

Body Exploration: Discovering Pleasure

Purpose

- These worksheets are designed to help you connect with your body and explore what types of touch feel good or not.
- There are no right or wrong answers - just your own experience.
- Note that step three has different versions - one version for people with a penis, one for people with vulvas and one general version for everyone.

Getting Started

- Try to find a quiet time where you feel calm, safe and relaxed and have no distractions to complete this, otherwise you may not get as much from them.
- Try to allow yourself around 30 minutes to complete this exercise.
- Work through the steps in order. You can complete each step as many times as you wish until you feel comfortable before moving to the next step.
- Feel free to use the record sheet included in this pack to note down what you discover. There are also some reflection questions you may want to consider when working through each step.

Step One

We recommend doing this step in the bath or shower.

- Once comfortable, start by taking some slow, deep breaths.
- Check in with yourself - how are you feeling?
- Acknowledge any emotions, thoughts or physical sensations that might be around without trying to analyse or make sense of them.
- When you are ready, start to focus on different parts of your body and how they feel.
- Notice the temperature of the water, and how it feels on different parts of your body.
- Slowly move your attention to your head and gradually shift your focus to your face, neck and shoulders. Continue to slowly move the focus over the chest, tummy, back, pelvis, genitals, bum, thoughts, calves and feet. Note any sensations you are aware of as you go and try to really take your time.
- Now, as you begin to wash yourself, notice how the sponge of your hands feel against your skin, notice the soap, how the water falls over your body and pay attention to the sounds and smells.
- Start to experiment with different types of strokes e.g. firm, light, rotating, rubbing. What feels good?
- When you are ready, carefully dry yourself. Again continue to experiment with motion and pressure whilst doing so, see what your skin prefers.

Step Two

Once you have gotten comfortable with Step 1, you can start to add in step 2.

- Use an oil or moisturiser to help you connect with your body and touch again.
- Start by rubbing the cream or oil over your shoulders. What kind of stroke or pressure feels good?
- Slowly move down the arms, rubbing and stroking until you reach your hands. Again, try different types of touch and see what feels best - firm or leisurely, gentle strokes?
- When you are ready, rub cream or oil onto your chest and start to explore touching your nipples and breast area. Do you notice any changes? Are your nipples soft or hard? Do you notice any sensitivity? Experiment to find what works best for you.
- Slowly move down to your stomach. Continue to rub and stroke and try different ways of massaging yourself.
- Start to run your hands over your pubic area, noting the feel of any hair you have there. What is the texture like? Is it soft or wiry?
- Now slowly start to feel your genitals. Notice what it feels like. If you start to feel aroused, that's OK, just continue. If you feel uncomfortable try to just notice the thoughts and feelings without trying to analyse them in anyway.
- Slowly explore the different areas of your genitals, how does the skin feel, do different areas have different textures?
- This exercise is more about exploration than becoming aroused, but if this happens that is fine - just notice what that feels like.
- When you're ready, explore the rest of your body, your hips, thoughts, legs and finally feet and toes.
- Afterwards, just note what thoughts crossed your mind whilst doing the exercise and if/what feelings arose? What did you learn?

Step Three: For people with a penis

You may already be familiar with your penis and may have been masturbating from a young age. Masturbation tends to be about getting an erection and ejaculating. This step is about experiencing all of your body as sexually responsive. Note how you touch yourself and what the part that is being touched feels. Having an orgasm is not the aim of this exercise, but if you want to let yourself have one, that's OK.

- Lie down on the bed, or somewhere else quiet and comfortable
- You may like to close your eyes and really focus on your senses.
- Take some time to explore your body as you did in steps 1 & 2.
- When you are ready, slowly move down to touch your genitals. Touch your lower abdomen and inner thighs. Be aware of temperature, texture and colour.
- Hold your penis in your hands. Notice the colour and shape.
- If you are uncircumcised, gently ease the foreskin back to reveal the top of your penis (the glans).
- Note its smoothness and sensitivity. Run your hands over the scrotum and gently feel each testicle. Notice the size and shape.
- Move down to feel the perineum (the skin between the scrotum and anus).
- After exploring touch here, switch your focus back to your penis and experiment with different types of touch e.g. soft strokes, firmer holding, varying speed.
- Notice which parts are sensitive.
- You may wish to touch other parts of your body at the same time.
- If you become aroused, use this as an opportunity to note the changes between your flaccid state and aroused state.
- You may notice changes in the skin of your scrotum e.g. it may feel tougher and look 'leathery'. Your testicles may change position and rise up into the scrotal sac and your penis will lengthen and thicken as it becomes erect.
- Notice that the veins may become more obvious and the penis may darken in colour, although this may vary depending on skin colour.
- Think about the types of touch that resulted in you getting an erection and what you do to keep yourself aroused.

Step Three: For people with a vulva

You already be familiar with your vulva and may have been masturbating from a young age. Masturbation tends to be about achieving an orgasm. This step is about experiencing all of your body as sexually responsive. Note how you touch yourself and what the part that is being touched feels. Having an orgasm is not the aim of this exercise, but if you want to let yourself have one, that's OK.

- Lie down on the bed, or somewhere else quiet and comfortable
- You may like to close your eyes and really focus on your senses.
- Take some time to explore your body as you did in steps 1 & 2.
- When you are ready, slowly move down to touch your genitals. Touch your lower abdomen and inner thighs. Be aware of temperature, texture and colour.
- Start to touch and stroke your vulva, exploring the outer lips (labia majora), the inner lips (labia minora) and clitoris.
- Notice how the skin feels and the sensations of touch.
- While exploring the clitoris, you may like to pull back the clitoral hood and touch it directly, however, some may find this too intense and prefer non-direct stimulation. Try both and see what feels best.
- Try experimenting with a light touch and gradually increase the pressure.
- You may want try rubbing up and down, side to side or in a circular motion.
- If these feel too intense or sensitive, you can try using the palm of your hand instead, or very gently brush your fingers over the area.
- You may wish to touch other parts of your body at the same time.
- If you become aroused, use this as an opportunity to note any changes. You may notice that the clitoris becomes larger, the labia may swell and darken in colour and you may notice that you become wet as you vaginal walls produce lubrication.
- Think about the types of touch that resulted in you getting aroused and what you do to keep yourself aroused.

Step Three: For Everyone

You already be familiar with your genitals and may have been masturbating from a young age. Masturbation tends to be about achieving an orgasm. This step is about experiencing all of your body as sexually responsive. Note how you touch yourself and what the part that is being touched feels. Having an orgasm is not the aim of this exercise, but if you want to let yourself have one, that's OK.

- Lie down on the bed, or somewhere else quiet and comfortable
- You may like to close your eyes and really focus on your senses.
- Take some time to explore your body as you did in steps 1 & 2.
- When you are ready, slowly move down to touch your genitals. Touch your lower abdomen and inner thighs. Be aware of temperature, texture and colour.
- Start to touch and stroke your genitals, exploring the different areas.
- Notice the sensations of touch, perhaps the feel of pubic hair or the feel of touch on your skin.
- Try experimenting with different touch e.g. light strokes, firm rubbing.
- You may want try exploring touch with your fingers or using your to the palm of your hand.
- You may wish to touch other parts of your body at the same time.
- Take your time to explore the different areas of your genitals.
- If you become aroused, use this as an opportunity to note any changes e.g. in the colour and firmness of your skin, perhaps a feeling of warmth in the area.
- Think about the types of touch that resulted in you getting aroused and what you do to keep yourself aroused.

Map your pleasure & awareness

<i>Body Area</i>	<i>My Response (e.g. feels really good, relaxing, neutral, dislike)</i>	<i>Notes/What did I notice (e.g. preferred soft touch)</i>
Scalp/Hair		
Ears		
Neck		
Shoulders/Upper Back		
Arms/Hands		
Chest/Breasts/Nipples		
Stomach		
Lower Back		
Thighs (Inner/Outer)		
Genitals		
Buttocks		
Lower legs/calves		
Feet/Toes		

Reflection Questions

1. Was there anything that surprised you when doing this exercise?
2. Were there parts of your body that you avoided touching? Why?
3. Is there a type of touch that you have a preference for (soft, firm, fast, slow)?
4. Did you notice any emotions during the exercise?
5. Is there anything else you have learnt by completing this exercise?