

## How to Use the Luveuphoria System

### **Equipment Needed:**

- Luveuphoria Formula
- Luveuphoria Scale
- Luveuphoria Table
- Scientific Calculator (Easily found on most cell phones)

**Step 1:** Collect you data.

You will need to know the number of non-sexual intimacy contacts that you have initiated with your spouse (See back for examples).

**Step 2:** Count the total number of days that you have initiated your non-sexual intimacy contacts in step 1.

**Step 3:** Divide step 1 by step 2. For example, if you had 21 non-sexual contacts with your spouse over 7 days, you would divide 21 by 7 which equals 3.

**Step 4:** Locate the  $\text{Log}_{10}$  key on your scientific calculator.

**Step 5:** Determine the Log of the number that you found in step 3: In this example, the number in step 3 is 3. The log of 3 equals 0.477121254719662.

**Step 6:** Multiply step 5 by 10. Using the example in step 5 this number becomes 4.771212547196624.

**Step 7:** Subtract 1 from step 6. Using the example in step 6 this number becomes 3.7712112547196624.

**Step 8:** Round the number in step 7 up to 4 since there is a seven after the first number. If the number after three was less than 5, then we would round down to 3.

**Step 9:** Use the Luveuphoria Table and Luveuphoria Scale to determine your Luveuphoria Factor ( $L_F$ )

In this example, the spouses Luveuphoria Score ( $L_F$ ) is 4 which corresponds to warm on the Luveuphoria Table.

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- Hugs
- Back Rubs
- Holding hands
- Walks (not speed walking)
- Foot massage
- Body massage
- Gentle touch to the face
- Arm around shoulder
- Hand on thigh or knee (Remember Non- sexual)
- Dancing together
- Napping in the same bed (or one sofa, close together on the floor, etc)
- Caressing and stroking the body, over clothing or under clothes/without clothes on
- Nuzzling
- Scratching
- Biting

- Spooning (non-sexual)
- Playing with hair
- Kissing the body (excluding the genital region and possibly breasts)
- Kissing the mouth (close-mouthed, no tongue)
- Kissing the mouth (open-mouthed, with or without tongue)
- Gentle touch on the shoulder
- Body caress (non-sexual and making sure it is wanted)
- Sitting close enough that bodies touch
- Arm around waist
- Playful (Wanted) tickling
- Scratching those hard to reach places
- Cuddling, with clothes on
- Cuddling, with clothes off (typically, with underwear still on)

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