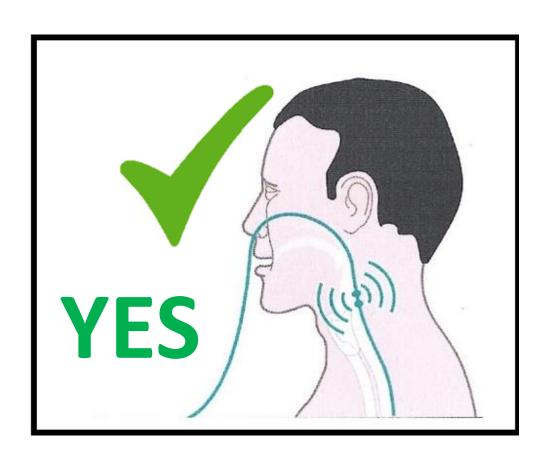
STEP 1 TELL ME WHEN YOU CAN FIRST FEEL THE STIMULATION





STEP 2
LET ME KNOW WHEN THE STIMULATION GETS TOO MUCH, AND YOU CAN'T CONTINUE



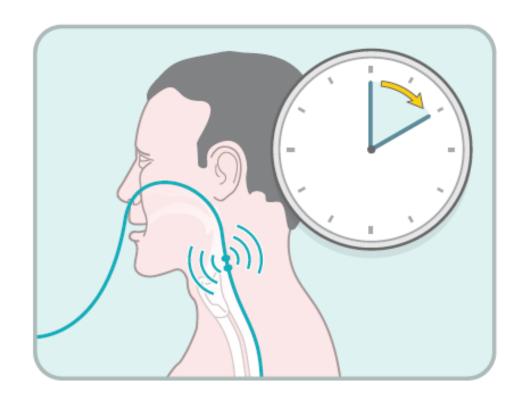


STEP 3 WE WILL TEST THIS LEVEL FOR 8 SECONDS





STEP 4 YOU WILL NOW HAVE 10 MINUTES OF STIMULATION



You can do this!



