

THE SEXUAL AROUSAL CONTINUUM

Michael E. Metz, Ph.D.

Objective: One's individual and interpersonal romantic sexual enjoyment is enhanced by one's ability to manage or "orchestrate" one's arousal, and to cooperate with one's partner in giving and receiving pleasure. Everyone has common sexual arousal patterns, methods, or desired sequences which blend reality and imagination, and facilitate sexual arousal. By understanding the usual vitality of specific images, behaviors, and feelings, one can modify arousal in order to slow down, steady, or intensify arousal. In order to do so, one must: (1) develop a sense of how calming or stimulating a specific image, feeling, or behavior is; (2) learn how to modify the arousal pattern: and (3) with discipline, focus on or embrace the image, feeling, or behavior. As a first step, begin to write or "map out" your own sexual arousal continuum by identifying images, feelings, or behaviors that are of sexual interest to you, and assign an arousal level to each.

<u>Arousal Phase</u>	<u>Arousal Level</u>	<u>Focus</u>	
D	1 -----	physical exercise - individual	
E	4 -----	recreation with partner - e.g., walk, shopping	
S	5 -----	emotional discussion	
I	7 -----	romantic eye contact	
R	8 -----	embrace - cuddly	
E	9 -----	verbal compliment by partner	
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A	12 -----	kiss -- lips, mouth closed	
R	15 -----	undressing self in lover's presence	
O	16 -----	smile from partner	
U	25 -----	embrace - erotic	
S	30 -----	being undressed by lover	S
A	32 -----	fantasy of body pleasure	
L	35 -----	fondling of chest/barest	A
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	40 -----	kissing and fondling erotic parts at same time	M
P	42 -----	continuing embrace, feeling bodies together	
L	45 -----	gentle and loving kissing	P
A	55 -----	oral sex to partner's legs, relaxed and gentle	
T	60 -----	oral sex to partner's genitals, relaxed and gentle	L
E	65 -----	memory of sexual time on beach during honeymoon	
A	70 -----	intercourse initiated with slow movements	E
U	80 -----	talking of sensual feelings as have gentle intercourse	S
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	90 -----	dirty talking and teasing role play of insistence/resistance	
O	92 -----	increasing speed for intercourse	
R	93 -----	fantasy of group sex with orgy environment	
G	94 -----	grasping of erotic body parts of partner (e.g., hair, legs, buttocks, breasts...)	
A	95 -----	very fast and deep thrusting / gyrating intercourse together	
S	97 -----	imaging/remembering partner's excitement with orgasm	
M	98 -----	pretending simultaneous orgasms together	
	99 -----	own orgasm	
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R	75 -----	silent embracing and cuddling breasts/genitals	
E	60 -----	talking together of pleasure and affection	
S	55 -----	gentle pleasuring of partner's back	
O	45 -----	thanking lover for pleasurable time	
L	35 -----	simple recall of partner's sounds during lovemaking	
U	30 -----	slow, playful, relaxing	
T	25 -----	sharing good feelings about lover	
I	15 -----	sharing good feelings about the day/week, work, kids	
O	10 -----	talking of schedule tomorrow	
N	5 -----	thinking about chores that await	