

Touching is foundational to having a sexual relationship. Do you and your partner engage in all levels of touch? Look at the types of touch below and evaluate what you leave out or skip over and what you want to do more of.

	Touch Type	Description	Pleasure Scale
1st Gear	Affectionate Touch	Everyday touch. Clothes on, affectionate touch (holding hands, hugging, kissing).	1-2
2nd Gear	Sensual Touch	Frequent, even daily, non-genital touch that is clothed or nude. Head, back, foot rub; cuddling, cradling as you go to sleep or wake in the morning, a trust position where you feel safe and connected. This kind of touch can serve as a bridge to sexual desire.	3-4
3rd Gear	Playful Touch	Genital or non-genital touch, clothed or nude. Includes touching in the shower or bath, full-body massage, seductive or erotic dancing, strip poker. Anything that enhances a sense of playful pleasure	4-6
4th Gear	Erotic Touch	Erotic touch (most challenging). Erotic, non-intercourse touch can include manual, oral, rubbing or vibrator stimulation, erotic scenarios and playful unpredictability. It may be one-way or mutual and can proceed to orgasm or transition to intercourse.	6-9/10
5th Gear	Intercourse	It is important to transition to intercourse only when high levels of erotic pleasure and expectation have been reached. Keep in mind that intercourse is a natural continuation of the pleasure/eroticism process, not a pass/fail sex performance test	9-10