

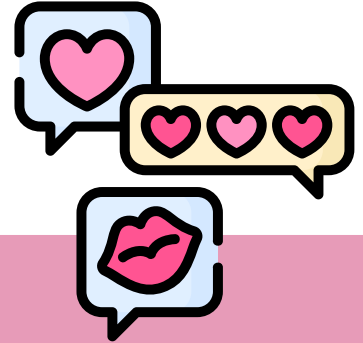


Safeguarding Your Relationship } 3 MINUTE GAME

The 3-Minute Game, created by Betty Martin, is a simple yet powerful exercise for building intimacy and understanding between partners. Here are the steps:

1. Setup:

- Find a comfortable and private space where you won't be interrupted.
- Decide who will be Person A and Person B for the first round.



2. First Round - Person A Asks:

- Person A asks Person B, "How would you like me to touch you for three minutes?"
- Person B responds with a specific request.
- Person A follows Person B's request, focusing on giving the type of touch requested for three minutes.

3. Second Round - Person B Asks:

- Person B asks Person A, "How would you like to touch me for three minutes?"
- Person A responds with a specific request.
- Person B allows Person A to touch them in the requested way for three minutes.



4. Switch Roles:

- Swap roles and repeat the two rounds, so each person experiences both asking and giving.

5. Reflection:

- After completing both rounds, take a few moments to share your experiences and feelings with each other.
- Discuss what felt good, what was challenging, and what you would love to explore further.

This game helps partners explore giving and receiving touch, enhances communication, and builds intimacy in a structured and time-bound manner that honors safety.