

# Sensate Focus Practice Guide



## What Is Sensate Focus?

Sensate focus is a structured exercise designed to help partners reconnect through touch, awareness, and presence without pressure or expectations.

The goal is to focus on sensation rather than performance. Instead of asking *"Was this good?"* the focus becomes *"What am I noticing right now?"*

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## Mindset Before You Begin

Check in with the following:

- I will stay curious instead of judgmental
- I will focus on sensations rather than outcomes
- I will communicate if something feels uncomfortable
- I will allow the experience to unfold without pressure

There is no right or wrong way to feel.

## Setting the Environment

- Set aside 30 to 40 minutes
- Choose a private, comfortable space
- Minimize distractions
- Wear minimal or loose clothing for skin contact
- Optional: lotion or oil for later steps

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## Step 1: Non-Genital Touching

### Roles

One partner is the toucher and one is the receiver.

### Receiver

- Focus on physical sensations
- Notice temperature, texture, and pressure
- Do not touch back
- Speak up if anything feels uncomfortable

### Toucher

- Explore touch without trying to create a specific reaction
- Focus on your own sensory experience while touching

### Try Exploring

- Differences in skin texture across the body
- Touching with fingertips versus full hand
- Slow versus faster movements
- Light versus firmer pressure

### Reflection

- What sensations did you notice?
- Did your mind stay present or drift into evaluation?

Switch roles after about 15 to 20 minutes.

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## Step 2: Expanded Touch

Touch now includes the chest and genitals.

Continue to avoid intercourse, kissing, and goal-directed sexual activity.

### Add Hand-Riding

- The receiver places their hand over the toucher's hand to guide pressure, pace, or movement.
- This is not about taking control but about offering gentle, nonverbal feedback.

#### Reflection

- What felt different from Step 1?
- Was it difficult to stay focused on sensation rather than arousal?

## Step 3: Adding Lotion or Oil

Introduce lotion or oil to change the sensory experience.

### Try:

- Using one hand with lotion and one without
- Adding lotion partway through
- Noticing differences in glide and warmth

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## Step 4: Mutual Touching

Both partners touch and receive at the same time.

### Focus on:

- What you feel while touching
- What you feel while being touched

### Reflection

- Was it easy to stay aware of both experiences?
- Did you notice any shift in connection?

## Step 5: Sensual Intercourse (Optional)

Begin with full-body touch and gradually include genital contact.

### If moving toward intercourse:

- Start slowly
- Focus on contact and sensation
- Pause frequently
- Avoid rushing or goal-oriented movement

### Final Reflection

- What did you notice about your body?
- What felt new or unexpected?
- Did you feel more connected to your partner?