

# SEXUAL SCIENTIST

The most delightful experiment you'll ever run

WITH LEAH CAREY

This is a game designed to help you and partner try new things without putting any pressure on either of you to "perform" or "get it right." You are both scientists searching for your next breakthrough! ;-)

If you have a home with kids or other distractions, it can be helpful to set aside a specific period of time. Even five minutes is enough. The goal is to be as fully present as you are able for those five minutes.

Agreeing on a set period of time beforehand (whether it's five minutes or an hour) can also be helpful in keeping you focused on the activity and not automatically moving into your habitual sex moves once you find a hotspot. Sex is fine, but make sure it happens AFTER the exercise is complete.

Want to play this game with your partner, but you're not sure how to bring it up? Check out my **"How to propose a new sexual adventure"** conversation guide by [clicking here!](#)

For this exercise, one person is the giver of touch and one person is the receiver of touch for this session.

Here is the scientific method as I learned it in school:

- 1) Make an observation
- 2) Create a hypothesis
- 3) Test the hypothesis
- 4) Draw conclusions and refine the hypothesis

So let's take off our lab coats and dive in!



## Step 1: Make an observation

Let's assume that step 1 is done – the observation is that there is more sexual pleasure to be discovered within our bodies and we're on a hunt to find it.

## Step 2: Create a hypothesis

The receiver might say, "I think I would enjoy some nibbling on my neck. Would you start the experiment there?" While I encourage the receiver to be the one who gives the first hypothesis, if they get really stuck it's okay for the giver to say something like, "I've noticed that you like light touch on your stomach. Would you like to experiment with that?"

## Step 3: Test the hypothesis

If the agreed-upon exploration is scratches on the arm, the giver should DO THAT and JUST that. Scratch the receiver's arm a few times with a consistent speed and pressure. Then wait for the receiver to say, "Yes, I love it exactly like that!" or "I like that, but could you do it a little slower and to the left?" or even "I thought I would like that, but I don't. Let's try something different."

The giver's job is to follow the input from the receiver, just as it is given. The giver's job is NOT to get fancy or try to anticipate what might give the receiver even MORE pleasure. Don't let your ego get in the way, telling you that you know better than the receiver what their body will enjoy. The goal is to help the receiver get in touch with their own body and their own pleasure signals.

We disconnect from our pleasure signals for many reasons – whether it's past abuse or a desire to demonstrate pleasure to soothe a lover's ego. Help your receiver to tune into their pleasure signals by doing what they request – nothing more and nothing less.

And remember – if the receiver doesn't like something, it's not a rejection of YOU. They are listening to their body – possibly for the first time – and finding out what it craves. You get to be the hero of this exercise by helping them discover new vistas of pleasure!



#### Step 4: Draw conclusions and refine the hypothesis

The receiver's job is to tune into the touch and ask one question: "Do I like how this feels?" How it FEELS. Not how you think it should feel. Not whether this is a thing that Good Girls are supposed to get off on. Not whether your partner will be happy or sad knowing that you like or don't like the thing.

Focus on the touch and ask your body if this is something you enjoy.

If you discover a new touch that you love, CELEBRATE! Share this with your partner. Tell them IN WORDS how much you enjoy it. You might even want to write it down or take some pictures to help both of you remember what worked so you can replicate it again later.

If the touch is okay but still leaves you wanting more, ask the giver to make a slight adjustment – an inch to the left? A little lighter? Slower? More tongue? Whatever you think might get you closer to great pleasure, tell your partner. Perhaps one refinement will do it; perhaps it will take ten before you find the sweet spot that brings you the great pleasure you've been wanting. Don't give up!

Or perhaps you will decide that this touch isn't right for your body at this time – no harm, no foul. You've got information! Move on to the next hypothesis and start again.

At the end of the session, thank your partner and make sure that you both have a way to remember what you've learned. Make sure to give your partner LOTS of positive reinforcement - both for their participation in the game AND for whatever the two of you discovered together. If they know you loved it, they're more likely to remember it!

If you have limited time, set up a date to reverse roles. If you have more time now, switch places and get ready for a whole different adventure on the other side.

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Written out like this, it might sound complicated and a tad too clinical. But I promise that playing the game can be intuitive, fun, and TOTALLY sexy!

**And for those of us who were socialized as little girls:** here's something important to know: so often we get into the trap of thinking we have to please our partner by performing pleasure. We don't want to give too much feedback because we're afraid it will turn our partners (especially our male partners) off and upset them. But it turns out the opposite is true: they are CRAVING information. They WANT to be great lovers and are grateful for direction.

Go forth and experiment. I'd love to hear about what you learn!



**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.