

the "FOR ME/FOR YOU" game

Based on Betty Martin's Wheel Of Consent, and the 3 Minute Game

Ask your partner:
"Do you want to touch, or be touched?"

"Do you want to touch me the way you want, or the way I want?"

or

Then, depending on their answer ask your partner:

"Do you want to be touched the way you want, or the way I want?"

Remember: Be as clear as possible about the kind of touch you will or won't be doing, and make an agreement about it, including a time limit, before you start. **And don't forget** you can stop or change your mind at any time, whether you are touching or being touched - in any quadrant. Use the diagram below to place yourself:

I AM DOING

