

THE THREE-MINUTE GAME

What kind of touch lights you up?

WITH LEAH CAREY

I'm so excited for you!

You and your partner are about to embark on an exercise that TOTALLY changed the way I think about giving and receiving touch. I hope it will be equally eye-opening for you!

Not only is it profound - it's EASY! And QUICK! You can literally do this entire exercise in one 12-minute session ... or even in four 3-minute sessions. Perfect if you have kids constantly poking their noses through your door!

Before you start...

Over the next 12 minutes, you're going to explore four different kinds of touch. A healthy sex life incorporates all four - giving and receiving touch by both partners, both partners able to give and receive instructions about their desires.

Before you begin, set the boundaries that you and your partner want to adhere to during this session - do you want to include genital touch or keep it strictly sensual? Want to be fully nude or leave some/all of your clothes on? You get to set the space any way that feels most comfortable for you. And remember - this game is a never-ending source of delight, so you can always change up your boundaries next time you play!

Choose who is Partner A and who is Partner B for this activity - you'll be referred to that way throughout the instructions.

Segment 1

Partner A lies down. Partner B sets an alarm for three minutes and says, "How would you like me to touch you for three minutes?"

Partner A gives Partner B specific instructions on how they would like to be touched: where on their body they want to be touched, the type of touch (scratching vs. light feathery vs. massaging vs. ???), the speed of the touch, and anything else that feels important.

Partner B's job is to provide the requested type of touch and ONLY this type of touch. Partner A is welcome to give further instructions if they want something slightly different ("Would you move your hands a couple inches to the left?"), or to change the request completely at any point.

Partner B is providing touch FOR THE ENJOYMENT of Partner A. Partner A's job is to make a specific request and relax into having that request honored. Partner B gets to enjoy having specific instructions about what their partner enjoys so they can provide exactly that sensation.

Segment 2

Switch positions. Partner A sets an alarm for 3 minutes and says, "How would you like me to touch you for three minutes?"

Repeat same as segment 1 in reversed positions.

This exercise is based in the work of Betty Martin. You can find the entire library of her work at www.BettyMartin.org.



How would YOU like to touch ME?

Things to think about

When you're giving instructions...

It is not unusual for it to be challenging to give instructions about what you desire. This is not something we are taught or encouraged to do. But know this: your partner WANTS to know how you like to be touched!!!!!!

Think about how gratifying it is when the roles are reversed - to be given specific instructions and know that you're doing exactly what your partner desires!

When you're touching for your enjoyment...

It is a new concept for many of us (especially if we were socialized female) that we can take pleasure in touching our partner's body in ways that feel good to us without worrying about turning them on. Conversely, when it's our partner's turn, it can be challenging to receive a type of touch that isn't exactly what we desire.

When you're receiving touch for your partner's enjoyment....

If you ever find yourself "laying back and waiting for it to be over" and getting resentful - this is the section to focus on. This is an opportunity to learn to take pleasure in your partner's pleasure. you are providing your partner with the gift of enjoying your body. As long as it happens in balance with the other types of touch, it's a beautiful thing!

Segment 3

Partner B sets an alarm for 3 minutes. Partner A lies down and says, "How would you like to touch me?"

Partner B spends 3 minutes touching Partner A in ANY WAY that pleases Partner B (making sure to respect any hard limits Partner A may have.)

Partner B's job is to focus on the enjoyment of touching. Partner A's job is to relax into being touched, knowing that this touch is providing enjoyment to their partner. The focus is on Partner B's enjoyment of touching.

Partner B is touching FOR THEIR OWN ENJOYMENT. Partner A is allowing themselves to be touched in service of their partner's enjoyment.

Segment 4

Partner A sets an alarm for 3 minutes. Partner B lies down and says, "How would you like to touch me?"

Same instructions as above, with roles reversed.

Partner A is touching FOR THEIR OWN ENJOYMENT.



The Debrief

Congratulations! You did it!

(And I hope you got some pleasure in the process!) Take a few minutes to talk about what you liked, what you want to incorporate into your sexual activities, and what else you may want to try next time. Remember to give your partner lots of positive reinforcement for the things you liked!

If you and your partner are ready to take the next step in discovering what really lights you up and turns you on as a couple, download my **Yes/No/Maybe list** - it's an AMAZING tool to open conversation with your lover and get you on the same page for future fun. You can get it at www.leahcarey.com/yesno.

Or, if you already know what the next adventure is that you want to try but you're not sure how to talk about it with your partner, download my conversation guide **How to propose a new sexual adventure to your lover**. It gives you the words and the courage you need to share that fantasy with your partner! You can find it at www.leahcarey.com/newadventure.

And finally - the three-minute game is not a one-time-only thing! Play as often as you like! Ask for different things! Learn your partner's body and their desires three minutes at a time!



Leah Carey is a sex and intimacy coach and host of the podcast **Good Girls Talk About Sex**. She works with people who were brought up to be "good girls" in releasing old-fashioned beliefs about what is "normal", so they can identify and advocate for their true sexual pleasure and satisfaction.

As a child, Leah learned the lessons of the "good girl" very well.

As an adult, she got involved in a series of emotionally abusive relationships, always convinced that SHE was the problem – not pretty enough, smart enough, or sexually skilled enough.

At age 42, having lost both parents and determined to make a new life for herself, she started challenging her old beliefs about worthiness, attractiveness, and desirability.

Today, Leah reflect people's true sexual nature back to them, without the judgment, shame, or fear that can get in the way of seeing it for themselves.

She can guide you in embracing the sexuality that is innately yours, no matter what it looks like. You CAN sink so deeply into your true sexuality that the old version of yourself that was scared to speak up for your own needs feels like a mirage from another lifetime.