



Exploration List

| TOUCH | RATING | NOTES |
|--|--------|-------|
| Make long strokes along the inner and outer labia. | | |
| Try circular or figure eight motions along the labia and clitoris. | | |
| Stroke upward from the vaginal opening to the clitoris. | | |
| Use your fingers to make short, pushing strokes along the shaft of the clitoris. | | |
| Gently tap, pull, pinch, or roll the labia between your fingers. | | |
| Do the same with the clitoris shaft or head. | | |
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| Try holding the clitoral shaft with one hand and rubbing or taping the tip of the clitoris with the other. | | |
| Use four fingers (without the thumb) to rub your whole vulva- press and release, rub in circles, side to side, up and down, vibrate. | | |
| Split your fingers in a V shape and place them over your vulva with your clitoris at the top of the V. Repeat the above. | | |
| Explore the vaginal opening with your fingers- press, make circles, dip a finger inside. | | |
| Explore your nipples, vaginal opening, thighs, or anus with one hand while the other touches your clitoris. | | |
| Experiment with speed, pressure, types of touch (tickling, taping, pressing, rubbing). | | |
| Experiment with amount and type of lube. | | |



*The main areas for touch along the vulva (women's genital area) are the inner and outer labia (the lips), clitoris, clitoris shaft (the skin surrounding the clitoris), clitoral legs (area under the labia). Other pleasure areas can be the anus or perineum (between the anus and vaginal opening) This list has particular areas noted, but feel free to try any these on the other areas as well!

Remember: Pleasure is the measure. Do what feels good to you!

Part 2

| TOUCH | RATING | NOTES |
|--|--------|-------|
| No hands- try rubbing against a pillow, mattress, etc. | | |
| Test out the feeling of vaginal fullness, motion, or thrusting by inserting a finger or more or a toy. | | |
| Enjoy stroking, pressing, circling, or vibrating right along the outside and at different depths (barely inside, an inch or two, or as deep as you can). | | |
| While stimulating internally, apply pressure upwards towards the belly button. | | |
| Try some of these techniques with a vibrator or toy. | | |
| Utilize pressure by squeezing your legs together between or on top of a blanket, pillow, etc- maybe even some furniture or a bathtub. | | |
| Utilize vibration from a washing machine, back or foot massager, new electric toothbrush, or vibrating phone. | | |
| Try running water, hand-held shower head, jacuzzi jet, or lay on your back in the bathtub so water from the tap can flow over the vulva. | | |
| Utilize sound- moaning, sighing, etc. | | |
| Utilize movement- thrust, gyrate, shake, wiggle, make figure eights with your hips. | | |
| Utilize breath- slow and deep or quick and shallow. See how it changes your arousal. | | |
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