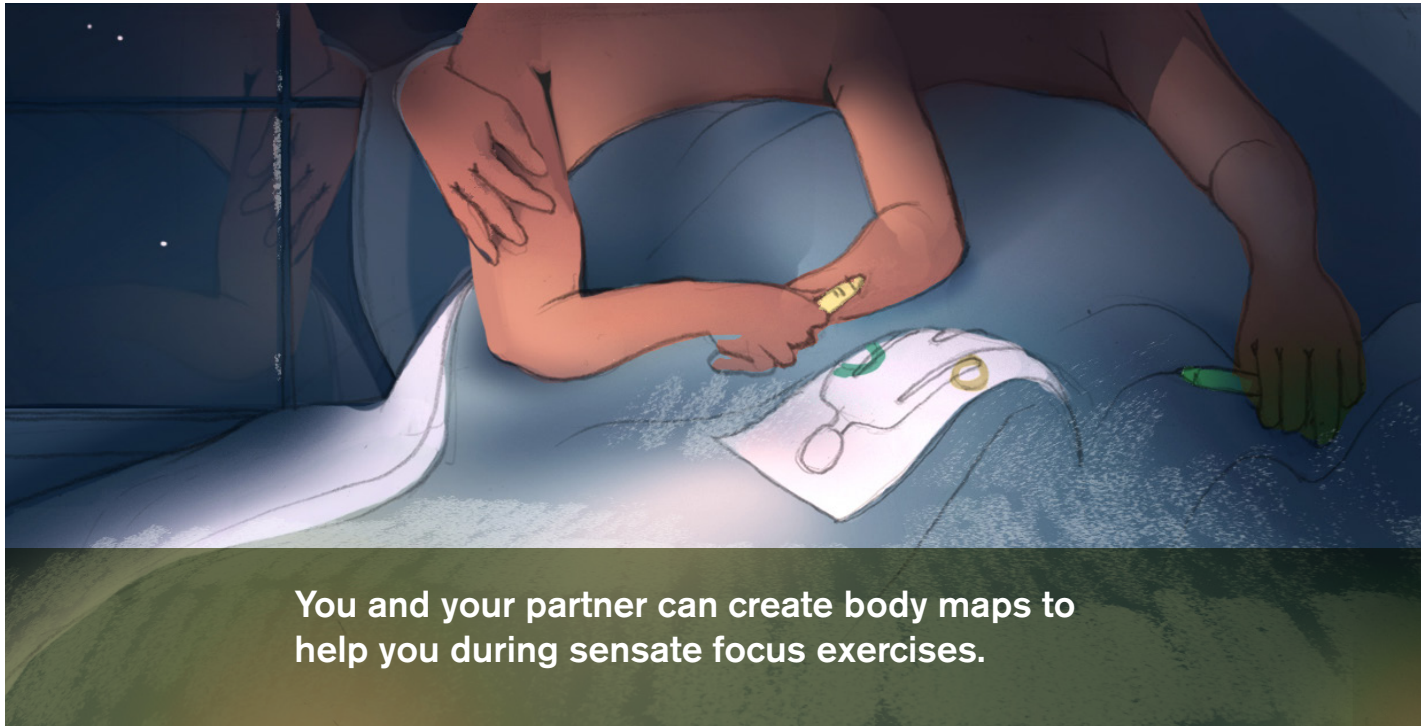


Sexual Recovery

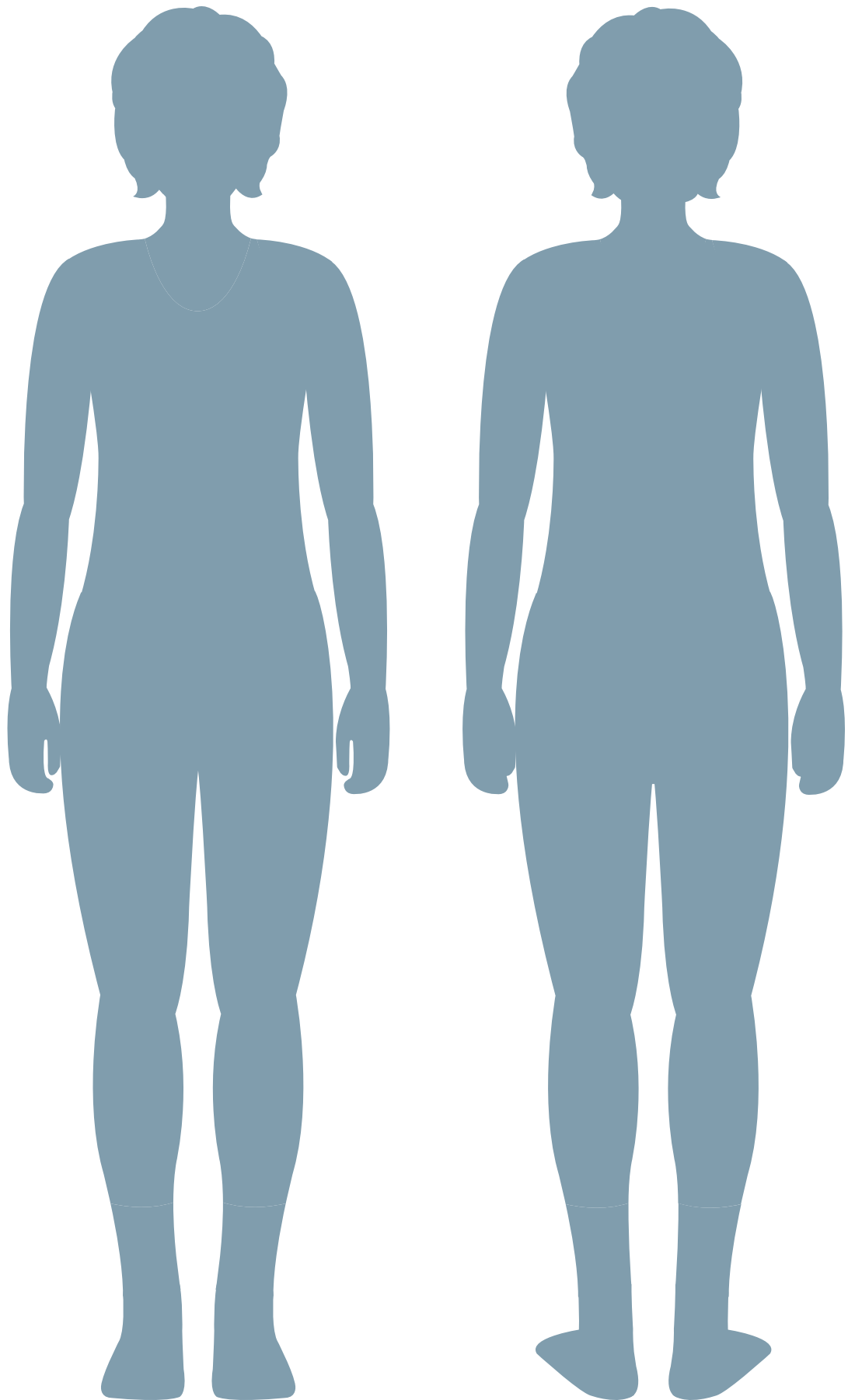
Sensate Focus Exercises: Body Mapping



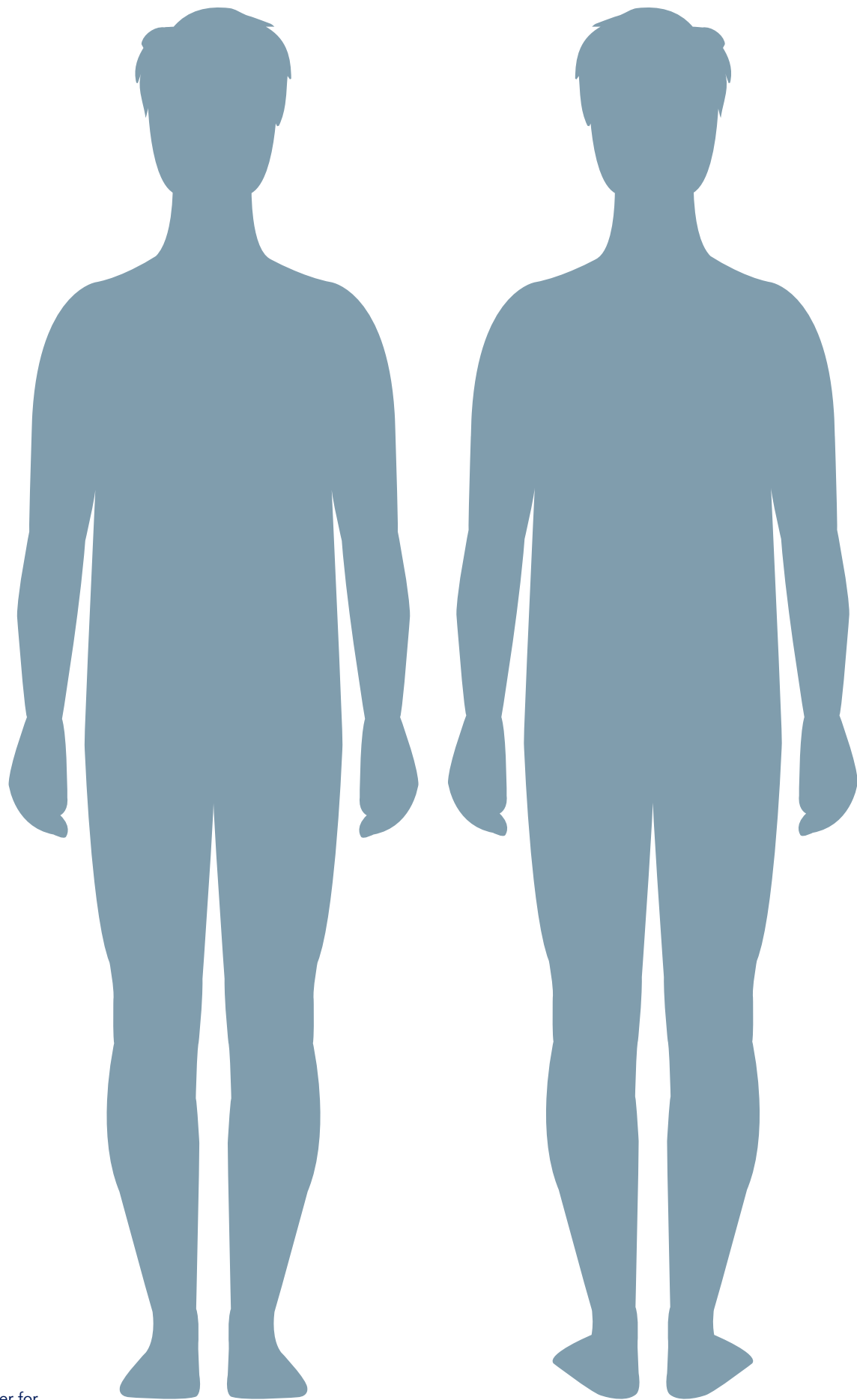
You and your partner can create body maps to help you during sensate focus exercises.

How to do Body Mapping

- Print out appropriate maps from the following pages.
- Draw on your map to show the areas of your body you want your partner to touch.
- As you gradually increase the areas over time, reprint and update your body maps.



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