RAINBOW CONNECTION COUNSELING COLLECTIVE

Exploration Over Expectation: The Body Mapping Worksheet

The goal of this exercise isn't to reach orgasm or even to get "turned on". The goals are **curiosity and awareness**. By mapping your body, you are learning your own unique "accelerators" and identifying where your "brakes" might be. This allows you to better communicate your sexual and physical intimacy goals.

Above all, maintain a playful and curious attitude. This exercise is about learning more about you and your partner(s) and to give you more tools to engage in pleasurable and connected sex.

Pre-Exercise Grounding

Before you begin, sit with your partner (or yourself) and agree to the **No-Genital Rule**: For this session, the genitals and anus are "off-limits". This removes the pressure of the "finish line" and allows you to focus on the 95% of your skin that often gets ignored. Feel free to establish other “off-limit” areas before you begin.

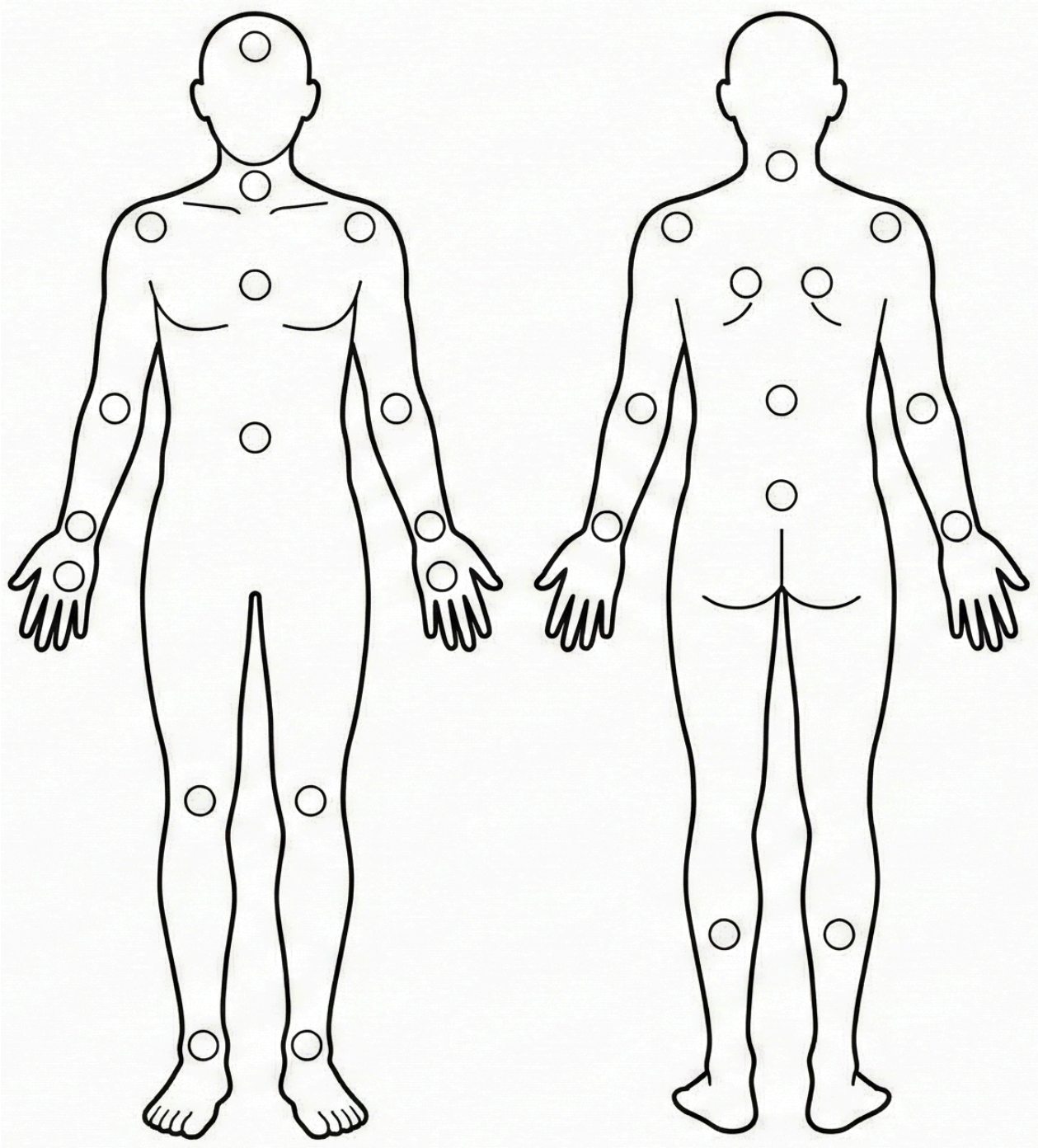
Step 1: The Legend

As you explore different areas of the body, use the following scale to "rate" the sensations. Everyone’s map is different, and your map might even change depending on the day!

- **E - Electric/Arousing:** Intense, immediate arousal or "zings."
- **R - Relaxing/Soothing:** Feels safe, grounding, and calming.
- **S - Sensual:** Pleasant, tingly, makes you want more.
- **N - Neutral:** Doesn't do much, or feels ticklish/distracting (The Brakes).
- **S - Stop/No Touch:** Off-limits or triggering

Step 2: The Mapping Process

One partner acts as the **Explorer**, and the other acts as the **Map**. Switch roles after 15–20 minutes. Use different textures: fingertips, palms, breath, or even a soft fabric. The **Explorer** should mark on the figure below what they discover on their partner(s)’ body(ies).



Focus Areas to Track:

- **The Scalp/Hairline:** (Try light scratching vs. gentle tugging)
- **The Ears & Jawline:** (Try warm breath vs. light tracing)
- **The Nape of the Neck:** (Try soft kisses vs. firm stroking)
- **The Collarbones & Chest:** (Avoid the nipples initially to see what the skin feels like)
- **The Inner Arms & Elbows:** (Often highly sensitive to light touch)
- **The Lower Back/Sacrum:** (Try firm, grounding pressure)

- **The Inner Thighs & Back of the Knees:** (A surprising "accelerator" for many)
- **The Feet & Arches:** (Can be grounding or highly erotic depending on the person)

Step 3: Integration (The Debrief)

After both partners have had a turn, grab a pen and answer these questions together. This is where you connect the **Dual Control Model** to your physical experience.

1. **The Discovery:** What was one area that felt better than you expected?
2. **The Brakes:** Was there an area where touch felt "neutral" or distracting? Did it feel like your "brakes" were on? (e.g., *"I was worried about how my stomach looked so I couldn't feel the touch there."*)
3. **The Pace/Sensations:** Did slowing down change the way you perceived sensation? Did it feel vulnerable? How about the type of touch? Did the erogenous zone get activated by specific pressure, a gentle touch, a brush, a kiss, a suck, etc.?
4. **The "Non-Genital" High:** On a scale of 1-10, how connected do you feel to your partner right now?