



AMETHYST COUNSELING, LLC

# Non-Demand Touching

Non-demand touch in Sex Therapy is a crucial aspect of fostering intimacy and connection between partners without the pressure of giving or receiving sexual activity. It involves physical contact that is non-sexual in nature, allowing partners to experience and focus on building intimacy, trust, bonding, closeness, and connection, ultimately enhancing their overall relationship satisfaction.

**Cuddling:** Embracing each other without the expectation of sexual activity can foster feelings of closeness and affection.

**Holding Hands:** Simple acts like holding hands while walking or sitting together can promote a sense of connection and safety.

**Massage:** Giving or receiving massages can be a relaxing and intimate way to connect physically without the pressure of sexual activity.

**Kissing:** Gentle kisses that are not necessarily aimed at leading to sex can still convey love and desire.

**Hugging:** Offering warm and supportive hugs can create a sense of security and closeness between partners.

**Sensual Touch:** Exploring each other's bodies through sensual touch (the focus on sensations such as temperature, pressure, & texture) without the expectation of sexual arousal can enhance intimacy.

**Eye Contact:** Maintaining eye contact during moments of physical closeness can deepen emotional connection and intimacy.

**Shared Activities:** Engaging in activities together, such as cooking, dancing, or exercising, can create bonding experiences that enhance overall intimacy.

**Verbal Affirmations:** Expressing love and appreciation for your partner verbally can also contribute to building emotional intimacy, which can in turn enhance physical intimacy.