

Self focus for men

Task 2



Information for patients Sex and Relationship Therapy

Introduction

This exercise is about exploring your body using touch. These tasks are designed to develop and strengthen your mind / body link.

How should I prepare?

You need to plan 45 minutes alone with no one else around. Try to relax and clear your mind of worries. Try to ensure the bathroom is warm

Start by having a bath (or shower) allowing yourself time to feel relaxed and clean. Take your time when drying – notice how your body is responding to being dried and whether it feels different to how it usually does when you dry your body.

Exercise two

Once you have dried yourself it is time to start the second exercise.

Whilst you are naked use your hands to explore the many textures of your body.

- Imagine this is the first time you have seen your body.
- Notice what you see, how it feels underneath your fingers that are touching as well as what that part of your body feels like when you are touching it.
- Start with your hands – exploring between your fingers, the backs of your hands, palms and your nails noticing the differences in texture, skin temperature and what you are feeling about the experience.
- Continue from your hands to wrist, arms, and shoulders noticing differences and maybe how by touching firmly, softly or lightly different areas might respond sometimes unexpectedly.
- Notice the difference with areas that have hair and those that don't.

Now explore your chest noting the feeling of your breast area and nipples.

- How do they react to touch?
- Does the skin feel softer or harder?
- Would your body be responding differently if it was someone else touching it?
- Continue down over your stomach – what is different about this area of your body?
- Try to keep your mind focused on the task.

Move down to your penis; note the start of pubic hair.

- How does it feel under your fingers – how is it different to other parts of your body that have hair?
- If this makes you feel aroused or uncomfortable **stay** with the feeling. Try to find out why that feeling has come about. This is after all your body – it belongs to you and only you for the rest of your life. Be aware of your feelings at this time. For many people touching genitals has been taboo outside of washing and going to the toilet. We often touch but do not really notice.
- Run your fingers over your penis and scrotum. The penis head is smooth compared to the scrotum or foreskin. If your penis is soft notice its weight and texture in your hand.
- Do the same with your scrotum. Try the back of your hand to feel them as well as fingers and your palm. The task is not intended to produce arousal or an erection but it sometimes can. Don't worry – use the chance to notice how your penis takes up its own weight. See if the scrotum tightens.
- Notice where the most sensitive areas are – see what sort of touch produces the most responses.
- Use a hand mirror to look at the underside of your penis and scrotum. Your partner may know these views better than you. See how it all fits together.
- Explore the area between your scrotum and anus; this is called the perineum.

Now try to reach your buttocks as best you can. Move your hands over the rest of your body. Explore thighs, legs, feet and toes.

- What kind of touch do you enjoy the most?
- What type of movement feels good, what type feels comforting, which is exciting?
- During the whole exercise did you notice some areas were warmer than others?
- Did some areas get warmer whilst you were touching or after you had touched them?

Keeping a note of your feelings

When you have finished the exercise, spend some time reflecting on the experience - what have you learnt, what is new or different. Write down your thoughts and what you noticed as well as what you felt; by doing this it will help you to give feedback about the experience to your therapist, who will want to hear about what this second exercise was like for you.

How often should I do these exercises?

It will help if you do this exercise at least twice so that you get the maximum advantage – becoming more familiar and comfortable with your body.



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