

# Exercise: Touch

**Learn where you like to be touched.**

You can try this by yourself first, then do it with your partner if you are in a relationship.

- • Create a calm, relaxing space for yourself (make sure you're alone, it's quiet or your favorite music is playing, maybe light some candles)
- • Sit or lay down (on your bed or on your couch or a comfy chair), close your eyes, and begin to take deep breathes
- • Use your hands/fingertips to gently brush against different parts of your body. Your arms, your neck, your face, your legs, your stomach.
- • After touching various places with a light touch, switch to a more firm grip or squeeze, and see how you like a tighter or more "forceful" touch. It can feel good to go back and forth between the two types of touch, and certain parts of your body may prefer one over the other
- • If you feel comfortable, begin touching areas that you typically connect with sexual arousal (breasts and vulva for those that have them), and see what types of touch you enjoy in those areas
- Remember to continue to breathe throughout this exercise, and let thoughts come and go without judgement