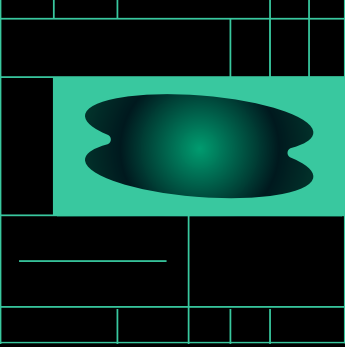
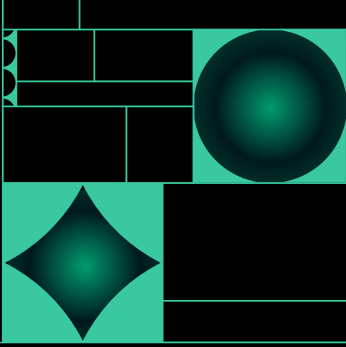




Try This: Four Kinds of Touch to Deepen Intimacy



Receive Touch, Passive

Close your eyes—or keep them open if you don't trust yourself not to fall asleep—and become a detective of sensation. Let your partner's touch roam your skin like a curious breeze—no agendas, no expectations. Feel the pressure: is it feather-light or more like a tight hug? Notice the texture—is it smooth, rough, warm, cool? Tune into the rhythm—steady, playful, or like a surprise drum solo. If your mind tries to sneak off to remember what you forgot at the store, gently bring it back to your breath and the magic of touch. What feelings are popping up? Delight, surprise, or maybe “Hey, that tickles!”

Receiving Touch, Active

Take the reins. Tell your partner where you want to be touched—maybe the tips of their fingers tracing your back, or a firm palm making you feel grounded. Feel free to throw in directions like “softer here,” “a bit firmer there,”. Stay tuned to your own responses and let yourself be the guide on this journey.

Giving Touch, Passive:

Time to play the co-pilot. Let your partner guide your hands like a GPS —where do they want to go? How much pressure do they like: a whisper or a squeeze? Notice their little sighs, smiles, or tiny shifts—they're giving you directions. Think of this as a treasure chase, discovering which places on their body sparkle more right now.

Giving Touch, Active:

Now it's your turn to play amateur scientist with your partner's body. With curiosity as your paintbrush, explore your partner's skin—soft strokes, gentle taps, or teasing flicks. Forget about 'doing it right' or 'aiming for pleasure' — just let your hands wander with wonder. Explore what feels good for you as you touch your partner. Notice the sensations of your hand on their skin, whether it's a soothing stroke or a light, curious touch. Let sensations be and go through you; there is no need to analyze them.

Respect Boundaries

Boundaries are essential for safety and comfort. If you already know there are “no-go” zones—places that are off-limits or just not your thing—it's totally okay (and helpful!) to mention them right from the start. That way, your partner can honor your boundaries without guessing. If during exercise a touch doesn't feel right, say so gently — “Let's try this instead,” or “Could you go a bit lighter/firmer?” You can even relocate a hand with kindness. This isn't about pushing limits; it's about mutual exploration, playful presence, and discovering each other's landscapes. No pressure, just curiosity.