

# GETTING THE TOUCH YOU WANT

When it comes to receiving touch, we all like and dislike different things - and to get more of the touch you really want, it is essential to get real about your **Pleasures & Aversions**, start **Getting Specific** about what you like and flex your **Erotic Communication** skills.

## **Ask yourself these questions:**

- Consider the whole range of comforting, affectionate, sensual and erotic touch - **what kinds of touch do you know you enjoy?**
- Look around your home, your wardrobe & your hobbies - what are the textures you enjoy? **What kinds of sensory stimulation do you seek?**
- What are your Squicks & Icks - the textures & sensory experiences that disgust or repulse you?
- What kinds of touch or sensation do you feel curious about or crave?

When you ask yourself these questions, **listen for an internal response.**

What words, thoughts and memories arise? What do you feel and know is true for you?

Start noticing your experience of pleasure & aversion throughout your days. As you get ideas about your known likes, icks and cravings, track them here.

## **Asking For What You Want**

First, start giving yourself more of what you want and minimizing or eliminating whatever sources of ick you can in your life.

Then, explore getting more specific in asking for what you want & giving feedback to find Just Right.

Use the Communication worksheets to explore making more specific requests & offering generous feedback.

**ENJOYABLE  
TOUCH & TEXTURES**

**SQUICKS, ICKS  
& DISLIKES**

**CURIOSITIES, CRAVINGS  
& YEARNINGS**

### Full Body Pleasure Mapping

- First, sketch an outline of your body, front and back. It doesn't have to be accurate, just representative.
- Next, shade in areas **where** you know you like receiving touch.
- Make notes about any specifics, such as **how** or **when you enjoy** touch
- Add a ? to any areas you might be curious or open to trying new kinds of stimulation!
- Have a conversation with your lover(s), with or without the worksheet in hand, to share your specific preferences and desires!

Here are 5 Touch Games to develop your ability to give and receive erotic touch, communicate about specificity and experience more pleasurable, satisfying touch.

## The "3 Minute Game":

- Decide who will be Giving & who will be Receiving
- Set a timer for 1,3 or 10 minutes
- Make a very specific request - use the Requests worksheet to help you get more specific.
- Examples:
  - "Will you please stroke my hair softly?"
  - "I would love you to scratch my back"
- Agree or Negotiate to a Mutual Yes
- Start the timer & Focus on the touch alone - just Giving, just Receiving
- After the exchange, give feedback - use the Feedback worksheet to help guide the conversation if needed.
- For more on this classic touch game from the Body Electric lineage, go to <https://www.pleasuremechanics.com/3>

## Say When

- Focus on one kind of touch at a time, such as a single glide down the back.
- Gradually increase pressure, speed or intensity and ask your partner to "say when" or give a thumbs up when it feels **Just Right**
- Focus on that stroke for a few moments and remember what works, over time you will build a personalized sense of preferences and pleasures!

## This or That

- Focus on one area of the body at a time, such as the shoulders or feet.
- Offer two different versions of a stroke, switching back and forth a few times saying "this" or "that" and have your partner choose which stroke feels best!
- Two versions might compare speed, pressure, intensity or any other variation!
- Explore a the winning stroke for a few moments, and then add a new option!
- Explore your preferences and ranges of enjoyment!

## Like This:

- Place your hand on top of your partner's and guide them for your own pleasure.
- Guide their hands into the speed, pressure and location of the touch you most crave.
- Guide your partner's hands as if they were your very own pleasure tool!
- While your hands are being guided, relax your hands and allow your partner to guide.

## Show & Tell:

- Show, with your own hands, how you want to be touched.
- Tell them, with your words, exactly how you like it.
- Then allow your partner to try to recreate their own version of that touch. Use your hands and words to make microadjustments.

## Expressing Pleasure

- Yes
- Right There
- Keep Doing That
- That feels amazing
- I love it when you do that
- You are so good to me
- You are doing such a good job

## Asking For More

- Harder, please
- Can you do that a little deeper?
- Don't hold back
- Keep adding pressure until I say "when"

## Asking For Less

- Just a little slower, please
- Softer, sweetheart.
- Ease up baby, there's no rush

## Taking A Break

- Will you just hold still for a minute?
- Come and be with me
- Can you grab me some water please?

## Gratitude & Praise

- I loved it when you...
- That moment when you were.... I felt...
- Thank You
- It felt so good when you....

## Non-Verbal Feedback

- Start by making sound on the exhale when something feels good.
- Use sighs, moans & groans to communicate a lot without words
- Use hand gestures to communicate "more" "less" and "slow down" - just like helping a friend parallel park, discover how much hands can communicate!

## How Do You Enjoy Being Touched?

- Are there any parts of your body that especially love to be touched?
- Are there any parts of your body where receiving touch is more challenging?
- Are there specific types or qualities of touch you love and crave?
- Are there specific types or qualities of touch you don't like at all?
- When you are stressed out, what kind of touch feels comforting?
- What kinds of touch help you feel most loved?

## Asking For Touch

Use these prompts & word lists to get you started in your own style of authentic asks

- Will you please \_\_\_\_\_ my \_\_\_\_\_ for a few minutes?
- I would love it if you would \_\_\_\_\_ my \_\_\_\_\_
- It would feel great if you \_\_\_\_\_ my \_\_\_\_\_
- Are you up for \_\_\_\_\_ my \_\_\_\_\_ for a few minutes?
- Are you willing to \_\_\_\_\_ my \_\_\_\_\_ a little bit?
- All day I couldn't stop thinking about how good it feels when you...
- I want you to {verb} my {body part}, {adverb}
  - I want you to nibble my neck, slowly and deeply
  - I want you to hold me, firmly

## Giving Feedback:

- I loved it when you \_\_\_\_\_ my \_\_\_\_\_.
- I noticed when you \_\_\_\_\_ I felt \_\_\_\_\_.
- I would have loved even more \_\_\_\_\_.
- Thank you so much for \_\_\_\_\_, it made me excited to explore \_\_\_\_\_ together.
- I wasn't as into \_\_\_\_\_ as I expected to be, but thanks for trying
- I found myself craving way more \_\_\_\_\_, would you be up for that?

### {verb}

- |                                  |                                      |
|----------------------------------|--------------------------------------|
| <input type="checkbox"/> Hold    | <input type="checkbox"/> Press       |
| <input type="checkbox"/> Stroke  | <input type="checkbox"/> Tickle      |
| <input type="checkbox"/> Knead   | <input type="checkbox"/> Glide Along |
| <input type="checkbox"/> Spank   | <input type="checkbox"/> Vibrate     |
| <input type="checkbox"/> Scratch | <input type="checkbox"/> _____       |

### {body part}

- |                                  |                               |
|----------------------------------|-------------------------------|
| <input type="checkbox"/> Face    | <input type="checkbox"/> Back |
| <input type="checkbox"/> Neck    | <input type="checkbox"/> Arms |
| <input type="checkbox"/> Chest   | <input type="checkbox"/> Butt |
| <input type="checkbox"/> Nipples | <input type="checkbox"/> Legs |
| <input type="checkbox"/> Belly   | <input type="checkbox"/> Feet |

### {adverb}

- |                                   |                                     |
|-----------------------------------|-------------------------------------|
| <input type="checkbox"/> Slowly   | <input type="checkbox"/> Firmly     |
| <input type="checkbox"/> Gently   | <input type="checkbox"/> Lightly    |
| <input type="checkbox"/> Roughly  | <input type="checkbox"/> Eagerly    |
| <input type="checkbox"/> Deeply   | <input type="checkbox"/> Forcefully |
| <input type="checkbox"/> Tenderly | <input type="checkbox"/> _____      |