

## Your Personal Extragenital Matrix

	<i>Kind of Touch</i>																
	<i>Touching by Hand</i>					<i>Touching by Mouth</i>					<i>Touching with other parts</i>						
	Stroking	Patting	Rubbing	Squeezing	Pinching	Spanking	Other	Sucking	Nuzzling	Licking	Fluttering	Nipping	Other	Hugging	Full-body	Hair massage	Other
Where on My Body																	
Head and Face																	
Scalp																	
Hair																	
Cheeks																	
Eyes																	
Nose																	
Lips																	
Tongue																	
Ears																	
Behind Ears																	
Earlobes																	
Neck and Torso																	
Neck																	
Throat																	
Shoulders																	
Breasts																	
Nipples																	
Armpits																	
Ribs																	
Stomach																	
Abdomen																	
Upper Back																	
Lower Back																	
Buttocks																	
Arms and Hands																	
Upper arms																	
Lower arms																	
Elbows																	
Wrists																	
Palms																	
Fingers																	
Legs and Feet																	
Outer thighs																	
Inner thighs																	
Knees																	
Behind knees																	
Ankles																	
Feet																	
Toes																	
Full Body																	
Other																	

from: Whipple, B. & Ogden, G. Safe Encounters: How Women Can Say Yes To Pleasure and No To Unsafe Sex  
New York: Pocket Books, 1990