

FOREPLAY MENU

EDITION

Our Mission

Is to take foreplay outside the bedroom. We invite you to discover, create and weave erotic moment into the fabric of your daily life with your partner. Follow the flow of this menu or pick, choose and combine whatever ideas feel right at the moment. Engage with at least two per week.

Get to know yourself *you are erotic*

Like getting ready for a night out, put yourself in the mood and get to know yourself better by discovering the sensual and arousing parts of your body. This is your alone time of pleasure. Use your imagination and arouse yourself. Give yourself time without rushing to orgasm - this is about getting to know your erotic self.

Eye contact *talk without words*

Find a time in the day when you are both together, choose a quiet place. Use your eyes instead of words to express to each other yes, no and maybe - be playful, what else can you tell each other without words?

Touch *hands*

Make time to explore your partner's hands at unusual length - try touching with gentle pressure, get to know their hands and let them get to know yours.

Chat *get comfortable with being uncomfortable*

Talking about sex openly can feel uncomfortable yet it offers an opportunity to meet each other in a meaningful way - think of it as sharing gifts.

Use a die you can toss. Assign different topics to the numbers and toss it.

Use this example or create your own:

1. This is what can suddenly turn me on...
2. One of my fantasies is...
3. If we did not have intercourse, what might we get up to sexually instead...
4. Sex feels dangerous when...
5. I turn myself on when...
6. I find you most attractive when...

Touch *teasing without worrying about what's next*

When you feel ready, touch each other, over your clothes, in passing, on the way out or when coming back home, touch each other's genitals, breast, bums, tease and be gentle. Agree with each other that it is ok to arouse and be aroused without having to resolve it immediately - trust that you can be aroused and go about your day at the same time.

Ongoing exchanges

They may include kissing, cuddling, sensual massage, erotic touch, flirting, teasing, compliments and sexy messages. It's the playful banter, the knowing looks or the shared memories of previous intimate moments.

& remember

It is all about fun, pleasure and feeling alive.

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