

Exercise 3

Anatomical Sexploration Long Term Intimacy Course



Exercise 3

In this step you familiarized yourself with the male and female sexual anatomy. Now it's time to put this knowledge into action, on yourself! The intention is to focus on the distinct parts of your genitals and to record what you enjoy and perhaps even record the sensations you find uncomfortable or too intense. It's all valuable knowledge for you and your partner. However, this exercise is for solo work. You will need to attempt to simulate some of the activities like licking by using your fingers only.

Firstly (and this is moreso for the women) look at yourself in the mirror and see if you can identify each part shown in the diagrams you studied in the reading material.

Then, experiment with touching, caressing, stroking, massaging, kneading etc. each distinct part at a time. Using the diagrams below, record your thoughts as you go along. Try to resist the urge to finish quickly with your standard routine. Remember to use plenty of lubrication.

Recording this information is not only important for yourself, but also for sharing with your partner. At the end of the exercise, exchange your worksheets and discuss.

How to fill out the following pages:

1. Use the gentleness/interest scale of 1 to 10 (where 1 = barely touching/uninterested, 10 = very firm/yes please!).
2. Record the maximum amount of firmness you prefer with each sensation.
3. Use an "X" if you dislike a certain sensation.
4. Add your own sensations to the list.

Why is this exercise important?

- Every individual enjoys different sensations. The idea is to find out what works for you. Once you find the spots that give you pleasure, you and your partner can indulge in the most exquisite pleasure times. The groundwork is well worth the discovery. Experiment with as many different sensations as possible. The possibilities are endless.
- It may seem overwhelming, but this "knowledge" is tailored to each individual specifically and is only improved with practice and mindfulness. You're not going to find all the hot spots in one session. However, the more you experiment with and learn about your own and your partner's erogenous zones, the better lovers you will become.
- Here are some ideas to get you started....



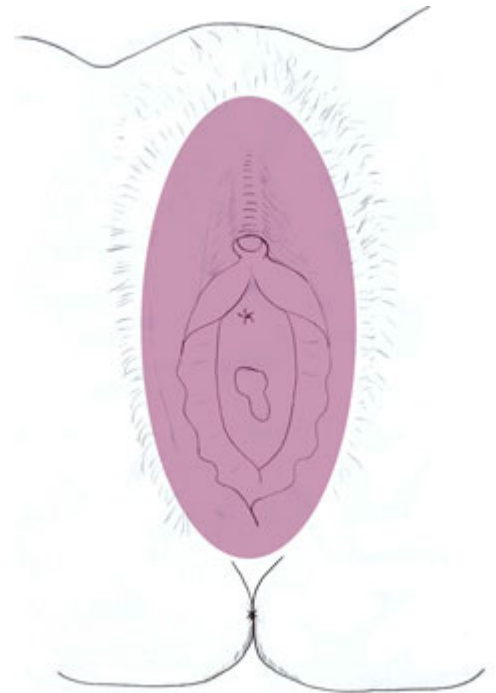
~ Sexual Exploration of Female Genitals ~

Some tips to consider:

- The skin on the vulva is incredibly sensitive. Harder strokes cause more pain than pleasure. You may like to start slowly and very lightly at first, with pressure that is sufficient enough just to move the skin back and forth.
- Some women enjoy having the same pressure and same strokes all the way through. Others can become disinterested with a particular sensation and need constant change in pressure, strokes and speed. Experimentation is the only way to find out!
- Many women enjoy having multiple areas stimulated at once. For example: having the clitoral hood massaged whilst the inner labia are pulled or spread. For now, just start with each distinct part.

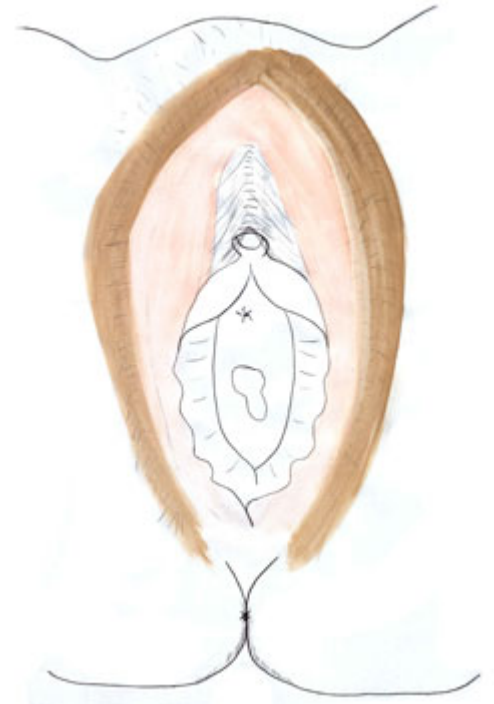
The Vulva as a Whole

I like this area:	Rating
Hand placed and rested over this area	
Stroked upward with whole hand, hands alternating	
Circular motions with hand	
Up & down motions	
Side to side motions	
Tapped with hand	
Slapped	



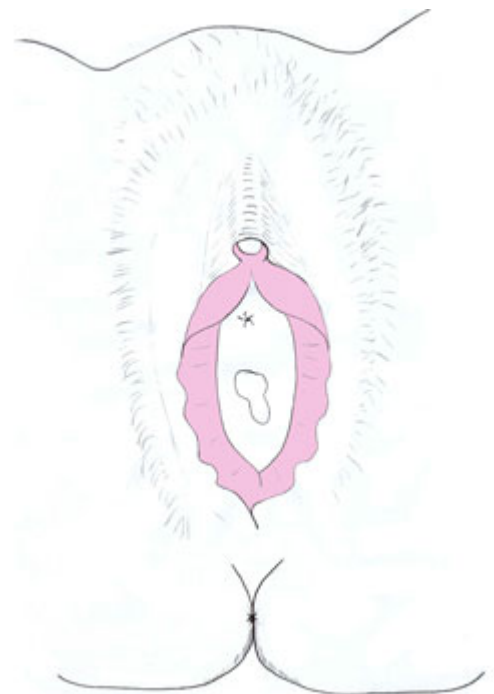
The Outer Lips (Labia Majora)

I like this area:	Outer	Inner
Licked/stroked upward		
Licked/stroked outward		
Pinched		
Squeezed between the fingers & stroked upwards		
Sucked		
Tapped with fingers		
Pulled/stretched		
Run across with fingernails		
Bitten		
Vibrated		
Preferred side?		



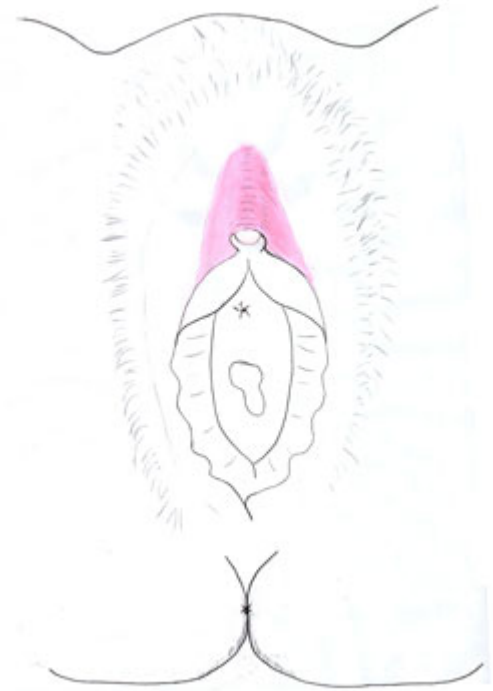
The Inner Lips (Labia Minora)

I like this area:	Outer	Inner
Licked/stroked (upward motions)		
Licked/stroked (outward motions)		
Pulled		
Sucked		
Kneaded between fingers		
Bitten		
Run across with fingernails		
Tapped		
Tapped with fingernails		
Vibrated		
Pinched		
Preferred side		



Clitoral Hood

I like this area:	
Stroked up & down	
Squeezed	
Pinched	
Licked	
Sucked	
Pulled, stretched upward	
Finger walking motion with hood in between	
Twisted between the fingers	
Vibrated	
Gripped and circled	
Circular massage	



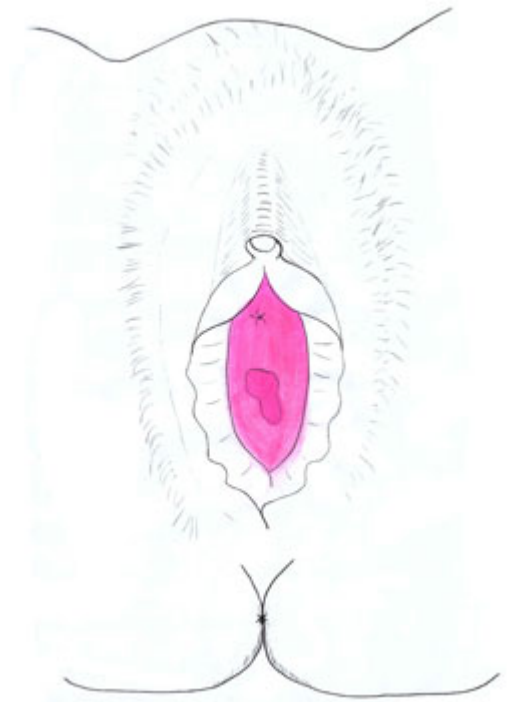
Some techniques you may like to try:

- Resting the tips of your index & middle finger on either side of the clitoral hood,
 - Try light squeezes.
 - Move your fingers simultaneously up and down along the clitoral hood.
 - Do a walking motion with your fingers, lightly squeezing the clitoral hood.
 - Grip the clitoral hood and try circular motions. Then up & down and side to side.
- Using a clitoral vibrator,
 - Place the vibrator along the very left hand side of the clitoral hood and slowly move it toward the center (above the glans, the glans may be too sensitive for a vibrator).
 - Try this motion at a faster pace.
 - Repeat on the other side.
 - Firmly hold the clitoral vibrator against one side of the clitoral hood for as long as it feels good. Then the other side.



Vestibule & Vaginal Opening

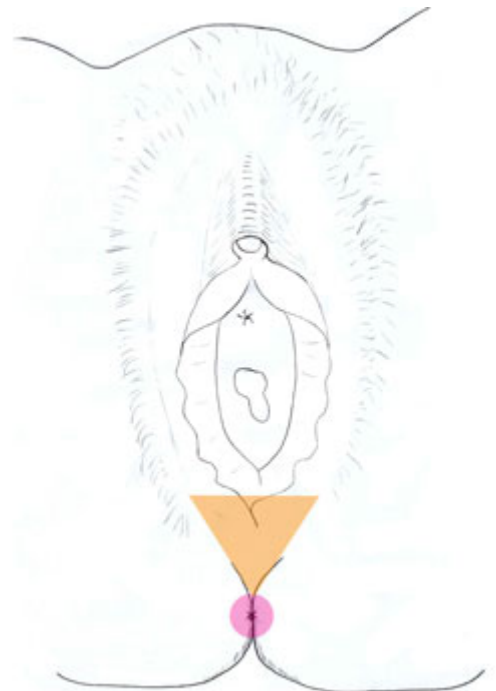
I like this area:	Vestibule	Opening
Touched		
Tapped		
Stroked using circular motions		
Stroked using outward motions		
Finger(s) inserted?	N/A	
Tapped with fingernails		
Vibrated		
Licked		
Tongue inserted?	N/A	



Perineum & Anal Opening

Some women enjoy these areas being stimulated along with other parts of the vulva. To avoid bacterial infection, remember to wash your hands after touching the anal area before heading back to the vaginal area.

I like this area:	Perineum	Opening
Caressed/massaged		
Licked		
Tapped		
Scratched		
Vibrated		
Plug/vibrator inserted	N/A	
Finger(s) inserted	N/A	

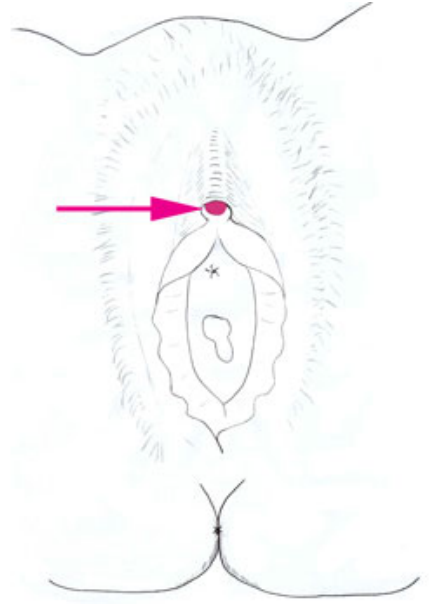


Clitoral Glans

The glans is located under the clitoral hood. You may need to stretch the hood upward to expose the glans. The glans is the most sensitive part, so use **copious amounts of lubrication**. Only play with the glans once you're sufficiently aroused.

For some women, this area may be too sensitive for any direct stimulation.

What I like on this area:	Glans
Long strokes	
Short strokes	
Circular motions	
This area is too sensitive for touch	



Notes:

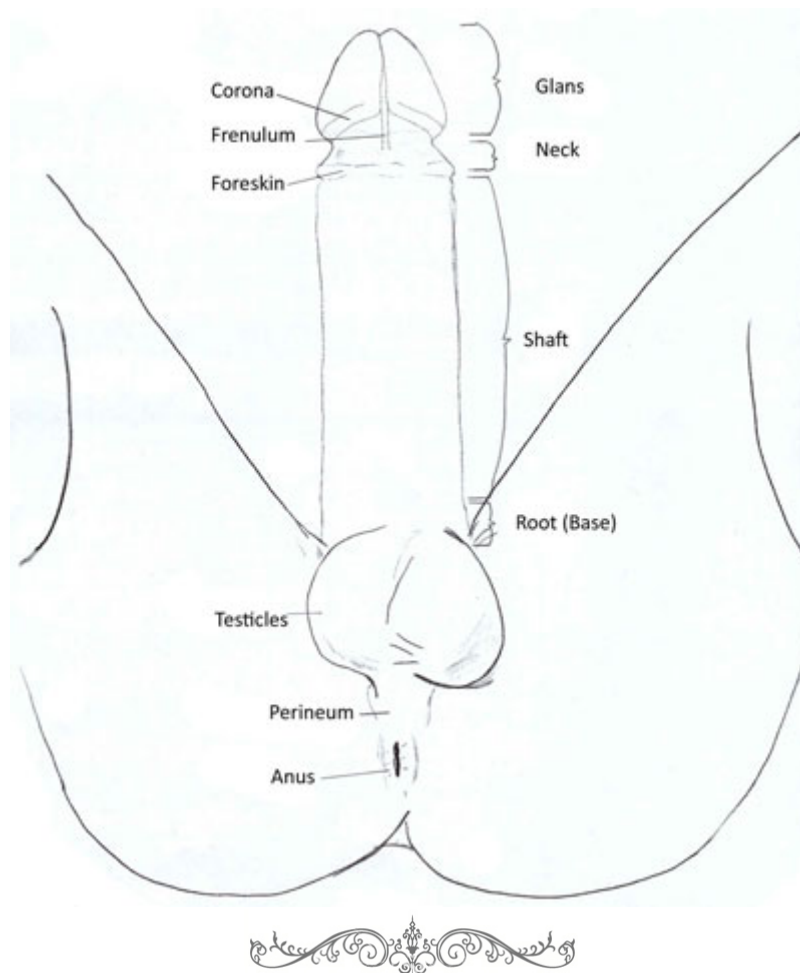


~ Sexual Exploration of Male Genitals ~

My Preferences During a Handjob

Preference:	Yes/No/1-10
Lubricated	
Unlubricated	
Firmness of grasp	
Moving the whole foreskin up and down without gliding hand/fingers over the glans	
Gliding hand/fingers over the shaft and glans	
Foreskin pulled taut	
Intermittent shaft squeezes	
Intermittent rub of the glans	
Using the pinkie finger to jiggle the testicles on upward strokes	
Gliding the index finger over the frenulum during strokes	
Having testicles massaged, stroked, licked, pulled	
How long do you prefer stroking after ejaculation?	
Anal play (massaging, tapping the opening, insertion of finger/plug)	
Massaging perineum	
Kissing neck, chest, nipples	

On the following diagram, draw the approximate location of your grasp during masturbation:



My Likes/Desires During a Sensual Genital Massage (with or without an erection/ejaculation)

Think about things you'd like to experience during a sensual erotic massage from your partner.
Note, this is not a handjob; rather it's just experiencing some nice sensations.

Penis Massage

This sounds nice to me:	Yes	No
Twisting the shaft with both hands (like a <u>gentle</u> Indian burn).		
Upward strokes while holding the base.		
Downward strokes while holding the base (erection needed for this one).		
Palm over the glans with fingers dangling over the shaft, massaging up & down		
Palm over the glans & circular motions.		
Middle and index finger around the neck, twisting		
Penis lying flat against the mons. Hand repeatedly gliding over penis in upward motions.		
Hidden penis area beneath the root and behind the balls being massaged (gently & carefully) between the testicles.		

Testicle & Perineum Massage

This sounds pleasant to me:	Yes	No
Gentle upward strokes from perineum to base of penis/tip of shaft, using palm side of alternating hands.		
Having my scrotum pulled/stretched.		
Having the balls inside my scrotum gently massaged/caressed.		
Having the skin (between the scrotum and thighs) stroked/massaged.		
Licking/sucking of testicles.		
Having my scrotum lightly pinched all over.		
Having my perineum stroked, massaged, caressed, licked, tickled, rubbed, tapped with fingers, scratched with back of fingernails.		
Having a vibrator run along my testicles, perineum.		

