

GROWING HUSBAND AND WIFE PHYSICAL INTIMACY

SUGGESTED GUIDELINES

- Move through each stage of Physical Touch in order, over a week to two week period as your schedule allows. Make appointments with each other if necessary to ensure follow through.
- After completing all five stages, jointly make a life time commitment to continually work on growing your physical intimacy through physical touch.
- Healthy Physical Intimacy means both spouses can say “no” or “stop” for any reason and they trust their partner will honor their request.
- If health issues are a concern or limiting, practice the stages that work for your life stage.
- Please consider seeking professional counseling or visit with your personal physician if you find it difficult to successfully complete these exercises.

1. INNOCENT TOUCH

- Go for a long walk holding hands or arm in arm. No electronic devices.
- Or sit on the couch cuddling for 30-40 minutes. All electronics off except music if desired.
- Or find a corner spot in your favorite diner and sit as close as you can, appropriate for public but as if you are the only two present. All electronics off.
- Or in bed, night attire on, cuddle in a spooning position for 30 – 40 minutes. All electronics off except for music if desired.
- Or, do all four as time allows!

5 Things Verbal Exercise options while enjoying Innocent Touch (Take turns)

- 5 things you are grateful for in your life
- 5 things you love about your partner
- 5 things you would love to do with your partner in your lifetime or this year or you pick the time frame.
- Be creative on your own “5 Things”

Extra Verbal Exercise options while enjoying Innocent Touch (Only after having success with 5 Things)

- How do you feel about us today?
- Is there anything or anyplace in your life where you currently feel incomplete that you would like to talk about?
- How can I make you feel more loved in the coming days?

- What would you like to change about our bedroom routine?
- Agree to ask each other to pause if the questions are uncomfortable or too probing at the time.
- Before the end of the day and going to sleep, pray with each other, thanking God for your growing intimate relationship.

2. SOUL TOUCH

- Face each other in a seated position knees touching and hold eye contact for 3-5 minutes. You are allowed to blink. You may feel awkward for the first 1-2 minutes. No talking. If you like, synchronize the cadence of your breathing. If silence is unbearable, choose a 4-5 minute song and commit to holding eye contact for the duration of the song.
- Face each other, lying or sitting and gently touch foreheads together. Position chins slightly down so your noses are not quite touching. Keep eye contact while breathing in synch with your partners. When breathing is in Sync, simultaneously take 7 deep breaths. Repeat exercise with palms of both hands gently touching your spouse's. Conclude exercise by cuddling your spouse and sharing one or two of their godly traits and then physical characteristic you admire and or enjoy.
- Before the end of the day and going to sleep, pray with each other, thanking God for your growing intimate relationship.

3. SENSUAL TOUCH

- Kiss, Kiss, Kiss: Kiss slowly and gently for a minimum of 5 minutes. Cup your partners face in your hands. Gentle kissing increases feelings of tenderness and feelings of arousal. Kissing reduces anxiety and relaxes us to enjoy more intimate sexual touching.
- Let's Touch: The purpose of this exercise is to give and receive non-genital touch without sex and to focus on the sensation of touching and being touched. Plan for two 30 to 45 minute sessions so each partner may experience touch as both a giver and a receiver. I suggest not doing the exercises back-to-back on the same day or night so both the giver and receiver can fully focus on enjoying giving and receiving.
- Ideally the receiver is fully undressed. Undergarments may remain on if emotionally necessary. The partner to receive touch first lies down on the bed,

face down, turning over on their back half way through the thirty to forty- five-minute encounter. The giver is to take his/her time and gently touch their partner while avoiding any body part that would arouse your spouse. The giver may touch, rub, massage, stroke, caress or simply hold an area of his partner's body, utilizing varying degrees of pressure over varying lengths of the body. The object is not to give a massage. The object is to experience touch in many different ways, while being creative and loving in the process. The giver may use massage oil, lotions or powders. Always gently direct the movement away from displeasure and/or toward more pleasurable areas. The giver may ask their spouse for feedback, asking for, or showing, your spouse what feels good or not so good is an important part of a loving sexual relationship. As you go through this exercise you will want to relax, breathe deeply and be present in the moment with your spouse. When the giver determines by the clock that the exercise time is over, spend a few minutes lying in bed together. Avoid the urge to process the experience at this time, but acknowledging love and intimacy at this moment can be extremely comforting to both.

- Before the end of the day and going to sleep, pray with each other, thanking God for your growing intimate relationship.

4. "NAKED AND UNASHAMED" TOUCH

- The primary purpose of this exercise is to give each other pleasure by bringing each other to orgasm without having intercourse.
- The secondary purpose is to learn or relearn the art of foreplay. Foreplay is a very important part of physical intimacy. It is the opportunity to feel sought after, desired and pleased by your partner. Couples who skip foreplay are doing their relationship a disservice because you miss out on the opportunity to learn what you like sexually and to tell your partner what you desire or don't desire in your sexual relationship. Foreplay includes Innocent, Soul and Sensual Touch. Oral or manual stimulation are foreplay options.
- Practice Innocent, Soul and Sensual Touch in your own creative ways throughout the day knowing you are going to the next level in your intimacy at an appointed time on that day or evening.
- Go one at a time, receiver only receiving and giver only giving. Take your time focusing on giving to and receiving pleasure, affection and love from your spouse. After successfully giving your spouse pleasure, cuddle for a few minutes expressing gratitude for each other and savoring the closeness. Reverse roles and repeat the exercise.
- After enjoying "Naked and Unashamed Touch", cuddle. Mutually decide when you are going to give feedback to your partner about your experience, at that moment or an appointed time. Do not miss the feedback step.

- Regardless of when you choose to give feedback, close by praying with each other, thanking God for your growing intimate relationship.

5. “KNOWING” TOUCH

- “Adam knew his wife and she conceived.” Genesis 4:1
- Creatively and intentionally practice Innocent, Soul and Sensual Touch throughout the day knowing you are freely giving of yourself to each other before the day is over.
- I think you can figure it out from here!
- Before the end of the day and going to sleep, pray with each other, thanking God for your growing intimate relationship.