part of your body) and taking in the sensation of warmth and the pulsation of your spouse's body. You might imagine that you are a blind person discovering your spouse through touch.

Trust that your spouse will redirect you if what you are doing is negative to him or her. Express your concern if at any time you become anxious rather than enjoying your spouse's body. Caress SLOWLY. Take time to mesh, relax, and discover the kind of touch that feels best to both of you.

5. **Techniques for Bodily Caressing.** Experiment with these suggestions that many couples have found helpful:
 - a. Touch in circles rather than straight lines.
 - b. Keep your hands with the contour of the other's body rather than using flat hands.
 - c. As the man, keep your pace behind that of your wife's in both activity and intensity. (If the man is the one who has felt rushed or left behind in past sexual experience, you may try reversing roles.)

6. Common Interferences to Enjoyment.

- a. **Not taking enough time to mesh, feeling rushed.** Schedule one- to three-hour blocks of time free of distractions and interruptions. Follow all the preparatory steps for each experience.
- b. **Anxiety about sexual performance or fear of failure.** If anything in a sexual retraining assignment feels like a demand that you could fail, redefine it until there is no way you can fail. For example, make sure you don't assume that pleasure means arousal; enjoy the good sensations of touch.
- c. **Discomfort with bodily pleasure.** If there is a belief that bodily pleasure is wrong, talk about that—include your spiritual mentor and the Bible. If you notice yourself pulling away from good feelings, consciously work on moving your body toward the source of touch that is producing those feelings. Talk about your internal conflict with the sensations of bodily enjoyment.
- d. **Barriers, aversions, or panic reactions.** When you come up against a brick wall, stop and talk about it and try approaching the experience differently. We work around the brick wall rather than blast through it. Sometimes, though, we encourage you to push against the brick wall to see if it might tumble.
- e. **Inability to let go and be out of control.** Reducing fears and self-consciousness requires building trust, feeling affirmed, and accepting the intensity of natural arousal responses.

Have fun! Learn to laugh and cry together as you move through the process.

SEXUAL RETRAINING ADAPTATION FOR INHIBITED EJACULATION

Couples who are using this retraining process for inhibited ejaculation—the man has not been able to ejaculate or has difficulty allowing ejaculation in some way that he desires—should go to chapter 17 and begin the specific steps for releasing ejaculatory inhibition.

Alternate the sexual retraining assignments in this section with the steps for learning to let go in chapter 17. In other words, after completing Assignment 1, you would find a separate time to do Step 1: Urinate with wife listening. Your next session would be Assignment 2, Foot and Hand Caress. After that you would select a separate time to practice Step 2: Urinate with wife in room. This is the way you would alternate assignments between the sexual retraining process and the steps to ejaculatory release during intercourse.

SEXUAL RETRAINING ASSIGNMENT 2

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Date: _____ Time: _____

Foot and Hand Caress

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

STEP 1: _____ will take responsibility to initiate this experience and set the atmosphere. Choose a location in which the receiver can be seated or reclined in a comfortable, upholstered, high-backed chair or couch. The pleasurer should be positioned to be able to comfortably caress the receiver's feet and hands.

STEP 2: Bathe or shower individually. Wear comfortable clothes or robes. You may bring a pan of warm, soapy water to soak each other's feet if you both desire.

STEP 3: _____ will be the first pleasurer; _____ will be the first receiver.

STEP 4: Read Underlying Principles for Body Caressing in Assignment 1.

STEP 5: Receiver: Get comfortable in the chair or couch selected. Lie back and close your eyes. Breathe in deeply and exhale slowly several times, letting your body sink into the chair or couch. Soak in the gift of your spouse's touch. If your feet should feel ticklish, this is a positive sign of intense responsiveness. To relieve the ticklishness and help you receive the sensuous touch, focus on the sensations of the skin contact. You may need to direct your spouse to touch more firmly and/or move to a different part of your foot.

Pleasurer: You may or may not use a lotion. If you do, warm it in your hands first. With or without lotion, start caressing your spouse's foot. Get to know his or her foot through touch. *Slowly* explore the toes, arch, top of foot, ankle, and even the lower leg. Always maintain contact with the body part being caressed and inform your spouse before you move to the next part. Caress one foot and then the other. In the same manner, caress one hand and then the other. Enjoy all surfaces and parts of each hand and lower arm. Inform your spouse when you are finished.

STEP 6: You may want to take a rest or break before you reverse roles and repeat Step 5. _____ will be the pleasurer; _____ will be the receiver.

STEP 7: Write your reactions: What did you enjoy most? What was difficult? Discuss your written reactions with each other.

SEXUAL RETRAINING ASSIGNMENT 3

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Date: _____ Time: _____

A Sexual Assessment

Complete the following form individually. Work privately. Respond as thoroughly and honestly as you can. Start with your most immediate, spontaneous response, then take time to reflect and write in further detail. Note that you are responding in terms of knowledge, feelings, and attitudes.

1. Knowledge

- a. Physiological: When it is said that our sexual response is a natural bodily function, I understand that to mean . . .
- b. Psychological: Every individual needs sexual fulfillment because . . .
- c. Biblical: The Bible teaches that sexual pleasure within the marriage relationship is . . .

2. Feelings

When I become aware of my sexual feelings, I feel . . .

Ten years ago my feelings about sex were . . .

Now when we make love, I feel . . .

The best feeling in a sexual experience is . . .

Share your responses using the Communication Format.

Attitudes (Check the column that represents your response to the statements below.)

	Agree	Disagree	Uncertain
Sex is one of the most beautiful aspects of life.	—	—	—
It is more enjoyable to give than to receive.	—	—	—
Bodily pleasure is fleshly and not of God.	—	—	—
Sexual intercourse is primarily for physical release.	—	—	—
My religious beliefs have the greatest influence on my attitudes toward sex.	—	—	—
Men and women have equal rights to sexual pleasure.	—	—	—
There are sexual activities that I would consider wrong for a married couple to practice.	—	—	—
If you agree with the above, please list:			
To be satisfying, intercourse must lead to simultaneous orgasm.	—	—	—
Sexual fantasies are normal.	—	—	—
Masturbation (self-stimulation) is an acceptable means for sexual pleasuring and release.	—	—	—
The male should be the aggressor in sexual activity.	—	—	—
In general, women do not enjoy sex as much as men.	—	—	—
Men should be allowed more freedom in sexual behavior than women.	—	—	—
The quality of a sexual relationship is more than just the physical release.	—	—	—

Hold your papers side by side to compare and discuss your responses.

SEXUAL RETRAINING ASSIGNMENT 4

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Date: _____ Time: _____

Facial and Head Caress

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

STEP 1: _____ will take responsibility to initiate this experience and set the environment, making certain to provide comfort for both of you.

STEP 2: Bathe or shower individually. Have hair clean, dry, and away from the face. Man should be cleanly shaven.

STEP 3: _____ will be the first pleasurer, and _____ will be the first receiver.

STEP 4: Together, reread Assignment 1, Underlying Principles for Body Caressing.

STEP 5: **Receiver:** (a) Position yourself comfortably on a bed or couch, with or without a pillow, with your head near the unobstructed edge of the bed or couch. (b) Let yourself relax with eyes closed. Breathe in deeply and exhale slowly a few times, letting your body sink into the bed or couch.

Pleasurer: (a) Sit in a comfortable chair, positioned so that you have easy access to your partner's face. (b) You may or may not use a facial lotion or cream. Close your eyes and focus on the sensation of the touch as you explore your partner's face. Caress and explore as if you are a blind person getting to know your spouse through touch. Find eyebrows, eyes, all aspects of the nose, cheeks, forehead, chin, lips. Gently, sensuously, and lovingly enjoy the warmth of your partner's face. You might avoid using a full hand; some people feel smothered and prefer their faces be touched with fingertips. Check with your spouse. Inform your partner when you finish.

STEP 6: You may want to take a rest or break before you reverse roles and repeat Step 5. _____ will be the second pleasurer, and _____ will be the second receiver.

STEP 7: Write your reactions here. What did you enjoy most? What was difficult? Discuss your written reactions with each other.

SEXUAL RETRAINING ASSIGNMENT 5

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Date: _____ *Time:* _____

My Sexual Development

Review or share for the first time your responses to the Background History form.

SEXUAL RETRAINING ASSIGNMENT 6

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Date: _____ Time: _____

Back Caress

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

STEP 1: ____ will take responsibility to initiate this experience and set the atmosphere, making certain the temperature of the room is comfortable and there is privacy.

STEP 2: Bathe or shower individually. If possible, you will be nude for this experience. If nudity is too difficult, use the minimal covering to provide the safety needed.

STEP 3: _____ will be the first pleasurer; _____ will be the first receiver.

STEP 4: Together, reread Assignment 1, Underlying Principles for Body Caressing.

STEP 5: Receiver: Get comfortable lying front down on the bed or location chosen. Focus on the enjoyment, relaxation, and gift of your spouse's touch.

Pleasurer: Position yourself so that you can comfortably enjoy your spouse's back. Start by putting your hands flat on his or her back and just feeling the pulsation and warmth of the other's skin. Move your hands over his or her back at a slow, sensuous rhythm that comes from inside you. If you want to add lotion, inform your spouse and warm the lotion in your hands before you apply it to his or her back. Do not violate the boundaries and move your hands farther than your spouse's back.

STEP 6: You may want to take a rest before you reverse roles or even schedule another time and repeat Step 5. _____ will be the pleasurer, and _____ will be the receiver.

STEP 7: Write your reaction here or on the back. Give your feelings and what you learned about yourself. Discuss your written reactions with each other.

SEXUAL RETRAINING ASSIGNMENT 7

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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.

SEXUAL RETRAINING ASSIGNMENT 8

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Date: _____ *Time:* _____

Bathe or Shower Together

Talk about each of your comfort and discomfort with this activity. Decide how best to proceed so that both of you are comfortable with the plan. This requires going with the most conservative spouse.

SEXUAL RETRAINING ASSIGNMENT 9

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Date: _____ *Time:* _____

Sharing Myself

Complete the following statements individually. There are no right or wrong responses, only those that come to mind. Share your responses at the designated time and date using the Communication Format as your guide.

1. Usually I am the kind of person who ...

2. When things aren't going well, I ...

3. I want to become the kind of person who ...

4. I like such things as ...

5. Ten years from now, I ...

6. My best attribute is ...

7. My greatest weakness is ...

8. In conflict situations between people, I usually ...

9. I usually react to negative criticism by...

10. I prefer to be with people who...

11. Right now I'm feeling...

12. I'm hoping that...

13. If I could just...

SEXUAL RETRAINING ASSIGNMENT 10

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Date: _____ Time: _____

Total-Body Pleasuring, Excluding Breasts and Genitals

(Read out loud together and follow the steps. Fill in the blanks as you plan your daily or weekly sessions.)

STEP 1: ____ will take responsibility to initiate this experience and set the atmosphere. The room temperature should be set so both of you will be comfortable without clothes or covers. Prepare a room that is softly lit and has a relaxed, uncluttered environment.

STEP 2: Bathe or shower together. You may wash each other's nonsexual body parts.

STEP 3: ____ will be the first pleasurer, and ____ will be the first receiver.

STEP 4: Read Assignment 1, Underlying Principles for Body Caressing. Discuss the current instructions. As more of the body is included in the pleasuring, it is important to remember that sexual arousal is an involuntary response and not the goal or purpose of this experience. Do not become concerned if there is or is not arousal; the purpose of this experience is body awareness.

STEP 5: Receiver: Lie on abdomen in a comfortable position.

Pleasurer: Place your hands on your spouse's back. With your eyes closed, focus on the sensations of your spouse's body: warmth, pulsation, vibrations, and so forth. Begin to move over his or her entire back with sensuous touch, radiating your warmth and care. Proceed in the same manner to neck, arms, and legs. Inform your spouse when you are ready for him or her to turn over.

Receiver: Turn onto your back. Before receiving the caressing of the front of your body, you might have fun drawing the boundaries on your skin with lipstick or a washable pen.

Pleasurer: Sitting with your spouse's head faceup in your lap (with your genitals covered), proceed with a facial caress. Then continue down his or her neck, shoulders, arms, and hands. Move to the

side of your spouse to enjoy his or her abdomen, legs, and feet. Do not touch breasts or genitals. It is important that you not violate those boundaries, marked or unmarked.

STEP 6: You may want to rest or take a break before you reverse roles and repeat Step 5. ____ will be the pleasurer; ____ will be the receiver. Couples often find with the more involved caressing assignments, it is best to complete the assignment at two different times: one day/evening, he is the receiver and she the pleasurer; another day/evening, she is the receiver and he the pleasurer.

STEP 7: Write your reactions. Were there uncomfortable movements? What anxieties or demands slipped through your minds? What was most relaxing? Most pleasurable? Discuss your written reactions with each other.

SEXUAL RETRAINING ASSIGNMENT 11 FOR WOMEN

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Date: _____ Time: _____

Female Self-Examination

STEP 1: Have a diagram of the female external genitalia (see Figure 7.4).
Have a hand mirror and extension lamp or spotlight.

STEP 2: Shower or bathe leisurely in order to relax.

STEP 3: Assume a comfortable position with legs spread apart, light focused on genitals, diagram within view, and hand mirror between legs so you can see your genitals clearly. Look at how your outer labia come together. Then spread the outer labia and identify the inner labia. Find the clitoris and note how the labia form a hood over the clitoris. See if you can feel the shaft of the clitoris, almost like a hidden, small penis up behind the tip of the clitoris. Touch the tip or glans of the clitoris and then the areas around it, and identify what kind of touch feels good and where.

Identify the urinary meatus, the vaginal opening, and any other points of interest. Think about what genital stimulation your partner has given you or you have given yourself in the past that has felt good, what you would like more of, what touching has been negative, and how stimulation of your genitals might be enhanced. Thank God for his creation of each of these intricate parts. Thank him for any good feelings associated with your genitals. Pray for healing from any pain or scars connected with them.

This is a clinical learning experience, not for the purpose of arousal. However, if arousal should occur, it is okay.

SEXUAL RETRAINING ASSIGNMENT 11 FOR MEN

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Date: _____ *Time:* _____

Male Self-Examination

STEP 1: Have a diagram of the male external genitalia (see Figure 7.6).

STEP 2: Shower.

STEP 3: In a private, well-lit room, with the diagram of male genitals in view, identify all the specific parts of the penis and testes. Note the coronal ridge and the frenulum, or “seam” on the backside of the penis. Think about the kind of touch and stimulation you have enjoyed, either when you have stimulated yourself or when your spouse has stimulated you. Imagine other kinds of touch and stimulation you might try. Think about how you might teach your spouse what you would enjoy without placing demands on her.

Thank God for the specialness of your genitals and all the positive feelings they have given you. Pray for healing of any pain associated with them.

This is a clinical experience, not for the purpose of arousal. However, if arousal should occur, it is okay.

SEXUAL RETRAINING ASSIGNMENT 12

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Date: _____ Time: _____

Pubococcygeus (PC) Muscle Exercise (Kegel Exercises)

- STEP 1:** Identify the sensation of tightening and relaxing this muscle. While sitting on the toilet to urinate, spread your legs apart. Start urination. Then stop urination for three seconds. Repeat this several times before you are finished emptying your bladder. Some women have difficulty stopping urination. Those women need to work on tightening the PC muscle. Other women need to work on the voluntary relaxing of the PC muscle. If you can do both easily, you only need to tighten and relax the PC muscle twenty-five times per day to keep it in good condition. For those who need to improve the voluntary control of their PC muscles, proceed with the **next** steps.
- STEP 2:** Do ten to twenty repetitions of this exercise one to four times per day: Gradually tighten the PC muscle tighter and tighter to the count of four. Then hold the muscle as tight as you can while you again count to four. Now gradually relax the muscle, letting go of the tension a little at a time as you count to four.
- STEP 3:** Do ten to twenty repetitions of this exercise one to four times per day: Start to tighten your vagina by thinking of bringing your labia (lips) closer together, like closing an elevator door. Imagine that your vagina is an elevator. You start to tighten at the ground floor. Bring the muscles up from floor to floor, tightening and holding at each floor. Keep your breathing even and relaxed. Do not hold your breath. Go to the fifth floor. Then go down, relaxing the tension of the muscle one floor at a time. When you get to the bottom, bear down as though you are opening the elevator door (the vagina) and letting something out.
- STEP 4:** Do ten to twenty repetitions of this exercise one to four times per day: rapidly tighten and relax the PC muscle at the opening of the vagina in a flickering or fluttering movement.

These exercises will improve genital sensation and responsiveness.

SEXUAL RETRAINING ASSIGNMENT 13

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Date: _____ *Time:* _____

Graphing Your Sexual Response

Listen to and discuss chapter 7 together.

At the end of chapter 7, each draw your response graph(s) following the directions. Share your graphs as directed in step 3.

SEXUAL RETRAINING ASSIGNMENT 14

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Date: _____ Time: _____

Total-Body Pleasuring, Including Breasts and Genitals Without Purposeful Stimulation

(Read out loud together and follow the steps. Fill in the blanks as you plan your daily or weekly sessions.)

STEP 1: ____ will take responsibility to initiate the experience and set the atmosphere with attention to temperature, privacy, and mood.

STEP 2: Bathe or shower together. You may wash each other's body totally.

STEP 3: ____ will be the first pleasurer; ____ will be the first receiver.

STEP 4: Read Assignment 1, Underlying Principles for Body Caressing. Discuss the current instructions. Continue to remember that sexual arousal is an involuntary response and not the goal of this experience. *Do not become concerned if there is or is not arousal. The purpose of the experience is body awareness.*

STEP 5: Receiver: Lie on your abdomen in a comfortable position.

Pleasurer: Place your hands on your spouse's back and proceed to pleasure, taking in the warmth and sensations of your spouse's back, buttocks (cheeks only; not into the crack), arms, and legs. Take time to enjoy each part as you have in previous pleasuring exercises. Inform your spouse when you are ready for him or her to turn over.

Receiver: Turn onto your back. Positively redirect your spouse if anything he or she does is negative or demanding.

Pleasurer: Sitting with your spouse's head—faceup—in your lap (with your genitals covered), proceed with a facial caress. Then continue down his or her neck, shoulders, chest, arms, and hands. Do not focus or linger on the breasts. Just pass over them as you have every other part of the body. Move to the side of your spouse (or between his or her legs) to caress his or her abdomen, legs,

and feet. Include the genitals only in a general passing over them briefly. Inform your spouse when you are finished. *Do not* pursue specific stimulation.

STEP 6: You may want to rest or take a break before you reverse roles and repeat Step 5. ____ will be the pleasurer; ____ will be the receiver. Couples often find with the more involved caressing assignments, it is best to complete the assignment at two different times: one day/evening, he is the receiver and she the pleasurer; another day/evening, she is the receiver and he the pleasurer.

STEP 7: Write your reactions. Particularly attend to any demands that are arising and any enjoyment that is flowing. Discuss your written reactions with each other.

SEXUAL RETRAINING ASSIGNMENT 15

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Date: _____ Time: _____

Clinical Genital Examination

(Read out loud together and discuss any fears or needs for safety. Then follow the steps.)

- STEP 1:** Have diagrams of the male genitalia and the female external genitalia (see Figures 7.4 and 7.6). Have a hand mirror and adequate lighting available.
- STEP 2:** Shower or bathe together; lather up each other's bodies and enjoy the pleasure and relaxation of touching each other in that process, not for the purpose of arousal.
- STEP 3:** In a private, well-lit room, with the diagram of male genitalia, the husband identifies all the specific parts of the penis and testes. If it is comfortable for both, the husband may invite the wife to join in the exploration by touching various parts as they are identified. Wife, only participate to the extent that it is comfortable for you. Particularly note the coronal ridge and the frenulum, or seam, on the backside of the penis. After exploring the various parts of the genitals, talk about what kind of touch feels good, any stimulation of the genitals your partner has given you in the past that you would like more of, and any stimulation or handling of the genitals that has been unpleasant for you. Wife, talk about ways you enjoy pleasuring his genitals and any feelings of discomfort you have with the male genitals.
- STEP 4:** Wife assumes comfortable position with legs spread apart, light on genitals, diagram within view, and hand mirror between legs so you can see the genitals clearly. Identify for your husband how your outer labia come together. Then you spread the outer labia and identify the inner labia. Find and show him the clitoris and how the labia form a hood over the clitoris. Identify for him the shaft of the clitoris, almost like a hidden, small penis up behind the tip of the clitoris. Touch the tip, or glans, of the clitoris and then the areas

around it, and talk with your husband about what kind of touch feels good and where. If it is comfortable for both, invite your husband to join in exploration and touching as is comfortable.

Identify the urinary meatus, vaginal opening, and any other points of interest. Talk about what genital stimulation your partner has given you in the past that has felt good, what you would like more of, what touching has been negative, and how stimulation of your genitals might be enhanced. Husband, talk about ways you enjoy pleasuring her genitals and any feelings of discomfort you have with the female genitalia. When genital touching has not been comfortable for a woman, many times it has been too direct. Experiment with putting a flat hand over the mons and the pointer and middle fingers along the labia.

STEP 5: You may write your reactions and then talk about what this has felt like for each of you, what was comfortable or uncomfortable, and what you learned about yourselves and each other.

This is a clinical, learning experience, not for the purpose of arousal. If arousal should occur, it is okay. But do not focus on it; ignore it or enjoy it without pursuing it.

SEXUAL RETRAINING ASSIGNMENT 16

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Date: _____ Time: _____

Non-demand Teaching

(Fill in the blanks as you plan your daily or weekly sessions.)

STEP 1: ____ will take responsibility to initiate this experience and set the atmosphere. Pillows against the headboard of the bed usually work best. Design this for teaching, rather than romance. Guiding each other's hands can be awkward. As you follow the instructions in Step 4, start with guiding, and use that as much as possible, but also use verbal guidance; have the spouse try to follow the verbal guidance if the hand guiding doesn't work for you.

STEP 2: Read these instructions together, and clarify with each other what each of you understands you are to do. Then follow the steps.

STEP 3: Bathe or shower together in a way that brings relaxation and enjoyment of each other's bodies, not touching for the purpose of stimulation or arousal.

STEP 4: Wife should start the actual experience by sitting in front of husband in the non-demand position shown at the top of Figure 12.1. Then she places her hands over his hands and uses his hands to caress her face, breasts, abdomen, and genitals. The purpose of the exercise is for the one guiding the hands to discover what kind of touch he or she really likes. For the one being guided, the job is to let his or her hand muscles be relaxed and limp and attend to the kind of touch that he or she is being directed to give. He or she can learn what the spouse really likes. This is a particularly good time for both to do a lot of experimenting and communicating about the kind of genital touch that brings pleasure. This is not likely to be an exciting or arousing experience, but a much more clinical and teaching kind of time. If arousal should occur, however, enjoy it.

When the husband guides the wife's hands to discover and teach the touch he enjoys on the upper front of his body, he may need

to slide down and use a modified version of the upper illustration of the non-demand positions shown in Figure 12.1. For example, he may slide his head, faceup, into his wife's lap. When the husband is guiding the wife in pleasuring his lower body, especially the genitals, we would encourage the use of the positions shown in the lower illustration in Figure 12.1.

STEP 5: You may write your reaction first and then talk together about what you learned in this experience as well as anything else that you have always enjoyed or has always been painful or difficult for you.

Figure 12. 1

NON-DEMAND POSITIONS



SEXUAL RETRAINING ASSIGNMENT 17

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Date: _____ *Time:* _____

Select and Read Your Chapter

First read chapters 13 and 14 out loud together and discuss. Then together select the chapter (15 through 19) that deals with the sexual barrier you have chosen to work on.

- Chapter 15, Overcoming Problems of Sexual Desire
- Chapter 16, Overcoming Problems of Sexual Arousal
- Chapter 17, Overcoming Problems of Sexual Release
- Chapter 18, Overcoming Intercourse Barriers
- Chapter 19, Controlling Sexual Addictions

Then read that chapter out loud to each other and plan how you will include the suggestions and assignments into the rest of your retraining process.

SEXUAL RETRAINING ASSIGNMENT 18

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Date: _____ *Time:* _____

Defining Your Sexual Experience and Defining Your Sexual Barrier

Go to the assessment chapter and, if you have not already done so, complete those two forms. Share with each other as directed on those assignments.

SEXUAL RETRAINING ASSIGNMENT 19

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Date: _____ Time: _____

Kissing

(Fill in the blanks as you plan your sessions.)

STEP 1: ____ will take responsibility to see that the experience happens.

Prepare a comfortable setting with low lights and soft music.

STEP 2: Brush teeth, use dental floss, and gargle.

STEP 3: Read and discuss these instructions.

STEP 4: Sitting on the couch, fully clothed, each of you describe to the other how you like to kiss and to be kissed. Use positive descriptions rather than listing what you don't like. Reflect back to each other what you understand from the other. The spouse who is the most hesitant or reserved kisser would be the best spouse to start in Step 5.

STEP 5: ____, use your lips to experiment with kissing your spouse's lips. Pucker your lips and gently peck across your spouse's lips and cheeks from one side to the other, from top to bottom lip. Take time to nibble on your spouse's lips, taking the upper or lower lip between your lips. ____, follow his or her lead. Be passive, but responsive. Be careful, as the follower, not to take over or get ahead of the leader.

STEP 6: Reverse roles. ____, follow Step 5 to discover how you like to kiss. ____, follow his or her lead. Be passive, but responsive.

STEP 7: Take turns leading in experimenting with the use of your lips and tongue to find ways that you both enjoy: pecking, nibbling, licking, sucking, and in any other way interacting with each other's lips and tongues. Keep it soft and experimental. If kissing has been an issue for either of you, stop here; continue to practice daily the steps up to Step 8 with the hesitant one leading and the other *never* being aggressive or taking over. When this daily practice becomes comfortable, repeat this assignment and move on through Step 8 to the extent that it is okay for both.

STEP 8: Allow the involvement with each other's mouths to become mutual, simultaneous enjoyment, if that is comfortable for both of you. Take turns inserting your tongue in and out of each other's mouths. If one of you becomes too intense or forceful for the other, gently remind the intense one that you'd like to keep it soft, safe, and experimental.

STEP 9: Talk about the experience. What felt especially good? What barriers did you encounter? How would you like to enhance your kissing?

SEXUAL RETRAINING ASSIGNMENT 20

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Date: _____ *Time:* _____

You and Me

(Complete each of these statements, then share your responses with each other using the Communication Format.)

1. My first impression of you was . . .

2. What I like about you is . . .

3. My general image of you is . . .

4. What puzzles me about you is . . .

5. I am imagining that you . . .

6. I think you see me as . . .

SEXUAL RETRAINING ASSIGNMENT 21

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Date: _____ Time: _____

Creative Pleasuring

(Fill in the blanks as you plan your daily or weekly sessions.)

STEP 1: ____ will take responsibility to see that the experience happens and will set up the environment for your time together.

STEP 2: Together, read these instructions and Assignment 1, Underlying Principles for Body Caressing. Tell each other what each of you understands the current assignment to be. Then proceed with the steps.

STEP 3: Bathe or shower together in a way that brings relaxation and enjoyment of each other's bodies.

STEP 4: Each of you should bring to the experience three or more items to use to pleasure your partner. Think of things that would feel pleasing and sensuous against the skin. Choose items of varying texture—maybe one soft and silky, another firm, another with soft bristles, another fuzzy. Let these be a surprise for each other.

STEP 5: ____, start the actual pleasuring by having your partner lie on his or her abdomen and gently stroking his or her back with the first item you chose for this event. Then do the same with each of the other objects. Together choose one object to continue pleasuring his or her entire body. When you feel finished, reverse roles and ____, do the same thing with the items you chose for pleasuring ____'s body. Stop when you have thoroughly enjoyed your partner's total body.

STEP 6: Write your reactions. Talk about the experience. What did you enjoy? What would you have liked more of? What other kind of object could you imagine enjoying? What did you learn?

SEXUAL RETRAINING ASSIGNMENT 22

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Date: _____ Time: _____

Simulating Arousal Responses

(Fill in the blanks as you plan your daily or weekly sessions. Assign the lead to whoever is the least inhibited or the best actor. Read aloud together and follow the steps. Keep the directions near you and read the next step after you finish practicing the previous one. If it becomes too difficult for one of you, stop, talk about it, affirm each other, and try again another time.)

This experience is to help reduce self-consciousness and inhibition of the automatic responses of sexual arousal. It can become humorous, even hilarious.

- STEP 1:** ____, select a setting that is peaceful, free of distractions, and as soundproof as possible. You may need to set up a sound barrier, like music playing at the wall or door that might carry your noises. This assignment should be done in daylight or with the lights on.
- STEP 2:** Lie side by side on the bed or on a comfortable surface, fully clothed.
- STEP 3:** Take yourselves through relaxation: First, together take in ten deep breaths slowly through your nostrils, hold, then breathe out through your mouths. ____, lead in the deep, relaxed breathing. Picture yourselves in a beautiful, sunny, private garden. As you let out the air through your mouths, feel the tension in your bodies relax.
- STEP 4:** Keeping in the same relaxed mode, ____, lead in taking five to ten deep breaths slowly in through the nose, then hold them and breathe out through your mouth with a sighing sound. Go to the next step when you feel natural and comfortable.
- STEP 5:** ____, lead in the next five to ten breaths. This time as you breathe in, imagine the breath warming the inside of your body, all the way to your genitals. As you let it out, imagine the breath coming from your genitals, through your body, up your windpipe, past your vocal cords. Let out a relaxed, rattling noise while you say, "Ah." Vary the pitch of the "Ah" with each exhalation.

Continue until you feel natural and comfortable with the noises and breathing.

- STEP 6:** Talk about your experience. Take a break, if you wish. Then, take off your clothes and proceed with the next steps.
- STEP 7:** Lie side by side on your backs without clothes on, with the lights on or in daylight. Imagine yourselves on a warm, sunny, private beach, totally secluded. ____, lead in taking three to five deep breaths, holding them, then relaxing into the “warm sand” as you breathe out.
- STEP 8:** Now, imagine that you are doing your favorite sexual activity (each can picture something different). Breathe in and out slowly and loudly with the rattling “Ah” sound. ____, lead in five to ten of these.
- STEP 9:** Let the sexual activity progress in your minds as you proceed with the noisy, loose breathing. This time speed the breathing slightly, making certain it continues to be deep and noisy. Tense the muscles in your body so that your foot extends outward, your facial muscles grimace, and you thrust with your pelvis. Imagine your body flushing as it does when you blush. If you have never experienced these natural arousal responses, simulate what your spouse is doing.
- STEP 10:** Repeat Steps 7-9 in the nude with ____ lying on his back and ____ sitting on top of him in the typical woman-on-top position. Do not insert the penis into the vagina.
- STEP 11:** Repeat Steps 7-9 in the nude with ____ lying on her back and ____ on top of her in the most comfortable male-on-top position. If this is uncomfortable, turn on your sides, face-to-face. Do not insert the penis into the vagina.
- STEP 12:** Switch to the position that is most comfortable to both; continue to build the breathing, sounds, and movements to intensify the simulation of the release of the orgasm. If you have never experienced an orgasm, imitate your spouse’s acting out of what he or she usually does during an orgasm.
- STEP 13:** Rest together and hold each other closely.
- STEP 14:** Write and talk about your reactions to each step.

SEXUAL RETRAINING ASSIGNMENT 23

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Date: _____ Time: _____

Vaginal Examination and Genital Affirmation

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

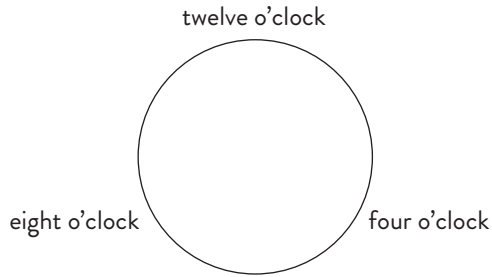
STEP 1: Shower or bathe together, enjoying each other's bodies as you do, but not for the purpose of arousal. Scrub fingernails with a brush.

STEP 2: Caress each other's bodies with lotion or oil as desired.

STEP 3: Have fun choosing friendly pet names for your genitals. Begin a commitment to pat and affirm each other's genitals daily. This can become a part of your bedtime routine, waking-up time, or any other time that the two of you select.

STEP 4: With closely trimmed nails and the wife's invitation, husband gently insert finger in wife's vagina to the second knuckle. Then gently press on the wall of the vagina. If you think of the opening of the vagina as a clock, start at the twelve o'clock position and then slowly move around the wall of the vagina, pressing or stroking at every hour. (See figure on **the next** page.) Try varying degrees of pressure and types of touch. The wife should provide feedback about what sensations she notes. Particularly be aware of any points of pain or pleasure.

After completing this exploration, the wife tightens her PC muscle when the husband's finger is in her vagina. Talk about how that feels to each of you. Now, with the husband's finger in the vagina and the PC muscle tightened, insert your finger just beyond the inner ridge of the PC muscle. This is the G-spot area (refer to the diagram of aroused internal female genitalia in Figure 7.10). Explore that area with various degrees of pressure—stroking, massaging, and tapping. Wife, note and talk about the sensations you have in response to your husband's exploration.



Opening of vagina with four, eight, and twelve o'clock positions identified

STEP 5: Write and talk about the experience: what felt good, what you learned, what was uncomfortable. You may want to spend some time just holding and affirming each other.

SEXUAL RETRAINING ADAPTATION FOR PREMATURE EJACULATION

For couples who are going through the sexual retraining process to learn ejaculatory control (because you struggle with premature ejaculation), do not proceed with Exercises 24 and following; instead, go to chapter 17 and complete Procedures 1 through 4, which are specifically designed for learning ejaculatory control.

When you feel you are in control of when you ejaculate, return to this process and complete Exercises 24 and following, incorporating the squeeze technique in your touching exercises.

SEXUAL RETRAINING ASSIGNMENT 24

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Date: _____ Time: _____

Total-Body Pleasuring, Including Breast and Genital Stimulation

(Fill in the blanks as you plan your sessions.)

STEP 1: _____ will take responsibility to initiate the experience and set the atmosphere with attention to temperature, privacy, and mood.

STEP 2: Bathe or shower together. You may wash each other totally.

STEP 3: _____ will be the first pleasurer. _____ will be the first receiver.

STEP 4: Read Assignment 1, Underlying Principles for Body Caressing. Read and discuss the current instructions. Even though stimulation is added to this exercise, arousal should neither be expected nor stopped. Sexual arousal is an involuntary response. Do not become concerned if there is or is not arousal. Enjoy whatever happens.

STEP 5: **Receiver:** Lie on your abdomen in a comfortable position.

Pleasurer: Place your hands on your spouse's back. Enjoy pleasuring the back of your spouse's body in any way that is positive to you, giving and receiving warmth through your hands. Rely on your spouse to redirect you if anything you do becomes negative or demanding. Inform your spouse when you are ready for him or her to turn over.

Receiver: Turn onto your back. Soak in the pleasure.

Pleasurer: Sitting with your spouse's head, faceup, in your lap (if that is comfortable for both of you) proceed with a facial caress. Then continue down his or her neck, shoulders, chest, arms, and hands. Enjoy stimulating his or her breasts for your pleasure, not for the result it produces. Incorporate the knowledge you gained from the non-demand teaching as to the type of touch your spouse enjoys. Move to the side or between the legs of

your spouse to pleasure his or her abdomen, legs, and genitals. Again, enjoy stimulating his or her genitals for your pleasure, incorporating what you have learned about the type of stimulation your spouse prefers. Never touch in a way that is negative to your spouse. Encourage your spouse to redirect you immediately if any touching, especially of his or her genitals, is not comfortable or becomes negative. Inform your spouse when you are finished.

STEP 6: You may want to rest or take a break before you reverse roles and repeat Step 5, but you are free to continue. ____ will be the pleasurer. ____ will be the receiver. Couples often find with the more involved caressing assignments, it is best to complete the assignment at two different times: one day/evening, he is the receiver and she the pleasurer; another day/evening, she is the receiver and he the pleasurer.

STEP 7: Discuss the experience. Write your reactions.

SEXUAL RETRAINING ASSIGNMENT 25

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Date: _____ *Time:* _____

Sharing Love

Complete the following statements as candidly and honestly as you can, then share your responses with each other using the Communication Format.

1. When I love you, I show it by ...
2. I know you love me when you ...
3. I know you are reaching out to me when you ...
4. When you reach out to me, I feel ...
5. When I am turned on, I ...
6. I know you are turned on when you ...
7. You turn me on when you ...
8. I feel sexual pleasure when ...

9. When you stimulate me physically, I feel...

10. Our sexual relationship makes me feel...

SEXUAL RETRAINING ASSIGNMENT 26

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Date: _____ Time: _____

Pleasuring, Not Using Hands (Including Using the Penis as a Paintbrush)

(Fill in the blanks as you plan your sessions.)

STEP 1: ____ will take responsibility to see that the experience happens and to set up the environment for your time together. The atmosphere should allow for playfulness and creativity.

STEP 2: Together, read these instructions and the Underlying Principles for Body Caressing. Tell each other what each of you understands the assignment to be.

STEP 3: Bathe or shower together in a way that brings relaxation and enjoyment of each other's bodies.

STEP 4: ____, start the actual pleasuring by following Assignment 1, Underlying Principles for Body Caressing, except this time you may use any part of your body except your hands. Make it an experimental and fun time of discovering what parts of your body you really enjoy using to touch _____. You might use your hair, nose, eyes, tongue, ears, forearms, breasts, genitals, feet, or whatever. Try many body parts.

When you have thoroughly enjoyed your spouse's total body, reverse roles. ____ will use various parts of his or her body to pleasure _____. Each of you use your hands to hold the penis, whether erect or flaccid, to stroke over the wife's clitoris, labia, and vaginal opening, but not with entry into the vagina. Stop when you feel you have thoroughly enjoyed your spouse's total body. Some attempts at using body parts may feel awkward. That is expected and not to be seen as negative.

STEP 5: Write your reactions. Talk about the experience. What felt particularly good? What did you discover about yourself? About your spouse? What barriers were there for you? What got in the way of maximum enjoyment?

SEXUAL RETRAINING ASSIGNMENT 27

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Date: _____ *Time:* _____

Shared Self-Stimulation

This is an optional assignment described in **Chapter 17**. Some couples have found it to be a helpful step for the woman who is able to be orgasmic through self-stimulation but not with her husband. Read about it together, and decide if it is fitting for you as a couple.

SEXUAL RETRAINING ASSIGNMENT 28

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Date: _____ *Time:* _____

Total-Body Pleasuring with Mutual Manual Stimulation

(Fill in the blanks as you plan your sessions.)

- STEP 1:** ____ will take responsibility to initiate the experience and set the atmosphere. You might want to vary from your past locations or choose one of the favorites you have already enjoyed.
- STEP 2:** Bathe or shower together. Enjoy each other in any way that is pleasurable for both of you.
- STEP 3:** Review Assignment 1, Underlying Principles for Body Caressing, with each other. Remind each other of the guidelines that the two of you have found to be important in order to reduce demand and enhance freedom.
- STEP 4:** ____, begin by pleasuring the back of ____'s body. Proceed just as you did with Assignment 6, Back Caress. Reverse roles. ____, pleasure the back of ____'s body. Spend some time taking turns leading each other in kissing while embracing each other's nude body. Take time to nibble, suck, lick, and thrust tongues. Proceed to mutually enjoy each other's bodies with any form of touch that has been positive so far. Do not have entry of the penis into the vagina. Spend some time manually stimulating each other's genitals. If it's more comfortable to take turns, that's fine. Use any part of your body to enjoy any part of your spouse's body. Have fun and vary the intensity.
- STEP 5:** Write your reactions. Talk about what you liked best, where you still felt inhibited, what you would like more of, and what you would not like unless you ask for it.

SEXUAL RETRAINING ASSIGNMENT 29

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Date: _____ *Time:* _____

Principles Learned

STEP 1: Each of you write down the principles you have learned during this sexual retraining process that would best enhance your sexual life.

STEP 2: Share your ideas with each other, taking turns being the sharer and the active listener. Refer to the Communication Format.

STEP 3: Work together with both of your lists of principles to develop one joint list. Number the principles in order of priority.

SEXUAL RETRAINING ADJUSTMENT FOR ERECTILE DYSFUNCTION

If you are going through this process to overcome problems with getting or keeping erections, you will need to modify Exercise 30, Total-Body Pleasuring with Entry. Omit the last sentence of Step 4. Do *not* enter all the way. In fact, the first time you do this exercise, only poke the penis barely into the opening of the vagina.

Repeat this exercise many times on different occasions (varying the total-body pleasuring each time). Each subsequent time, poke the penis into the vagina a quarter-inch farther. If at any point this triggers loss of erection, anxiety, or spectatoring, STOP! Just relax and enjoy the pleasure of each other's bodies, and DO NOT poke into the vagina any more during that experience. The next experience or two should not include penile-vaginal contact. Go back to the previous pleasuring exercises that were enjoyable for you and distracting from your focus on getting or keeping your erection.

When you feel secure, try Exercise 30 again, starting with poking into the vagina a quarter-inch. Continue as instructed above, unless you need to backtrack to build security. Once full entry has occurred, use the instructions in chapter 16 for continuing this assignment.

SEXUAL RETRAINING ASSIGNMENT 30

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Date: _____ Time: _____

Total-Body Pleasuring with Entry

(Fill in the blanks as you plan your sessions.)

STEP 1: ____ will take responsibility to initiate the experience and set the atmosphere. It will be important for this exercise to not only provide for mood, temperature, and privacy, but also birth control, if needed.

STEP 2: Bathe or shower together. Enjoy each other's bodies in any way that is positive for both of you.

STEP 3: Review Assignment 1, Underlying Principles for Body Caressing, with each other. Talk about your feelings of being able to proceed to intercourse. Adjust for any concerns or demands that might arise.

STEP 4: ____ will begin by giving ____ a facial, hand, and foot caress. Then spend some time mutually hugging, kissing, and enjoying the pleasure of each other's bodies in any way that is positive for both of you. Include breast and genital stimulation and using the penis as a paintbrush to stimulate ____'s genitals. She may invite the husband to do some poking of the penis into the vagina by adding a lubricant to the penis and between the labia, separating them as she does. With the woman in the top position, poke in a little at a time. Enter all the way when that is comfortable for both of you.

STEP 5: Rest together quietly without thrusting. Enjoy the closeness of each other's bodies. Kiss and pleasure as you desire. Then begin gentle thrusting. The woman should control the thrusting. Stop to rest every few minutes. Move around in any way you desire. When it is desirable for both, allow the intensity of the thrusting to build. Continue as long as that is pleasurable for both of you. If there is release for either or both of you, that is fine, but it is not necessary. Ejaculation and orgasm are reflex responses to the intense buildup of sexual arousal. When your body is ready for

that and you can allow it, it will happen. That is not an expectation of this exercise.

STEP 6: Write your reaction. Talk about the experience from start to finish. What was most positive? What got in the way? Was there any pain, anxiety, demand?

SEXUAL RETRAINING ASSIGNMENT 31

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Date: _____ Time: _____

Creating Your Ongoing Sexual Plan

STEP 1: Read chapter 20 out loud together and discuss.

STEP 2: Using the list of principles you have prioritized and what you have learned in chapter 20, individually write out a plan for your sexual relationship that would ensure that these principles will be followed.

STEP 3: Share your plans with each other using the Communication Format.

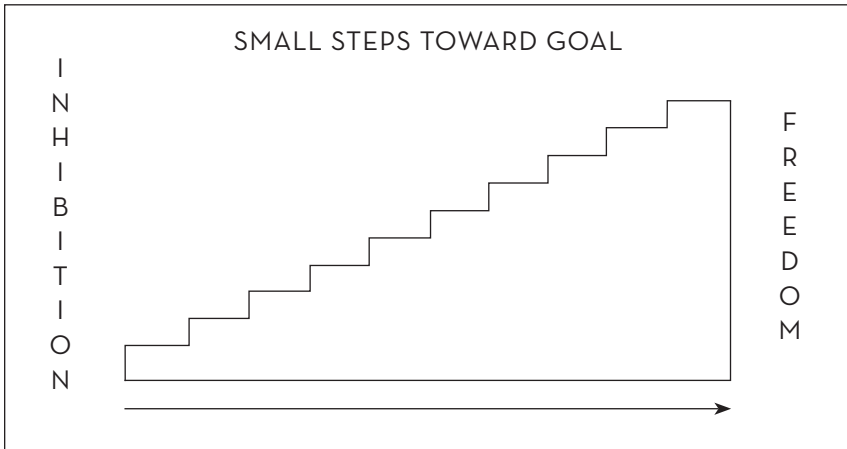
STEP 4: Work together, combining ideas from both plans, to make a joint plan that represents all of your desires for your ongoing sexual relationship. Be realistic. If, before you started this process, you had been having sexual times several times a year, don't now expect to have them more than once a week. If it was difficult for you to schedule times to do these assignments, assume you will be able to be together about as often or less frequently than you were able to do the assignments. Evaluate your habits and lifestyle; do make changes, but not so extreme that you will be frustrated and fail.

Be very specific. Define the different types of sexual experiences you would like to have, how preparation and initiation will happen, when and where the experiences will happen, how you will handle rescheduling if a scheduled time has to be canceled, how you will decide who will be the initiator for each scheduled time, and how you will plan for scheduled and spontaneous opportunities.

Overcoming Couple Dissatisfaction

Table 14.1

STEPS FROM INHIBITION TO FREEDOM



Example: A woman who has difficulty touching or enjoying her husband's penis might fill in the steps from the lowest to the highest as follows:

- Touch penis over undershorts and pants for five seconds.
- Touch penis over undershorts and pants for ten, twenty, and then thirty seconds.
- Touch penis directly for five, ten, twenty, and then thirty seconds.
- Give penis a friendly name.
- Thank God daily for your husband's penis.
- Daily, pat and claim your husband's penis as your "friend"—may start over clothes and increase contact until directly touching penis comfortably.
- Stroke and fiddle with your husband's penis on a daily basis.
- Mentally picture his penis being a warm, comforting, pleasant gift from God.
- Continue to affirm, enjoy, and stroke your husband's penis in longer and longer periods of time until ejaculation occurs.
- Freedom from inhibitions is evident when you are able to manually enjoy your husband's penis for your pleasure without negative feelings.

Overcoming Problems of Sexual Desire

Figure 15.1

DIMINISHING SEXUAL RESPONSE IN UNFULFILLED WOMEN

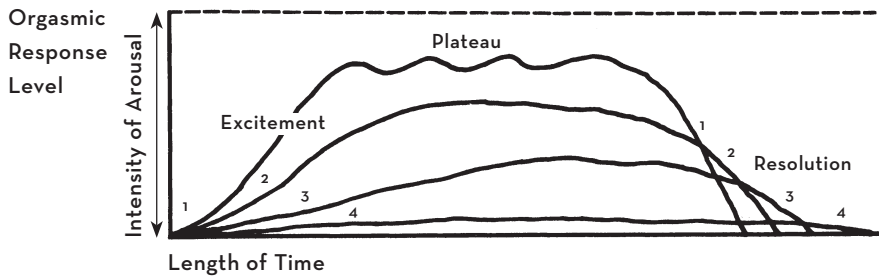
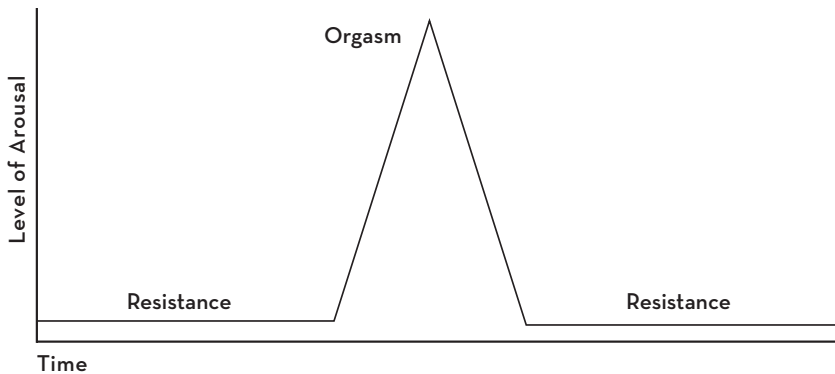


Figure 15.2

RESPONSE GRAPH FOR THE SEXUALLY AMBIVALENT SPOUSE



Overcoming Problems of Sexual Release

Figure 17.1

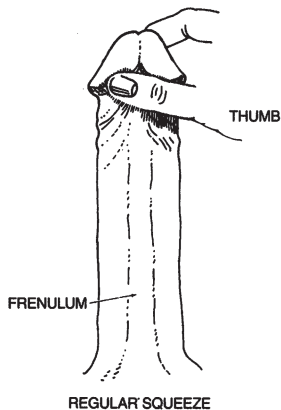
NON-DEMAND POSITION



Figure 17.2

SQUEEZE TECHNIQUE

ERECT PENIS: UNDER SIDE VIEW



UPPER SIDE VIEW

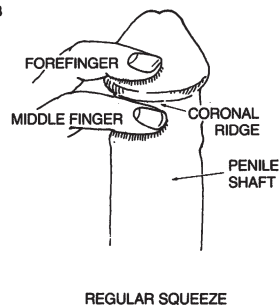


Figure 17.3
FEMALE SUPERIOR POSITION

