

## Steps to Progressive Sensate Focus to Decrease Anxiety & Increase Pleasure of the Female Partner

Sensate Focus aims to decrease anxiety through physical touch that gradually turns into sexual touch. It allows the receiver to be in control of the touch by providing feedback to their partner who is touching them as well as giving them the choice of how quickly they want to progress with each step.

Start wherever feels comfortable. Add only one step at a time. Aim to start with two 20-minute sessions per week per step and gradually lengthen towards four 40-45 minute sessions as you increase physical activities. A step is completed when both partners say they feel comfortable with it and are ready to move on to the next step. On average, each step should be practiced 2-6 times with the more sexual steps being practiced possible a bit more.

The goal is to feel relaxed and calm during each step. Make sure you set an ambiance in the room by playing music or dimming the lights. You can wear light clothing when you begin the steps and then graduate to losing it by the time intercourse is nearing.

**Step 01)** Holding hands

**Step 02)** Hugging

**Step 03)** Hugging and caressing non-sexual body parts with clothes on while on couch

**Step 04)** Hugging and caressing non-sexual body parts with clothes on laying down in a bed (massage)

**Step 05)** Kissing. If this does not feel comfortable, it can be skipped and moved later to when they are feeling more comfortable and are more aroused

**Step 06)** Touching breasts on top of clothes

**Step 07)** Removing shirts and touching breasts on top of bra

**Step 08)** Caressing breasts

**Step 09)** Touching female genitals on top of clothing

**Step 10)** Touching outside area of female genitals

**Step 11)** Inserting one finger into vagina

**Step 12)** Inserting two fingers into vagina

**Step 13)** *Optional:* Oral sex on female partner. This is not essential, but can be added to increase pleasure and enjoyment

**Step 14)** Vaginal penetration

### Rules for Success

During all exercises, client is:

- 1) **Relaxed**
- 2) **In Control**
- 3) **Aroused** (in early steps, pleasant feelings)

### Additional Notes:

Pleasure both manually and orally on male partner is optional around steps 10-14, a feels comfortable for both partners