

HOW TO PLAY THE “MAY I / WILL YOU” GAME

Before you start - EACH PERSON SAYS: “Are you willing to work with me on this exercise?” (Breathe before replying) - Notice, Trust, Value, Communicate throughout. Before you start, agree on a time limit. 3, 5 or 7 mins for each section works well.

1. WAKING THE HANDS

- Each person separately has an object to feel, leaning back and relaxed, inviting curiosity and pleasure (5 mins, or as agreed)

2. “MAY I TOUCH YOU?” (TAKE/ALLOW)

- **TAKER** asks: “May I touch your hand / forearm in the way I want / for me?”
- **ALLOWER** says: “Yes/No” (breathe first)
- **TAKER** asks: “Do you have any boundaries or limits?”
- **ALLOWER** replies (breathe first)
- 5 mins touch (or as agreed):
- **TAKER** - touch for your own curiosity/pleasure, not trying to please the other.
- **ALLOWER** can say pause or stop (e.g. “This feels complete now, thankyou”) if they need to or want to, but they don’t direct the touch in any way.
- **TAKER** may also pause or stop (e.g. say “I’m going to pause/stop now”)
- Afterwards, **TAKER** says “Thankyou” (**ALLOWER**: “You’re welcome!”)
- Don’t assume both partners want to switch roles.
- Potential new **TAKER** asks (if they want to) and **ALLOWER** replies as above...

3. “WILL YOU TOUCH ME?” (GIVE/RECEIVE)

- **RECEIVER** asks: “Will you touch my hand / forearm in the way I want / for me?”
- **GIVER** SAYS: “Yes/No” (breathe first)
- **RECEIVER** asks “Will you let me know if there’s anything you don’t feel comfortable giving?” (**GIVER** breathes before replying)
- 5 mins touch (or as agreed):
- **RECEIVER**: Give them instructions. Don’t expect them to be a mind-reader. Believe you are worthy of receiving the touch you want.
- **RECEIVER** can say pause or stop whenever they need to or want to
- **GIVER** may also pause or stop (e.g. say “I’m going to pause/stop now”)
- Afterwards, **RECEIVER** says “Thankyou” (**GIVER**: “You’re welcome”)
- Don’t assume both partners want to switch roles.
- Potential new **RECEIVER** asks (if they want to) and **GIVER** replies as above...

4. SHARE/DEBRIEF

- Both take a few minutes to share about your experience

(Based on Betty Martin’s “Three-minute game”)

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