

Conversation, pause and adjustment

Talk while you play. The receiver can always ask for more, less, slower, a different angle, a pause or a complete stop. You do not need a safeword.

The person giving should listen and adjust without making it a problem. If anything feels uncertain, pause, hold each other and find out what feels right next.

Afterwards

Spend a few minutes holding each other. You might say:

one thing you liked

one thing that felt good

one thing you would like to do again

