Exercise 3

1.

Have couple discuss preferred touch: Soft Vs. Hard (rank preference)

* Back
* Neck
* Face
* Arms
* Legs
* Breasts/Chest
* Genitals

2.

* Make list of types of preferred foreplay and rank their order
* Lay in bed and cuddle
* Share Words of Appreciation
* Choose a #1 or #2 on your spouse’s Hugging/Kissing.
* Choose a #1 or #2 on your spouse’s Soft Touch list
* Choose a #1 or #2 on your spouse’s Sexual Touch list and do.
* Intercourse

Check list

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **1** | **2** | **3** | **4** |
| **Hugging/Kissing** |  |  |  |  |
| **Soft Touch** |  |  |  |  |
| **Sexual Touch**  |  |  |  |  |