

TAKE

- Don't ask for what you think they'd like, or something you think is 'safe'. Ask for something that is a clear 'hell yeah' that you want for yourself!
- **Ask 'May I...'** not 'Would you like...' or 'Is it OK if...'
- Be as specific as you can about how you want to touch – the more detail the better.
- Use your hands to feel for yourself (not to give the other person an experience).
- Move slowly; the slower you go the more you feel.
- Remind yourself – this is for you!

AT THE END SAY THANK YOU

ALLOW

- Take time to consider your limits. Ask yourself: Is this a gift I can give with a full heart?
- Wait for a resounding inner 'Yes!'
- If you are hesitant, it's often because:
 - you need more information
 - it's a 'No' waiting for you to hear it
- While Allowing make sure you're not 'going along' with something that you're not fully willing to do.
- If you need to, say 'stop' or 'pause', then ask for a change or adjustment – whatever you need in order to be willing to give this gift to them

AT THE END SAY YOU'RE WELCOME

SERVE

- Set aside what you prefer (including the response you hope to see from your actions).
- Ask what your partner wants – and WAIT for the answer. Making spaciousness for their choice is the most important part. They may even choose no touch, or to be witnessed
- Can you give it with a full heart? Honour your own limits when giving this gift.
- When Serving don't give any touch which hasn't been specified and agreed

AT THE END SAY YOU'RE WELCOME

ACCEPT

- Put yourself first. Set aside what you are simply OK with. Don't go for 'Meh' go for 'Wonderful!'
- Take all the time you need to notice what it is you would like. This is the most important part, and often the hardest.
- an initial impulse of what to ask for often immediately gets filtered, and then again, and again, until you're not actually asking for something you really want. Wait until you have a 'hell yeah' before you make your request. This may even be to have no touch, or just to be witnessed.
- Ask as directly and specifically as you can. **Ask 'Will you...'**; No hinting, no maybe's, no 'whatever-you-want-to-give'.
- While you're receiving touch don't try to 'give' your Server a good experience.
- Change your mind any time you need to (and ask for something different, or for hands off if you need time to check in about what you really want instead).

AT THE END SAY THANK YOU