

## **Somatic Practice- The Three Minute Game**

from the work of Dr. Betty Martin

*<https://bettymartin.org>*

Materials: timer

Time Commitment: 15-20 minutes

This exercise is so simple, yet so profound.

It will help you to start tuning in to a few key things:

- What your desires are around receiving and giving touch for your own pleasure
- Giving and receiving touch as a gift for your partner's pleasure
- Clearer communication and negotiation in your touch interactions
- The difference between willing and wanting
- Letting go of touch as an obligation and stepping into authentic consent

Each partner will take turns asking two simple questions:

- How do you want me to touch you for 3 minutes?
- How do you want to touch me for 3 minutes?

Ask one question at a time. It is more impactful to do this exercise fully clothed to start. You can practice with including more erotic touch in this exercise in the future as you become more skilled.

**Question #1: How do you want me to touch you for 3 minutes?**

Allow your partner to tune in to how they are wanting to be touched and respond to the question. If you can touch them in the way that they are wanting with a full, willing heart, say yes! Set the timer for three minutes. Touch them in the way that they requested for the duration of the time. Your touch is solely about THEIR desire and enjoyment. You are *serving* them and they are *accepting* touch for their pleasure.

If they ask for touch that you are not willing to enthusiastically say yes to, you can ask for a modification to their request. Negotiate the touch until both of you feel good about it. For example: Partner A: Will you give me a super firm hand massage for 3 minutes? Partner B: My hands are feeling tired today- how about a hand massage with medium pressure? Partner A: Sounds great!

**Question #2: How do you want to touch me for 3 minutes?**

Allow your partner to tune into what they are wanting and respond to the question. This question can get a little tricky for some people, because it can be the natural inclination for the person giving touch to try to please the receiver, and start touching them for the receiver's pleasure instead (massaging them, etc.). That is not what this exploration is about.

This part of the exercise is solely about how the giver of touch wants to touch the receiver for THEIR OWN pleasure. Maybe it's enjoyable for them to explore the back of your hand with their fingertips, or maybe they find some delight in playing with your ear.

You might notice that your partner wants to touch you in a way that doesn't necessarily give you pleasure, but you are willing to allow it to please them. Perhaps your partner wants to touch you in a way that you are not willing to allow. It is important to tune in to what is true for you, and to honor and communicate your limits.

When the question is answered, the partner receiving touch asks themselves if they can allow the type of touch requested with a full, willing heart. If not, adjustments can be made as illustrated above in the first question. In this portion of the exercise, the giver of touch is *taking* touch for their pleasure and the receiver is *allowing* it.

Switch roles, so that the second partner has a chance to ask both questions. Be present, curious, and just notice what comes up for you.

**When you're finished with the exercise, spend some time checking in with each other about what you experienced.**

**What did you notice about giving touch for your partner's pleasure, and allowing their touch for their pleasure?**

**What did you notice about receiving touch for your own pleasure, and touching your partner for your own pleasure?**

**Were some roles more natural, challenging or vulnerable than others?**

This handout is an edited excerpt from *Erotic Touch Evolution for Couples: Somatic Practice for Deeper Intimacy* by Cassie Porter