

3 SKILLS FOR GREAT TOUCH

How to ask for what you want, keep yourself safe, and have a great time enjoying physical contact.

The 3 Skills

1) What DO you want?

- What do you want right now?
- What do you want in the future?
- What do you want to offer or give?

2) What DON'T you want?

- What are your boundaries and limits?
- Where do you need to be careful?
- What would allow you to relax?

3) Communicate clearly

- Use "I statements" to share your wants and limits.
- Ask for their agreement and wait for a "yes".
- Enjoy how good it feels once you've done all this. Congratulations!

Ex: 2nd Date

You really like this person and would like to enjoy touch but you don't want to have sex or do any heavy petting.

You might say "I really like you and I'd like to savor touch with you without any rush.

Tonight I'm interested in holding hands, hugging, kissing, and snuggling but I don't want to touch under our clothes, have any hand to breast or genital contact, or grind on each other. Are you up for that?"

Ex: Platonic Cuddle

In the context of my platonic cuddle work, I say:

"This time is for you, your nurturing, care, and cuddling, and touch. During our time together, I promise that I will speak up or move if I am uncomfortable at any time for any reason. Do you also agree to speak up or move if you are uncomfortable? And to take in this time as nourishing for you?"

About Cassandra

Kassandra Brown is a relationship coach, intimacy mentor and certified Cuddlist. She brings an analytical, heart-centered, body-based approach to her work with both individuals and couples.

Her greatest joy is helping people create more connection in their lives - with themselves, each other, and the world. She uses her life experience with divorce, illness, and parenting plus her 25 years of professional training in personal transformation to bring you highly effective and enjoyable support for your most important relationships.

Contact Cassandra for a free introductory interview at calendly.com/kassandrabrown

kassandra@kassandrabrown.org
720-340-2246