

HAND MASSAGE – An Exercise. From “*Sexual Intelligence*” by Dr. Marty Klein

This assignment takes 5 minutes. Decide who will be partner A & who will be partner B. It doesn't matter which is which, as both of you will have a turn.

Please do it when you have a bit of privacy & turn off your mobile phones, computers, radio & TV. Start by washing & drying your hands. Use some hand lotion – any brand is fine & each person needs to rub some lotion on their own hands, just to smooth out any rough spots.

A, take one of B's hands in yours. Rub that hand ***for your own pleasure and interest***. Perhaps you want to check out the fingernails or calluses or plump places. You may want to rub the hand vigorously or gently, or alternate. B, ***don't say or indicate anything*** – no sighs or faces or words of encouragement – unless it hurts or tickles. In that case, please say so, and if so, A should change what he/she is doing.

A, rub this hand for one minute. Look at it while you're doing so. After a minute, put this hand down, & take B's other hand. Rub this hand for one minute, this time doing it ***for B's pleasure and enjoyment***. B, at this time ***use words or sounds*** to let A know how you like what he or she is doing. Don't tell A what to do, just respond to what A is doing so that A knows whether to continue or change. A, change what you're doing to respond to B's feedback, while also rubbing her/his hand in the variety of ways that occur to you. After one minute, put this hand down.

Then switch and repeat the above. B, take one of A's hands and rub it ***according to your own interests***. After one minute, take A's other hand & rub it ***with the goal of giving her/him enjoyment***. Remember to look at the hand you're rubbing.

Afterwards, say a few words to each other about some aspect of your experience. If you both want to have a longer conversation, go ahead. At the very least, each say one thing that was interesting about this time together.