

Sensate Focus Journal

Taking Note of Your Response to Non-Demand Sexual Pleasure!

Adapted from the Wiley Adult Psychotherapy Homework Planner

Taking Note of Your Response to Non-Demand Exploration!

GOALS OF THE EXERCISE

- Experience decreased inhibition and performance anxiety and increased sexual arousal and sexual pleasure.
- Increase the desire for and enjoyment of sexual activity.
- Learn body awareness.
- Properly communicate your needs with your partner(s).
- Increase your confidence when engaging in intimacy with others.

THIS JOURNAL IS USEFUL FOR THE FOLLOWING ISSUES RELATED TO INTIMACY

- Medical Issues
- Individual Issues
- Partner and Relationship Problems
- Lifestyle Stressors
- Sociocultural Influences
- Mixed/Unknown Causes

Overview

This journal exercise is designed to help you process your thoughts and feelings regarding non-demand sexual pleasure. It is to help you become aware of your needs, likes and dislikes while also communicating or conveying them to your partner(s). While this exercise is in a format that targets couples, it can still be used by individuals who are trying to discover themselves first before bringing in a partner.

An Overview of the Sensate Focus

What is Sensate Focus

A series of structured touching and discovery suggestions that provides opportunities for experiencing your own and your partner's bodies in a non-demand, exploratory way without having to read each other's minds (Weiner & Avery-Clark, 2017, pg. 8)

Stage One: Non-Genital Touching

The person touching has contact with all of the partner's body, front and back, avoiding breasts, chest, and genitals (and any other part of the partner's body that, to the couple, represents something sexual).

Stage Two: Genital and Breast Touching

When both partners are able to touch for their own interest and bring themselves back from distraction with breasts, chest, and genitals off limits, the breasts, chest, and genitals are added into the touch.

Stage Three: Adding Lubricants

One of the ways to enhance sensory awareness is to alter the medium of touch. Adding lotion, oil, or gels creates a slicker, silkier dimension.

Stage Four: Mutual Touching

When partners can touch for their own interest, focus on sensations and bring themselves back from distractions when breasts, chest, and genitals are added, the couple moves on to include mutual touching.

Stage Five: SENSUAL Intercourse

Genital to genital touching in the "astride position" without insertion, with insertion and options for release.

Preliminary Rules

Suggestions that make it less likely that there will be distractions, and that make it more likely that the touching sessions will go well.

Complete each level of the hierarchy before proceeding onto the next one. Also include all of the previous levels in each of the subsequent touching sessions.

Have your touching sessions in any way that makes you feel as safe & comfortable as possible. For some, this may be the bedroom while for others, it is another place.

Set aside some unpressured time together before the touching sessions begin.

Allow the sessions to happen spontaneously but no less often than every 48- 72 hours.

The person touching should do so long enough to get over initial discomfort and to practice engaging the senses. Typically 5-15 minutes per person.

Alternate between who goes 1st when initiating and use the phrase "I would like to do a touching session now" to obtain full consent and practice communication.

Talk about anxieties only before and after the session. During, practice mindful focus.

Journal Prompt

All stages can be done as many times as possible. I recommend printing the journal prompt out and then printing out extra pages for each stage as needed.

Stage: _____ Date(s) implemented: _____

Describe your thoughts and feelings before the exercise began.

Toward the exercise:

Toward your partner:

Describe your thoughts and feelings during the exercise.

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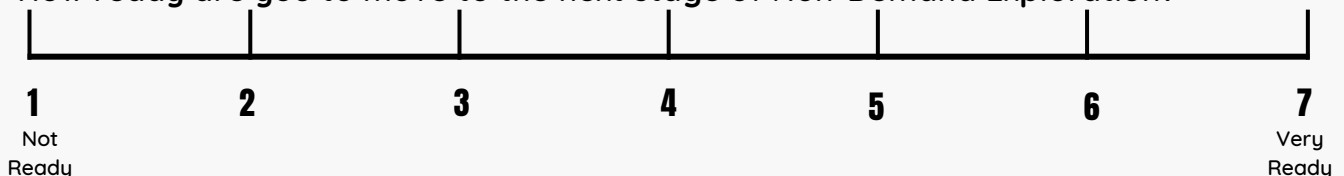
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What would have made the exercise experience better?

Did you find yourself spectating? If so, what do you think would help next time?

Did you experience any arousal during the session? Write a summary about it.

How ready are you to move to the next stage of Non-Demand Exploration?



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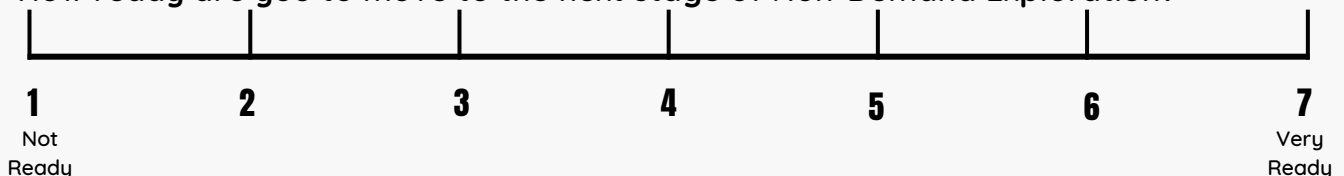
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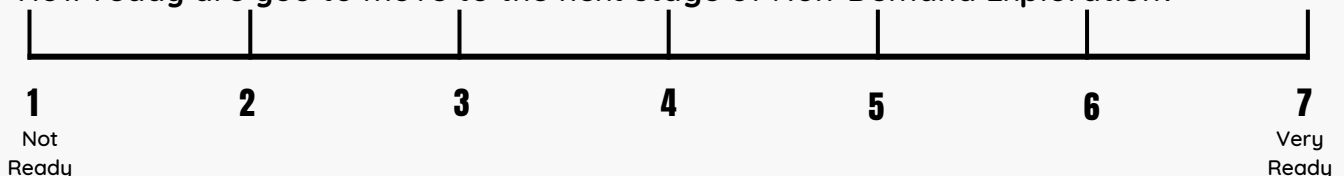
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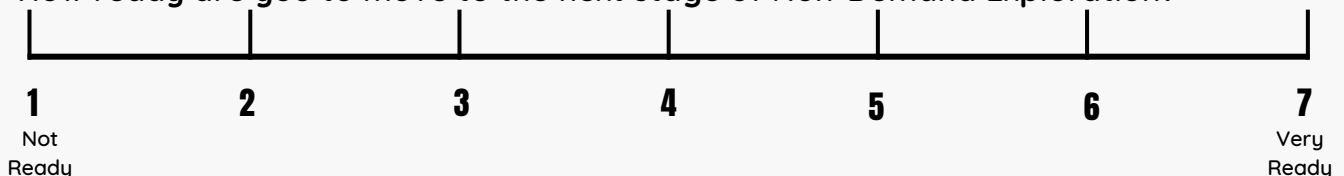
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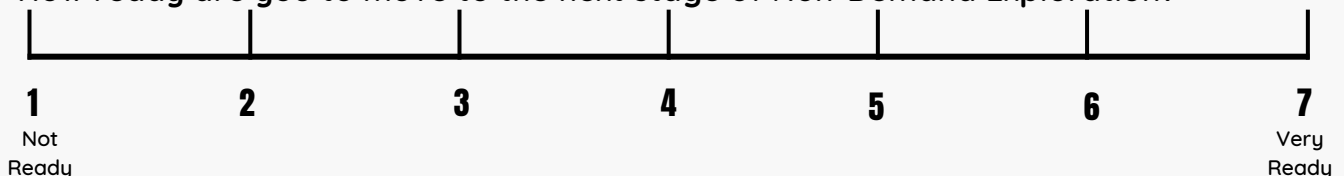
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You made
it!

Thank you!

I hope that this journal has helped you in
some way.

xoxo, Nijeria Jones

Certified Sexologist, Love, and Relationship Coach