

6 Checking In

Checking In is honest communication concerning similarities and differences in sexual energy. Checking In can prevent problems. Sometimes we misread our partner's intentions. Sometimes one person is feeling sexual and assumes the other person is too. As with all forms of healthy touch, in cases of uncertainty, talk about your feelings. Check In, tell your partner how you feel and find out how your partner is doing. Together you can increase the potential for more satisfying Sexual Touch by allowing yourselves choices and by avoiding excuses, assumptions and miscommunications. Use the language listed below for communicating your sexual needs in situations that are usually highly charged with emotion.

Expand the choices to include YES, NO, MAYBE, and LATER.

YES: Both partners are in the mood for Pleasuring. This represents a leveling match.

NO: Neither partner is in the mood. This is also a leveling match.

MAYBE: One person communicates the desire for sexual touch. The other partner, well . . . "Maybe." Maybe if I had more time. Maybe if I had more intimacy first. Maybe if I had more choices. Maybe if it is okay for me to be less turned on than you are. Either person may decide to make an adjustment.

LATER: One partner is in the mood for Sexual Touch. The other partner does not want to be sexual. There is a healthy way to resolve the differences without anyone feeling pressured or rejected. Consider these possibilities:

The person feeling sexual can choose to wait till later or take care of his/her own sexual needs.

Each honors where he/she is and agrees to check in later.

They can choose Special Touch rather than Sexual Touch.

"Good communication prevents the withholding of affection when partners are at different sexual energy levels."