

# SEX POSITIONS GUIDE AND DIRTY TALK



THE BEGINNER'S GUIDE  
TO DISCOVERING NEW  
EMOTIONS AND  
INCREASING INTIMACY  
THROUGH 29 EXCITING  
POSITIONS. SPICE UP  
YOUR SEX LIFE AND  
FEEL CONFIDENT  
WITH YOUR PARTNER.



*Ashley Lopez*

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**Ashley Lopez**

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# **Part 1**

## ***Sex positions guide***

## Introduction

**W**hen you first start having sex, it can seem a bit intimidating. Sure, most people are familiar with missionary style, but where do you go from there? We are going to go over a variety of different sex positions that are fantastic for beginners. This will include positions that you can try while lying down, sitting, standing, and kneeling. It should give you a good basis to get started on. You can continue to branch out from there. It is important to understand that while some positions may be great for you, your partner may not love them. So, trying different things and having an Arsenal of different sex positions to try is advantageous in having excellent sexual sessions.

Sexual fantasies tend to wander through our minds. The wonderful thing about sexual fantasies is that when you need to, you can call them. When you masturbate or have sex with your partner, you can conjure up the sexual fantasy that will increase your sexual excitement. But sometimes your mind gets a sexual fantasy if you expect it least. Fantasy is nothing more than an unbelievable desire, an image, or a story you carry. You can have dreams that are soothing, thrilling, or entertaining, everywhere, and anywhere.

Many people use their imagination to receive intensive sexual pleasure. And more people use their imaginations and fantasies to make their sex lives exciting. It is completely normal to fantasize about anything. The choice of your fantasy is based on the use of good judgment to determine if it becomes a reality. Sexual fantasy is a good way to keep your mind, and maybe your body motivated whether or not you have sexual fantasies for a whole day, or if you expect the right individual in the right place and the right time to act.

The imagination or external stimuli like an attractive stranger, an erotic picture, a book, or a movie can activate fantasies. Whatever tips you give, it is good to imagine, as long as something gets you off. You can sexually express your imagination through fantasies. You may think you want to do stuff, but you have not. You can still fantasize about things you have done in the past. Or perhaps some stuff you know that never you are going to want to do, but it is still fun to think about. As often as you like, you can revisit your fantasy. As if they are your private sex retreat, you should take

refuge in them. AIDS, abortion and sexually transmitted diseases will not occur. There are other advantages of sexual imagery. You do not need to use condoms or birth control in your imagination. In your fantasies, you can feel liberated.

Fantasies and masturbation often go hand in hand, but for many people, fantasies also accompany sex. You can talk to your partner if you are slow to orgasm, to give the lovemaking a little kick to your favorite sexual imagination. Fantasies help you concentrate on the erotic so that you can get to no return point. Fantasies may be good ideas when you dream of how you want to make love, but they will trust you more if you decide to put your thoughts into action. Fantasy is also great if you think you want to try some sex, but you are not completely certain. In your fantasy, you can see if it turns you on before you think it will take place. Sex therapists have also found that imagination can allow people to overcome certain sexual issues. You can become less sexually inhibited if you put positive, sexually free-minded thoughts into your mind. You can deal with your perceptions of sex through imagination and learn to enjoy your sexuality so that you can experience it with someone else.

People have all kinds of fantasies. And I have heard them all over all my years as a sex teacher. Nevertheless, some aspects are more amazing than others. I have compiled a list of the sexual fantasies I find the most common. This list of the best sexual fantasies is below. Check out to see if one of these is your dream fantasy.



## Intimacy and Compatibility

The word intimacy is frequently confused. Being intimate does not necessarily mean that you are having sex. There are a lot of sexual or physical acts that we participate in that actually have no intimacy at all. When you have a good understanding of what intimacy is and what it means, your connection to your partner will be enhanced.

When you have a deep level of intimacy with another person, it also means that you know them on a different level than most others. It is something that takes an extended period. You won't become truly intimate with another person through a simple conversation or in spending a single day together. Intimacy will grow over time, as both people work to nurture their relationship. When both parties understand that mistakes happen and they forgive each other so that they can continue and learn, true intimacy starts to develop.

For many people, intimacy can be frightening. This is because when you are intimate with someone, you have a deeper level of closeness than you do with others. Working through this fear leads to a strong and healthy relationship. Intimacy will develop and mature over time by consistently revisiting it and facing the fears you have together.

Intimacy involves a variety of different key aspects. Each one will play a role in deepening the connection between you and your partner. This connection will allow you to be truly intimate with another person. Let's take a look at the different pieces that one puts together to equal true intimacy.

Some signs that the person you are interested in or starting a relationship with is not right for you are:

- They blame you with no accountability for their actions
- They try and keep you from your other friends
- They are not supportive of your thoughts and ideas
- They get mad with no understanding when you try and discuss serious topics
- They try and control the way you think and feel

- They ignore your wants, needs, and desires
- They misinterpret what you say and twist it to use it against you
- It feels impossible to express yourself truthfully
- You feel as if you are not being heard when you talk
- There is little or no room for compromise

These are only a few of the signs that you should look for when entering into a new relationship to choose whether or not it is one that will be healthy for you. Some things are more obvious to see than others. Taking the time to reflect on how your intentional acts during serious situations can help you gain insight as to what a future with them may look like. Remember that while people change slightly throughout their lives, for the most part, they are who they are, and if they are right for you, you won't be thinking about their potential.

When we enter into a new relationship, we start to learn about the good and bad sides of a person. Showing yourself and exposing what you truly believe is a step in the right direction when trying to attain a truly intimate relationship. Know that when you naturally express yourself, the reaction may not be what you expect. You want your partner to be understanding and supportive, but remember that it goes both ways. So, when they are expressing themselves, think about your reactions and how it is affecting the person you are developing feelings for.

Taking the time to look at your differences is very important. It can help you understand if the relationship is worth moving forward with. Having some beliefs that don't line up is fine; however, if you are truly opposites, it will likely lead to bigger problems down the road. Some differences can help us grow and evolve while others can be complete deal-breakers. Finding these things out, in the beginning, can help you avoid heartache and wasting your time.

Being emotionally mindful is another component in building intimacy with your partner. How we express ourselves plays a role in helping or hurting the level of intimacy we experience. At one time or another, you are likely going to have negative feelings toward your partner. This is normal; taking the time to consider how you should express them is the important part.

You should trust your partner so that you can be honest with them, but you also need to be mindful of what you are saying. The words we use can cut deeply and cause the connection between the two of you to suffer. If you explode or become nasty because of heightened emotions, it could push

your partner away and eventually lead to the demise of the relationship. So, be understanding and think before you speak to ensure that you and your lover stay closely connected and will be able to work through issues together.

Last but not least, when working on nurturing your level of intimacy, work on being the best version of yourself that you can imagine. If you think that qualities like compassion, faithfulness, generosity, and understanding are important in a relationship, then work on being all of those things. No one is perfect, and we all have things to work on, but doing our best by someone else helps to make us worthy of intimacy. Do your best to be open and honest. Also, be willing to listen to their opinion and the feedback they give you on your thoughts.

Physical intimacy is not necessarily just sex; it is when we are affectionate with our partner. It includes things like holding hands, kissing, hugging, and cuddling. There should be a great physical connection when you are trying to achieve great levels of intimacy. When you are physical, in any way, with your partner, think about how it makes you feel. Are they good reactions or bad ones? By answering this simple question, it can become quite easy to see if this is the person you should be connecting with or not.

When we are intimate on a mental level, it means that we can easily express our thoughts and ideas about everything with another person. When we can share what is on our mind truly, it is going to enable us to become vulnerable with our partner. We trust them and, in turn, share all things with them. Their reactions are considerate, and we feel as if we have been heard. Connection on this mental level is a key element in true intimacy and a healthy relationship.

Emotional intimacy is probably one of the scariest forms for a lot of people. When you choose to be emotionally open, allowing your partner to see the lightest and darkest sides of you, it can be intimidating. However, when trust has been built, and lines of communication are open and honest, it isn't as scary as many people think. True emotional intimacy will allow you to share your joy as well as your sorrow with another person. They will be there to support you whether you are feeling high on life or exceptionally low.

When you combine all three types of intimacy, you are looking at it in its most pure form. Reaching these levels of intimacy does not happen with every relationship, and it certainly does not happen overnight. It can only be

accomplished in those relationships that are consistently worked on. When you find the person who you can open up to on every level, and that is willing to do the same with you, it is worth the effort. With continued effort, respect, openness, and caring, intimacy can truly solidify you as a couple and ensure your relationship is one that is healthy and happy in every area.

## Before Sex and Foreplay

### Seduction

**S**eduction is the act of persuading someone for sexual arousal and intercourse. It mostly happens through actions and words that tend to attract the attention of the partner. If you wish to become a great seducer, you must orchestrate surprise and avoid familiarity and boredom in your relationship. Notably, surprise influences seduction, and it decreases depending on the surprises you present to your partner.

For that reason, you will find relationships fading as a result of the lack of surprise among couples. As too many surprises could be counterproductive, you should create the best moments to make unexpected moves that please your partner. These surprises have power and take much of the partner's attention, where they remain glued into it. They build up ways of seeing you as a better person.

Unfortunately, seduction is gradually becoming a lost art for people who have become so self-centered that we are unable to analyze the outside perspective. The fact that seduction is a social activity means it encourages you to pay attention to feedback and put yourself in another person's shoes. This way, you will learn more about your seductive energy and how to express it adequately.

As a result, you will refine your seduction based on the character that best fits you.

**Identify your seduction character:** Successful seduction depends on how well you understand yourself and the energy you exert toward the partner. The following categories should guide you and create the best seducer out of you.

- **Sirens:** They are physically undeniable, highly sexual, and confident. They are perfect in creating sexual awareness, which aids in luring their Partners.

- Rakes: They are highly unrestrained and are ready to let go and become enslaved by the love of women.

- Ideal Lover: They make their Partners feel elevated and deserving of success. The character makes the partner fall in love by bringing the perfect quality out in them.

- Dandies: They demonstrate the freedom and limited roles in life. Their confident expression of their lifestyle makes their Partners imitate and admire them.

- The Natural: They practice openness and innocence. The value of retaining the impeccable quality makes them admirable and worthy of life partners who would be a relief from the world's guilt.

- Coquettes: They exercise the power of love and desire where they portray themselves as self-sufficient. By denying full access, they increase excitement and value, thus Have more seduction power.

- Charmers: They are socially friendly and are best in pleasing. The fact that they do not complain or fight influences their seduction.

- Charismatic: Through their confidence, they create illusions and intense plans that portray them as organized and goal-oriented.

- The Star: They are ethereal and aim to become an ideal reference when seducing those who are interested in fantasies and dreams. Their appearance makes them identifiable through imaginations.

After analyzing yourself and identifying your category, you will also need to understand your partner and maneuvers that will make them surrender. It would be advisable to partner those who show a deficiency of your abundance and not try to seduce someone of your type. You should look out for signals of what your partner lacks and use that to form the basis of your seduction.

The following are types of seduction partners.

- Patient Dreamers: They long for exploration and adventure , But remain in their boring life.

- Reformists: They seek to escape A boring sexual life.

- Virtual Royals: They wish to be treated as special people and live a royal life.
- Prudes: They like to keep things undercover and would not want you to judge them for their actions.
- Dark Stars: They once attracted much attention and would like to regain popularity and adoration.
- Fresher: They consider themselves new to sex life but are ready to explore.
- Conquerors: They need to be met with plans and missions to overcome.
- Exotic Fetishist: They are obsessed with exotics and new experiences.
- Drama lovers: They like to remain fascinated by the happenings and wish to be involved in drama throughout their life.
- The intelligent: They think and analyze everything profoundly and wish to find help in relieving mental barriers.
- The appreciated: Used to being praised and needs someone to focus on other aspects that they can enjoy.
- Aging Toddlers: Portrays immature behavior and needs enabling of their desires and gradually reeling them in.
- Life Savers: They like to act as your savior by making them believe that you need them as a protector; you make them develop an obsession.
- Veterans: Their experience in love and sex life makes them desire to educate others.
- Idol seekers: You must act as an object to provide meaning in life and prompt them to worship you.
- Sensualists: They rely on what their senses command them. You must master and influence their smell, touch, taste, and sight to win them.

### Phases of Seduction

Initially, understand and master your charming character and the perfect partner. This way, you can make the moves that will win you a sex partner and a companion. Your active seduction should be phased to ensure you make gradual progress and to allow time for it to work. By following these phases, you should create an effective seduction that will not only win you the most preferred partner but also test your charming character.

Phase 1: Making a Choice: You should choose a partner with needs you can fill and one who shows notable signs of desperation. Making the right choice includes avoiding those who seem inaccessible and hostile as you cannot seduce everyone. Besides, beware of falling prey to those who quickly like you as you may be mistaking insecurity for seduction. Introverts and shy people usually have still waters running deep and are better partners as compared to extroverts.

Your first move should be seeking attention and stirring desire. The step is easy if the partner is your friend. Start a friendly conversation on what they like and dislike as a way of knowing them better. Moreover, finding quality time to spend with them is vital as it helps in understanding them and becoming part of their routine. Remember always to remain ambiguous to facilitate the urge of them to learn your ways and to develop an increased interest in you.

Ensure that you understand every circumstance that makes your partner who they are. Most importantly, understand their reasons for specific directions in life to avoid baseless judgment. In this phase, you must play by your partner's rules and adapt to their attitude and moods to avoid strong resistance.

Phase 2: Stir it up: This phase mostly involves your actions towards the partner. Ensure your partner remains in suspense about your activities. Let them wonder what may come next due to your routine innovations and surprises. The feeling gives them the urge to know you better. Surprises make your partner view life as full of new things and places.

Therefore, you become the connection between them and the wonderful world and people. Be sure to have the partner engrossed in you, especially if sweet words and promises accompany the surprises. The partner's emotions become inflamed by your fantasies, and they will find it hard to resist you. Be yourself and restrict your actions based on the tastes of the partner.

However, the flavors should not make you hold back your natural traits. Notably, inherent characteristics are the most seductive and could play a significant role in expressing who you are. You only need to create fantasies for your partner and appear to turn their dreams into reality. Most importantly, you will have to emotionally, mentally, and physically move the partner out of their natural environment. It will help break previous



connections and establish your relationship through refreshment and adventure.

Phase 3: The Precipice: At this stage, you are in full gear, taking extreme measures, and deepening the effect. Therefore, you should be yourself and should be less worried about making mistakes. You should be ready to act as a rescuer for your partner, even if it means leading them into a crisis. They must believe you are there for them, and you mean it. You need more in-depth exploration and going beyond the partner's limits to test their submission and also influence their interest.

In case your partner has any insecurities and doubts about their conscience and sexuality, you could use spiritual temptations. It would involve making them focus on the religious experience or other artistic expressions. Chiefly, when you mix pleasure with pain, it positively influences seduction, which should not be unaffected anyway. Simple seduction leads to a fast climax and weak satisfaction, which is contrary to what you want to achieve.

Phase 4: Capture: It is the perfect time where your partner falls on your hand. It happens through acting in a suggestive manner that makes the partner take actions to move closer to you. For Instance, you could act interested in someone else and see the partner sense it and react. It is about making the pursued become the pursuer.

You should also observe sexual desires that you induce through your glances, voice, and gestures. Trembling of the voice, blushing, and a revealing slip of the tongue are indications the partner is giving in. Note that you are solely responsible for going on the offensive, ensuring you maintain your lightness and mystery.

Rules to Observe

Although all couples are different, and each relationship is unique, the following provisions of seduction are applicable in most cases.

- Avoid Manipulation - Men and women often feel that their partner is fooling them and

That brings a charged feeling against them. Learn to work with what your partner brings to the table.

- Demonstrate independence – Develop a dictated passive aggression that requires you to remain in your center, especially when on a first date. Sharing about your world and life makes you more exciting and exciting.

- Be natural – If you are the

Partner of seduction, you will never know if he/she cares for the real you. Therefore, you need to deal with open people.

- Have Fun – The natural you should give out the active part of you to remain attractive and adored.

- Be Humorous – It makes you sexy if you can take both teasing and criticism. Also, finding humor indicates you have a good and sober personality.

- Observe Good Hygiene – Your breath, appearance, and hygiene may cost you a date no matter how cute you might be. Similarly, you should develop self-esteem to remain proud and secure.

- Body Language – Your confidence and attitude are visible through your body language. Smile always and avoid flirting with everyone as they may

Not take you seriously.

You need to have patience and perseverance by giving your date a chance to respond. Note that seduction is only in your head, and what matters is how others perceive you through your actions.

## CHAPTER 3:

# Sex Positions For Beginners



**S**ex can at first seem intimidating. Most people are familiar with the missionary position, but what should be the next step. It is essential to understand that while some positions may be ideal for you, your partner may not like them.

Knowing a big set of sex positions is the base for having an excellent sexual session.

## Face to face

In this position, both parties will be laying on their sides. You'll be facing each other. The female will be slightly higher on the bed than her male counterpart. This is so that her hips are above his.



One of her legs will wrap around the top of him, and the other one should be laid down straight. Sometimes this can feel a bit awkward, but with practice, it feels truly great. This is a fantastic position for beginners because it helps you to gain comfort with your partner. It is a very intimate position that will allow deeper levels of penetration. The closeness of this position also helps both to relax and enjoy the experience.

## **Missionary style**

In this position, the female will be lying flat on her back and the male on top of her. The female's legs can be in a variety of different positions. Sometimes, she will lay them down flat on the bed while other times, she may wrap them around her partner's waist.



This simply comes down to what is most comfortable. Other people prefer to have their knees bent so that their feet are flat on the bed, and their knees are facing the ceiling. Missionary position is basic but essential for beginners. It is one of our go-to moves. It allows for different positioning, which can help both parties achieve orgasm more easily. It tends to be very comfortable for both the man and the woman. You will be facing each other, and this will allow you to focus on the level of intimacy that you are exuding. Additionally, it will make it easy to communicate what your needs are if the position needs to change slightly.

## **Spooning**

You will lay in the spoon position. The female's hips should be above her partners. The Top leg will need to be lifted slightly so that penetration can occur. Sometimes this feels a bit awkward, and you may need to adjust your positioning to find a good level of comfort.



This position is fantastic for beginners because it allows for stimulation to the females G-spot quite easily. It can be very comfortable once you find the right fit. You won't have to worry about doing a whole lot of work, but both parties will be able to move fairly easily. The involvement of both people is appreciated on both sides, and you will likely fall in love with this basic position.

## **Cowgirl**

Combination of a lying down and sitting position. This position is most commonly referred to as the cowgirl style. To accomplish it, the male will lay flat on his back with his legs stretched out in front of him. The woman will climb on Top and straddle him. How she chooses to position her legs should be in whatever position is the most comfortable. From here, she will have the ability to take control and ride her male counterpart. Beginners love this position because it is easy to accomplish. It is important to note that if the female puts her feet flat on the bed with her knees facing the ceiling or the wall, it will be a bit difficult to do this for very long. The motion will be difficult on her thigh muscles. However, this can be combated by putting one shin down on the bed and leaving the other in the upward position. It provides great leverage and an excellent level of penetration. Additionally, it will allow the woman to ride the man's penis in a way that stimulates her G-spot.



## **Sitting Cowgirl**

You can modify the Cowgirl this position in a variety of different ways. To make it a true sitting position, you need to change the position of the man. Rather than him lying on his back, have him sit with his back leaning against a solid surface. He can bend his knees or leave them straight, just depending on what feels best for both parties. From there, the female is going to do the same thing as stated above.



It is important to note that some women will find this position to be intimidating if they lack experience. This is because they are extremely exposed. However, as long as you have an intimate and trusting connection with your partner, it is definitely worth giving this position a try. It can lead to excellent levels of stimulation and ecstasy.



## **Reversed Cowgirl**

You can alter the cowgirl into another position by simply turning the female around. This is referred to as a reversed cowgirl.



It provides a different stimulation to both the man and the woman. This is because the underside of the man's penis will now be rubbing the front wall of the woman's vagina. This type of stimulation can be fantastic for reaching climax and providing mind-blowing orgasms.

## **Doggie style position**

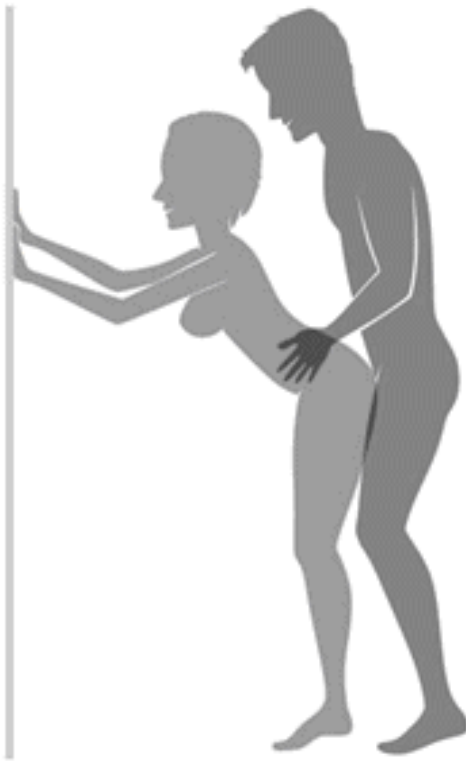
This is one of the most popular positions for inexperienced as well as experienced people. Many find that this is one of their favorite positions because of the level of penetration and movement that can be experienced. Also, men tend to like the view of their ladies from behind. To accomplish the doggie style position is fairly simple. The woman will need to be on her hands and knees or her forearms and knees. The man will approach her from behind. Her knees should be about shoulder-width apart so that her man can kneel between them. He will then enter her from behind.



More often than not, the man will hold on to the woman's hips, which will give him some control over the speed and power of his thrust. However, this position is also good if the woman wants to take control. There are different variations of the doggie style position. Sometimes, the woman will lay flat on her stomach, and the man will kneel over top of her. This can be a bit more challenging than a basic doggie style position, but it is also very exciting. It will make the female feel tighter around her man's member and heighten the level of pleasure that both parties experience.

## **Basic standing**

In this position, the man approaches the woman from behind and places his legs between hers. This will give him excellent leverage. He will also be able to grab her by the hips and control the speed and thrust at which intercourse is performed. This position is extremely easy to accomplish and exceptionally pleasurable for both parties. He will be able to play with depth to tease her and truly provide her with a variety of sensations.



More than likely, both parties will be able to participate in this position for a decent amount of time as it is not physically demanding.

## **Sum up**

Once you have experimented with these sex positions, you'll be able to move into other ones. Understand that there are hundreds of different positions that you can try out. We have only given you the tip of the iceberg. Many other basic positions are easy to accomplish. Also, there are more advanced ones that will take some practice. When you're comfortable with your sexual partner experimenting with sex positions becomes extremely easy.

## Man on Top Sex Positions

**N**ormally a passionate, eager, smart, and dominant partner wants to take a leading part in sex. This sex positions family allows the man to be on top of his female partner, acknowledged by her to give him the leading role in sex. This class varies diversely from missionary to bull and groundhog sex positions. Man, being on top, could control the penetration angle and stimulate the penis inclusion inside her holes while licking her body, kissing her lips, and sucking her boobs. These positions provide sensational penis and vaginal intercourse and anal intercourse together with various angles and positions to excite both partners.

### **Missionary 180**

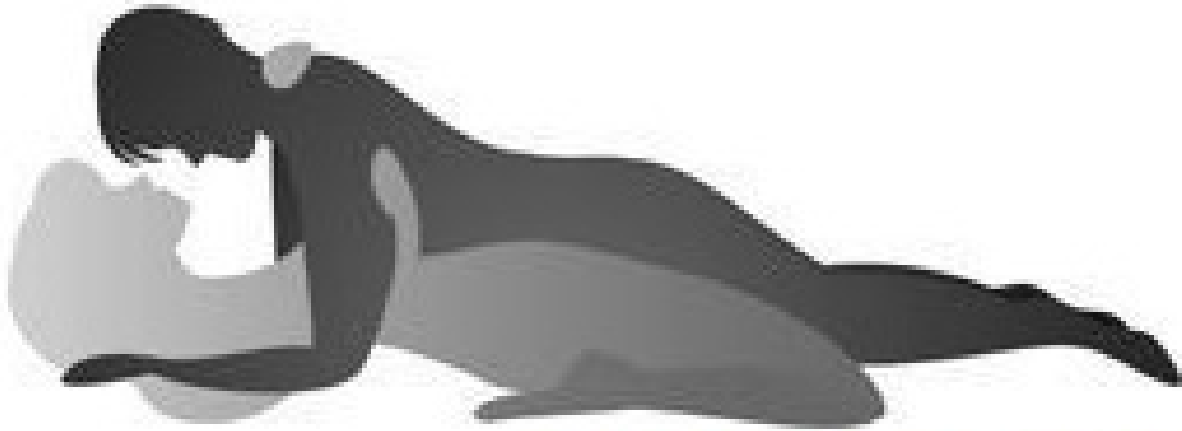
Every sex position is individual, but this one is quite exceptional and amazing. The woman lies on her back with straight legs. The man rides on his partner and goes wild while caressing her legs, being sensitive part to sexual stimulation, and exciting his lady to indulge deep in sex. The women, with erect face, boobs, and arms bent in elbows, caresses her partner's legs to excite him to go harder in sex. The man's body lies between her legs and inflames passionate sex to experience the heat of the moment. Both the partners indulge deep in sex through strong physical contact, but deeper penetration isn't guaranteed in this position as it doesn't ensure straight penis inclusion inside the vaginal hole



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### **Pressed Missionary**

Being an enthusiastic sex position among the family of a missionary sex position, it is quite amazing and marvelous. The woman lies straight with her back on the ground and legs bent on the knees, heading back towards her abdomen, providing full exposure of her holes to her partner. On the other hand, the man lies on top of her body, with face right in front of her face, providing passionate kissing and licking experiences for both partners. The man caresses her hair or shoulders with his hands while the woman pushes him towards herself to ensure reddish physical contact. Being exposed in this position, the woman allows her partner to go deep inside her vagina or anal hole, providing mild sex experience and unforgettable moments for both. This position allows the man to go harder on his female partner by strongly aiming and pushing to go deep inside the depths of the vagina or anal hole. Anal inclusion could be more interesting for the couple as it offers more pleasures through anal gaping.



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### **Crabby Groundhog**



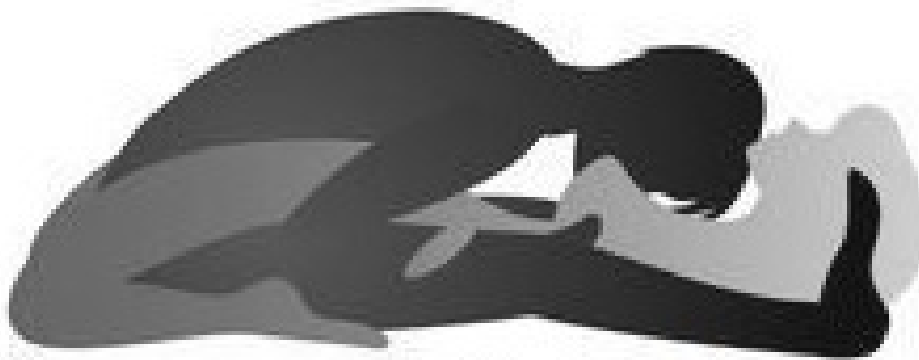
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Another enthusiastic sex position from the family of man on top sex positions is a crabby groundhog. It entails the woman lying straight on her abdomen and upper body lifted by bending elbows. The man sits on her pelvis, reclining backward into a crab position. This position seems a bit difficult for men who find it to be straining. This straining causes you to pain in the lower back. These drawbacks can be reduced by placing a few

pillows under the women's pelvis and making the angle of penetration more horizontal. This horizontal angle might become easier to go for strong stimulation, strong bumping, and a bit shallow penetration. This position allows clitoral stimulation due to the rubbing of the penis with vaginal lips. Thus, makes it an amazing and mild experience for both partners.

### **Pressed Wrapped Bull**

If you want to try an adventurous delight applauded with sensational kissing, licking, and physically stimulated response, then you must try pressed wrapped bull once. It requires you and your lady to be stretchy enough to perform it in the best way, but it's worth it. It has the power to steer the partners towards themselves. The woman lies on the ground with her back, and the man lifts her pelvis to place it in his lap. Her legs are bent on her knees, heading backward. At the same time, the man sits on the ground with his legs driven apart to accommodate her body between his legs. He is reclined forward on his woman to suck her boobs, lick her body and kiss her gently to spice up the sexual intercourse. Sex with these prerequisites becomes delightful and habitual. This position allows the man to go inside the vagina and anal hole up to his choice or according to his lady's will. Meanwhile, she can feel every inch of the penis, shattering her holes to go deep inside and make a pleasurable passageway. Squeezing her boobs while penetrating her as fast as you can add enough excitement to transform you both into wild beasts.



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### **Planted Wrapped Bull**

Planted wrapped bull is another enthusiastic sex experience out of the class of man on top and bull variations. This is quite fantastic due to its approach



and delightful experience. In this position, the woman lies on the ground with her back and her pelvis aligned with her partner's penis. Her legs are bent and lifted above the ground by her man, who uses his hands to push her towards himself to ensure deeper penetration and stronger stimulations. The man sits on the ground with straight legs driven apart to accommodate her body and leaned forward to kiss her boobs, abdomen, shoulders, and lips. He can thoroughly lick her body to replenish the sexual intercourse and turn sex into a mild experience. With every strong bump, his penis visits the depths of the vagina or anal hole and fills him with filthy affection. The more hard he goes, the more plausible it will be to have sex with full intent.



**Anastasiia Frizen - © 123RF.com**

## **Woman on Top Sex Position**

Being advanced in sex is a lottery of joys and enthusiasm that can carve manifested satisfaction and procrastinated joys to applaud both partners and indulge them deep enough that they will never think of someone else to have sex with. This advanced-level offers more disciplines and affection to both partners in the form of new and developed positions for sex. Woman on top is a sign of her dominance and affection guaranteed by the man.

### **Lying Rodeo**

A profound sex position with women on top, giving her the dominance and respect over her male partner, is famously known as lying rodeo. This shows extremism to leaning forward, as the woman lies on her abdomen on the legs of her man, with her pelvis right above the penis of the man, who is lying straight on the ground, and allowing easy vaginal intercourse. If you love to give a foot job, then this position is made absolutely for you. More attention and consideration should be required for the penile angle as penetration wouldn't be straight forward. For men, this position could be a little difficult as it is slow to the start but offers many enthusiastic dealings and full exposure of her holes. The men can see every inch of his penis going inside her holes. This might be a little tricky for men but amazing for women who can control the penis inclusion as well as the bumping speed.



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### **Arched Cowgirl**

This is quite a unique yet classical position as it belongs to the most favorite cowgirl sex positions family. In this position, the man lies on his back with straight legs. While the woman, being on top, kneels over him, arched backward, and sustains herself with hands on the floor. This position allows the women to move and haul according to their choice and will. Therefore, the majority of the movement in this position comes from the women

lifting, rocking, bumping hardly, and rotating her hips. The man puts his hands on her thighs and caresses her legs to stimulate her joys and plausible pleasures. The second variation is playing with her breasts, which will not only stimulate her sex experience to mildness but also indulge both thoroughly in sex. This position also offers a treat of sight-seeing of penis inclusion to her holes. Frictionless inclusions with both vaginal and anal intercourse are guaranteed to delight both partners. The more intense you are to try this position, the more joyous it will be for you and your partner. Being an advanced yet easy sex position, this can be easily performed every time you like.



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### **Planted Arched Cowgirl**

Yet another enthusiastic treat from the family of cowgirl and woman on top is planted, arched cowgirl. This position is an extension of the arched cowgirl. It involves the man lying on the ground with the upper body lifted, which sustains himself with fists on the floor. While the woman, being on top, sits on his abdomen, arched backward, just like in the arched cowgirl position. This position allows the man to not only explore the sight-seeing of penis inclusion but also delights him with clitoral playing and stimulate her nerves to go wild towards the sexual approach.



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On the other hand, the woman opens her legs wide apart to give him full access, together with deeper penetration and frictionless inclusion. Woman, being on top, is captivated with controls over penetration and movements according to her choice. The movements mostly come from her side when she lifts, rocks, and rotates her hips. Both partners, in this position, can catch each other's emotions and move in a rhythm that will bring more satisfaction for both of them.

### **Bridged Cowgirl**



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One of the adventurous and enthusiastic positions from the cowgirl family is an abridged cowgirl. This is unique according to its approach and sex experience. It involves the man settling down with bouncy abdomen, lifting while touching the ground with hands. On the other hand, the woman, being on top, sits on his abdomen, facing towards his head and praising him with her weight. This position allows deeper penetration and strong stimulation together with frictionless inclusion. It goes hard for the male partner as he is not able to see going through and feel much difficulty in maintaining this position while lifting the weight of his women too. On the other hand, women can also not freely bounce on the penis because of her feet not touching the ground and letting her balance her body by herself. This position offers less intensity with less movement and hence, lesser satisfaction and joys.

### **Facedown Cowgirl**



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Yet another furious and adventurous sex position from the family of cowgirl and woman on top sex positions is facedown cowgirl. This position entails the man lying straight, with straight legs on the bed and upper body inclined

downward with shoulders touching the ground and supporting his body. On the other hand, the woman sits on his penis at the cutting edge of the bed and balances her body being arched backward and hands-on bed to support her body leaning backward. This position offers complete control and movements assigned to the woman. She can control the penetration angle as well as the penetration length. The more she settles her down, the more penis length will be included in both of the holes. The man can caress her legs and play with her clit to spice up the sex experience, even if she can't play with her boobs. Playing with her clit could bring more joys for both of them that will indulge them deeply and forever.

## Standing Positions

**H**aving sex in a standing position is boring. Why not spice up your sex life by trying these unconventional standing positions the next time you have sex.

### **Tree-Climbing Position**

This is also known as the Stand and Carry Position. The success of this exotic position depends on your strength to carry her entire weight and still thrust at the same time, and her ability to lighten up her weight while she latches onto you for support. Penetration in this position will be slower than what you may have wanted, but the level of difficulty is what makes it exciting and exotic.

As you stand, let her straddle on your waist as she completely lifts her entire body. Her arms should be locked in around your neck or arms for support, whichever is more comfortable. Picture her climbing a coconut tree with her upper body dangling as she rocks back and forth.

The physicality of this position may be too intense, so do it only as a variation to other positions. Also, always stand on a stable and flat surface for stability, never on the bed or sofa.

### **Piston Position**

This is the more lenient version of the Tree-Climbing Position. You will still be carrying her in a standing position, but her feet will be planted on the bed or sofa. Hence, you need to perform this while standing on the floor near the edge of the bed where she can step on.

As you face each other, she straddles you and wraps her hands around your neck while you carry her by her butt. The way you are grabbing her butt, and stepping on the bed, makes rocking back and forth easier. As the name implies, you can shoot deep thrusts like a piston for sex to remember.

## **Tiptoe Position**

It can be called the lazier version of the Tree-Climbing Position because your woman can cheat by letting one of her feet down. You will still be carrying her as high as possible until she is only tiptoeing.

This gives an intense sensation to her as you penetrate while facing each other because the muscle tension that she struggles with completely contradicts the pleasure brought by the penetration. She can also change height through her lowered foot to match your movements and control at which angle she is to be penetrated.

## **Standing Doggy-Style Position**

You can picture the classic Doggy-Style Position, but with both of you standing and her body bent forward. To help her maintain balance, get a chair that she can grab onto. It can be a bit tiring to her arms, but the sensation mixed with a little muscle tension should create an explosive sensation.

## **Ben Dover Position**

To push the exoticness of doggy-style a little more, try the Ben Dover Position. This is a Standing Doggy-Style Position but with her fully bent downwards on her waist. She will not have a chair or any platform to support her body, but the sensation from each thrust will be better. As her vaginal walls are stretched, they will be more sensitive and tight.

## **Monkey Bar Position**

As the name implies, it needs a monkey bar or something similar to be performed. It is more of a “sexercise” for you since you will be the one hanging like a monkey, but she will only be standing all the time.

Ask her to stand underneath the bar or anything you can hand on to. Her legs need to be as tight as possible. As you hang facing the same direction, her hands should be on your butt to assist you in slipping your penis inside her. Hump as you can or as long as your arms can take it.



## CHAPTER 6:

# Oral Sex Tips to Drive Him/Her Crazy

**T**he term Oral means involving the mouth. As you can guess then, oral sex is sex involving the mouth. There are many different colloquial names for oral sex, but they all come down to the term oral sex. We will discuss oral sex techniques and positions for giving oral sex to both men and women. These positions have been chosen and included in this manuscript because of their versatility and their success in terms of orgasm, as well as their ease-which, which makes them a great choice for beginners.



The best techniques for oral sex can vary depending on whom you are giving oral sex to. Everyone will enjoy something a little different, so finding out exactly how your partner likes it will allow you to find the best technique for them. There are, however, some techniques that will be able to provide you with guidance for your first time giving oral sex to a man or a woman.

### **The Venus flytrap**

In this position, the woman lies on her back with her head off the bed's edge. The man comes and stands with the woman's head between his legs as he thrusts his penis into the woman's mouth.

## **69**

This can be solved by trying other variants of the 69 position. The man can lie flat on his back, and the woman gets on top of him with her knees. This is to say, she straddles him, with one knee on either side of his shoulders. That way, her vagina is directly above his face. She lowers herself to his penis and begins to perform oral sex. At the same time, the man pleases her vagina above with his mouth. For more intimacy, he can hold her hips or wrap his hands around her.

## **The throne**

In this position, the woman stands on her knees on the bed (or a hard surface) and lowers the head to the bed while twisting her body. The legs are pressed together tightly, and the buttocks are raised. The man then squats on the woman's top while spreading his legs apart with his hands on the knees. The man enters the woman from the top slowly. `

## **The cinema blow job position**

The cinema's oral sex position is where both the man and the woman are sitting next to each other, side-by-side just the same way they sit in cinemas. In this position, all you have to do is lean over, unzip your man's fly and get down to business as you do so. Your man remains seated the same way he was seated.

It is important to note that the Cinema Oral Sex Position does not have to be necessarily performed in a cinema. As long as you are seated side-by-side in a comfortable place, you can perform this position.

This form of sex involves the use of the mouth to stimulate the external reproductive organs of your partner. It goes well when combined with sucking, nibbling, blowing, and licking. Fellatio is when a man is receiving oral sex, and cunnilingus is oral sex on a woman. In fellatio, the giver of oral sex uses the mouth to stimulate the penis and the scrotum of the man.

On the other hand, cunnilingus involves using the mouth to stimulate the clitoris, vulva, and the openings of the vagina. Besides, oral sex done on the anus is called anilingus. It is worth noting that using the mouth to stimulate other body parts such as the lips and breasts is not oral sex. Nevertheless, oral sex is an enjoyable and intimate practice for sexy couples. There has

been so much misinformation and mystery surrounding this form of sex that it is amazingly punishable in some jurisdictions. For that reason, you should understand oral sex and decide on whether to make it part of a romantic relationship.

### **For Him**

When giving oral sex to a man, this involves the mouth of her partner stimulating his erogenous zones like his penis, his testicles, and his anus. When it comes to the man's penis, there are multiple ways that you can give oral sex.

The one main thing to note is whether the penis is uncircumcised versus circumcised. If the man's penis is uncircumcised, you will need to pull back the foreskin to expose the head of his penis. The good thing about this, though, is that his penis will be more sensitive than a non-circumcised penis underneath the foreskin, and this will make your oral sex feel amazing for him.

When giving oral sex to a man, you can use your mouth to stimulate his penis. While you do this, you can use your hands to please him in other areas like his testicles or his anus, whatever he likes. As you do it, he can communicate to you by telling you what he likes in terms of speed and pressure.

### **Positions**

When it comes to oral sex for a man, there is a little-known secret. This secret is in the testicles and knowing how to use them to your advantage when giving him oral pleasure. The oral sex position described here uses this technique to add to the pleasure of a blow job.

### **Kneeling**

This position is done when the man is standing up, and the woman is on her knees in front of him, giving him oral sex. You may be thinking that this is not an advanced sex position because you have done it many times, and it is quite common. Here, however, we are going to make it an advanced position.

To make this into an advanced sex position, while the woman is kneeling in front of the man and giving him oral sex, she can use one of her hands to hold onto his testicles and gently massage them. This will add to his pleasure a lot. She can also (or instead) use her other hand to reach around

behind him and stimulate his anus with her finger. She can move her finger around the outside of his anus, stimulating the sensitive skin there, and this will make him feel immense amounts of pleasure. Doing both of these at the same time will make it virtually impossible for him not to orgasm very quickly.

## **Her**

When giving oral sex to a woman, this involves the mouth of her partner stimulating her erogenous zones, including her clitoris, her labia, and her anus. A woman can orgasm from two main places- the clitoris and the G-Spot. Since you are not able to stimulate the G-Spot with your mouth, oral sex involves the clitoris. Stimulating the clitoris with your tongue is the best way to give oral sex to a woman.

The best way to do this is to gently move your tongue around the clitoris and the vulva area. By starting slowly and increasing speed gradually, this will get the woman's pleasure increasing at a steady-state, which is the best way to make her reach orgasm. While you do this, you could touch her in other places like her vagina by inserting a finger. Some women enjoy the combination of these different types of pleasure.

## **Positions**

### **The T**

To get into this position, the woman lies down on her back, and the man will lie down as well, but instead of lying down parallel to her with his mouth at her clitoris, he will lie down with his mouth at her clitoris but his body perpendicular to her. This way, their bodies form the letter 'T'. Lying like this makes it so that the woman can have the most pleasure possible from oral sex because it makes it easier for the man to stimulate her clitoris for a longer period without becoming fatigued. It is easier to move your tongue in an up and down motion than in a side to side motion, and when forming a T with their bodies, his tongue can move up and down (side to side on the clitoris) and give her the most pleasure possible. This is because stimulating the clitoris in this way is the most likely to lead to orgasm, whereas moving over it in a top to bottom motion will not lead to as much pleasure or as much chance of orgasm. When lying in a classic oral sex position of the man between the woman's legs, it would be hard for him to

move his tongue in a side to side motion for a long time as it would become exhausted. Still, if he moves his tongue up and down, it will not be as pleasurable for her. For these reasons, this T position is the best choice for oral sex for a woman.

### The Kivin

If your partner gives you head and it feels nice, but you can't seem to come to orgasm from it, this position may be perfect for you. Sometimes it is hard for the person licking the clitoris to keep their tongue moving up and down and around fast enough to make you have the type of clitoral orgasm that you may be able to reach from other positions or with fingers instead. The solution is The Kivin Position.

Kivin is a position that allows a person to orally pleasure a woman with a greater chance of helping her to reach orgasm than the traditional head between her legs position that most of us are used to.

Have her lie on her back, and position yourself lying perpendicular to her body, your head close to her vulva. Use your fingers to find her clitoris (clit). If she is horny and wet already, her clitoris will be easy to find. If she is not quite there yet and you are just beginning to get down to business together, it may be harder to find, but as she gets more and more turned on, it will get more erect, and it will get bigger. This will also help when you are going down on her as there will be more of her clitoris exposed for you to lick and stimulate to help her orgasm. Gently steady her clitoris, exposing it a little bit more. Begin to touch her clit with your tongue and lips, gently moving your tongue back and forth over the top of it. Turn your head to the side every once in a while, to see her face change as she is pleased. Move your tongue in small circles or use your lips to suck on her clit. Using your free hand, reach up to her breast and massage her nipples. Switch hands and use your free hand to massage her vulva and feel her vagina getting wetter the longer you lick her clit. Slide a finger into her vagina and try to find her G-spot inside at the front of her body. Gently press this spot while you continue to eat her out, and you will get so hot hearing her moan loudly in ecstasy.

## CHAPTER 7:

# Anal Sex For Him and For Her



### **Why is it normal to have anal sex... or not?**

**I**s it normal to have anal sex? Do you feel pleasure? Is there anything wrong with doing it? Why have I never tried it? These are the classic questions that many women ask themselves.

In reality, the experience of anal sex depends on your will and desire to try. There is absolutely nothing wrong with trying it as long as it goes to you. It is your body, your choice, your experience, the only person who can say what is right for your body, and your sexuality is you.

If you want to try anal sex, keep in mind some tips to make the experience as pleasant and positive as possible.

### **How to have the best anal sex**

### 1- Lubricant!

Just as vaginal sex can be uncomfortable and painful without any lubrication, the same goes for anal sex. Even more. There are several reasons, the main one being that the anus is a completely different passage from that of the vagina and does not work or react in the same way.

First, the anus does not create any own lubrication. Without the assistance of the lubricant, the anal cavity is dry. Secondly, the skin and the tissue that covers the anus has very little elasticity. At the same time, the vagina can increase its size by about 200 percent; the anus does not have this natural ability. Always use a lubricant, gel type. Many lubricants have been created specifically for anal sex, generally have a longer life, and make the anal cavity smoother and silkier. Here some ideas.

### 2- Go slowly

As mentioned, the anal passage is not as elastic as the vagina. It takes a while to "loosen" the area, and if you start vehemently, the penis could irritate and tear the area. Try using your fingers or small anal toys first. On the market, there are also anal "training" kits (which usually also have anal sex toys of different sizes. [Click here](#) to take a look at the many models on the market) to gradually get used to the area to receive the penis. Some of these sex toys are the size of a finger; others are a bit larger.

### 3- Relax

The sphincter muscles are strong, and to relax them, you need practice and concentration. If the muscles are not relaxed enough, the body can stiffen.

Some sex toy stores and companies sell products designed to relax the anal area. They are sold in the form of a cream or spray, which helps the muscles relax and loosen to allow for a more comfortable experience. However, do not buy products designed to numb the area. Some companies and stores sell anal toys with these crippling products, but in reality, they are not good. Indeed, the point is that sex must give pleasure and make you feel sensations. If you can't hear it, then what do you do it? And secondly, and most importantly, your body has pain receptors for one reason: to know when things are going wrong. Not feeling and not being in control of what is going on can be incredibly dangerous and lead to all sorts of painful complications later on.

### 4- Take it easy

That's right, take it slowly by gradually loosening the area of the anus using small objects, to begin with, so the movements of the penis should also be

gradual. The anal passage is a bit like a balloon. If you take a swollen puffy balloon and try to put your finger on it quickly, the balloon will burst. On the other hand, if you slowly press your finger down and work with the rubber surface, no damage will be created to the balloon.

#### 5- The X factor.

It is quite superfluous to remember the function of the anus that is used for the expulsion of excrement. This done, together with the fear of pain, is one of the most common reasons why people are afraid to explore this area sexually. Making sure your bowel is empty before starting anal sex is one way to help ease this fear. If you want to remove this fear, there are lavenders for the anus to buy in the pharmacy and under medical advice.

#### 6- Security

Since the skin of the anus is much more delicate and thin than that of the vagina, it can be easily torn, leaving room for infections. Also, HIV can be transmitted much more easily through the walls of the anal cavity, so it is essential (as with all sexual intercourse) to have a partner wear a condom.

We conclude by saying that anal sex can be fantastic. You can feel a lot of pleasure and bring your sex life to new heights and new sensations. But it's not for everyone, though, and that's normal.

According to some research, 50 percent of women love him, and 50 percent don't. If it's something that's just not for you ... you don't have to. Nobody has the right to put pressure on you to do something you don't feel like doing. It is up to you! It's up to you to decide.

### **Guide to anal sex**

#### 1.Lubrication

The key to anal sex is lubrication! You will need to make sure that both the penis (or dildo) and the anus are well-lubricated for anal sex to be pleasurable for everyone involved. The anus doesn't lubricate itself as the vagina does, so you have to make sure you do it yourselves before having anal sex.

#### 2.Relaxation

The next point to keep in mind is relaxation. The anus will open gradually as you start to play around and inside of it a little bit. As you slide something into it, it will respond by opening up and relaxing, but this may take a few minutes. Having a person be relaxed and comfortable is very



important. Remember to let it do its thing, and just slowly enjoy the process without rushing it. If the person is too nervous, it will take longer for their anus to relax.

### 3. Removal

The next thing to note is that if you are going to remove something like a toy or a penis from the anus, it is important to make sure the person is relaxed and lubricated (as stated above). More importantly, they must be expecting the removal of whatever was inserted into their anus to happen. If you try to remove it without the person expecting it quickly, their body will reflexively tense the anus, and it will lead to a painful experience, possibly for both people if it was a penis inserted.

Remembering these three points will help you to have a positive and enjoyable anal sex experience for your first time. There are a few more things to note to ensure that you have safe anal sex. These points are related to hygiene and sex toys and will likely become more relevant when you are more experienced with anal sex. You are not required to buy two different toys- one for anal and one for vaginal use. Still, it is important to remember that if something was in your anus or anyone else's, you want to wash it thoroughly before you insert it near or into your vagina or near or into anyone else's vagina. The reason for this is because there are bacteria in the anus that, when brought into the vagina or near the urethra, can lead to an infection of the bladder. To avoid this, after using an anal sex toy or after inserting a penis into the anus with a condom on it, wash the sex toy thoroughly with soap and hot water, or change the condom. If you used a toy anally- say a dildo. You want to use it vaginally in the same session, make sure to either put a condom on it both times but switch the condom in between, put a condom on it for anal sex and take it off for vaginal sex or use it for anal sex, wash it and then put a condom on it for vaginal sex.

Finally, when using any sort of toys anally, make sure that they are either long enough so that they cannot be inserted in, or if they are not as long as this (like anal beads or a butt plug), ensure that they have a ring or a handle on the end so that you can easily remove them when you are ready to take them out. If they do not have a ring or a handle or some means of being removed, do not insert them into your anus. This is because it would be easy to get something stuck in your anus. The reason this can happen is that when trying to remove something from the anus with your fingers, the anus

will use a reflex that closes the sphincter and will make it very, very difficult to retrieve anything. If you are trying to use your fingers to get it out and the anus closes up on you reflexively, there will not be enough space inside for you to grab onto the toy, and you will just end up pushing it farther into the anus. This will end up causing more of a problem.

## Easy Sex Positions

If you are a beginner, sex can make you feel overwhelmed, especially if you are clueless about simple positions. Therefore, you should make the first step of learning the most relaxed positions that you could try out with your partner and get the best out of it. However, you should note that mastering these positions requires time and various considerations depending on whether your partner enjoys them. The fact that these positions are considered to be the easiest does not mean that they will work for both of you. For that reason, you should avoid rushing while practicing to avoid provoking anxiety. Here are significant positions that you could try out with your partner to make you feel connected, safe, and intimate.

- **Missionary:** In this position, one partner lies on her back as the other lies on top facing each other. This position may also be used for anal sex as it leaves both the genitals and the anus exposed and accessible. Due to its ease, the position is the most popular among couples as it requires little technicality and effort. Some of the reasons that make the position favorable among couples include clitoral stimulation and full-body contact. It also includes accessible communication, natural kissing and caressing, depth of penetration, and the likelihood of a speedy orgasm. It is considered to be the best position for reproduction as the penis is fully submerged in the vagina. This way, a man is sure to deliver his sperms to the woman's ovary. The man could choose to hold the woman's legs and place them on the shoulder for a reflex on the genitalia. It has various variations that are characterized by the positioning of the woman's legs or the poster of the man.
- **Spooning:** You could try out the position as a beginner. It involves a cuddling technique and has its name derived from how the partners form a shape similar to that of a spoon, especially when positioned side by side. It is more of a rear-entry position closely related to the doggy style, but in this case, the bowls remain aligned. This

position is one of the basic four sex positions hence the need to understand it for a perfect intimate session. As one partner lies while slightly bending the knees, the man lies, pressing his back towards the partner. The woman is positioned as the inner spoon while the outer spoon is the man. Most women slightly lift the upper knee to make it easier for the man. Similarly, the woman could bend over slightly to completely expose both the anus and the vagina. This position allows the partners' hands to freely feel each other through caressing the breasts, stomach, clitoris, scrotum, or the head.

- **Cowgirl:** The position is most commonly referred to as riding or woman on the top spot. As the names suggest, the sexual activity occurs while the woman is on top of the man. Similarly, the "riding" terminology comes from the depiction of a woman riding a bucking horse. In the position, the man lies on his back with closed or open legs. The woman then straddles him while squatting, sitting, or kneeling. The woman may also decide to either face the man or face in the same direction as the man. The position enables the woman to control speed, rhythm, and extent of penetration. She could stir the vagina to achieve the desired stimulation provided the penis is erect. This position also works best for anal sex where the woman sits on the man leaving the anus and the penis aligned for intercourse. However, most women find the position being uncomfortable as they may not know to apply force while having sex. Besides, a woman may perceive sex as a man's responsibility hence the need to take it easy and let her learn along.
- **Face to Face:** This position has numerous variations as there are different ways you could have sex while facing each other. The man could be standing holding the woman by the waistline. Also, the man could sit on a platform and allow the woman to sit on the lap as they engage in stimulating intercourse. This position is preferable for beginners, for it enables them to observe the reactions of each other and communicate effectively. Besides, the position promotes physical and psychological connections where the partners maintain direct eye contact and are focused on the activity. The position also allows the partners to cuddle, kiss, and caress while learning what is best for each other. This position also enhances the stimulation of

the clitoris, making the woman prefer it to others. Depending on your physical fitness, you should try out the variations of face to face position as you advance to more complex postures.

- Doggy: In this position, the woman bends over, crouching with the knees and hands. She exposes both the vagina and the anus to the man who comes from behind. This rear-entry position is related to the spooning position or the reverse cowgirl position. This position is one of the most favorite among men as it provides a clear view of the penetration and only leaves the genital part on contact making it more pleasurable. The woman in this position is mostly passive, while the man remains active unless the partners decide to provide back up for each other. In this case, either partner could be dominant or submissive depending on other activities incorporated during the intercourse. As a beginner, you should penetrate while holding the woman's waist to support yourself from falling back. Similarly, you could utilize the position to experiment with deeper penetration and stimulate the clit with either hand.

Although these positions may seem easy and straightforward to carry out, there is a need to be cautious to ensure that you achieve the best.

What matters most is not the variance of positions, but how well they work for both of you.

Therefore, ensure you perfect on the most straightforward forms before trying out the following intermediate sex positions.

## Advanced Sex Positions

**T**hese sex positions are tricky in that they require strength, stamina, and flexibility, and sometimes all of the above! Have fun with these sex positions with your partner, trying to get yourselves into them and having fun trying to have sex in them. Some of them will be fun and exciting, and some of them will be downright silly, but either way, they will get you both laughing and bonding and will likely lead to some fun memories that you create together.

### **The Turning Position**

The Turning Position is a fun one that you have probably never heard of before. It can add some fun into your stale sex life or some pizzazz into a new and youthful relationship. This is one of the more challenging positions to master and requires quite a lot of communication from both parties. It will also require some practice to execute it seamlessly but don't be intimidated. You will master it in no time and begin to wow all of your present and future partners! This position is well suited to couples who would like to try something different and explore new ways of reaching pleasure together at a point in their relationship when they are comfortable with each other and know how to communicate well.

The position begins in the classic Missionary position with the man on top of the woman, and both of them face to face. The man's legs should both be between the woman's legs, and his penis is already inside of her. This is where it gets more complicated, so listen closely. The man now lifts his left leg over the woman's right leg and then proceeds to lift his right leg over her right leg, keeping his penis inside of her, and continues by moving his upper body in a clockwise direction until he is at a 90-degree angle to her body, essentially lying across her (while still penetrating her). He will then move his legs over her upper body, one leg at a time, continuing to turn around in a clockwise direction so that his feet are at either side of her head, still maintaining the positioning of his penis inside her vagina. From here,

he will complete the turn and come back to his starting Missionary position without ever removing his penis from her vagina. Doing this seamlessly and sensually without accidentally pulling out of her will require some practice and cooperation on both of their parts. When it is done well, it looks like he is turning in a slow and smooth circle around her body.

This position will lead to new sensations for both people as every single angle of his penis inside her vagina will be felt by both of them. It will lead to new challenges for both of them as it is a difficult position to try. And it will lead to the exploration of new points of view of the other person's body, all three of these things leading to greater intimacy and closeness between partners.

### **The Waterfall**

The waterfall is another position in which the man has complete control. The man will begin by sitting in a chair with his feet on the floor. The woman will climb onto his lap and insert his penis into her. She can wrap her legs around his waist. Then, slowly she will lean back until her head and arms are touching the floor (with pillows underneath). From here, the man will hold onto her hips and can move her body onto his penis at whatever speed and depth he wishes. He can also grab onto her breasts and massage her clitoris in this position if he wishes.

### **Standing Suspended**

This position requires strength from the man but can lead to very deep penetration if he can support his woman's weight enough. This position will be a workout for him, but a workout with a better ending than any workout he'll have in the gym!

The man stands facing the wall, and the woman stands in front of him, facing him. She puts her arms around his neck and jumps into his arms (how movie moment-esque). He supports her weight by holding onto her butt cheeks while she has her arms and legs wrapped around him. He holds her up like this and lifts her higher to lower her onto his erect penis. Once inside, he can pin her against the wall for support so that he doesn't have to support her weight entirely and can use his hands to move her up and down

on his hard member. If the wall supports her back, the man can also thrust into her using his hips if his arms get too tired. Because of the angle, the woman's legs are held at, her vagina and legs are open enough so that the man can penetrate her very deeply. This is one of the best positions if you want to attain very deep penetration. This increases the chances of the woman's G-spot being hit and will allow her to reach a G-spot orgasm that will drive her crazy!

### **The Sitting Duck**

The sitting duck is a position that allows the woman to have complete control. The man will lie down on the floor on his back. The woman will straddle him and slide his penis into her. Then, one by one, she will cross her legs so that she is essentially sitting on his penis cross-legged. In this position, the man has no freedom of movement, and everything is up to the woman. She can even touch her clitoris in this position if she wishes.

### **The Rowing Boat**

The rowing boat is another position that you may never have heard of, but that will make for an exciting new sexual experience for you and your partner. This one begins with the man sitting on the floor or the bed with his knees bent and his legs spread. The woman will sit in the same way, except she will be facing him. She will move her body toward him, and when they come as close as they can to one another, she will slide her knees underneath his knees, so that her legs are still bent, but underneath his. Her legs will then be holding his legs apart and open, and he will hold onto her legs to hold them open and bent. Then, he will slide his penis into her, and they can grind together for penetration to occur. This is an intimate position as you can both see each other's faces and are sitting with your legs spread right in front of each other.

### **The Wheelbarrow**

This position got its name because the positioning of both of your bodies makes it so that you look like a person pushing a wheelbarrow. To get into position, the girl will get into a downward dog position. If you aren't sure what that is, it is a yoga position where you have your arms outstretched and your hands planted on the floor, and your buttocks in the air with your legs straight and your toes on the floor. Get into a downward dog, but spread your legs slightly. The man then stands between the woman's legs



and will hold onto her hips. From here, he will lift her hips and hold her legs in the air while her hands remain planted on the ground. She will stick her legs straight out past him. He can now insert his penis into her vagina.

This position is quite involved and may be difficult to get into. Still, it allows for lots of movement control by both people as the woman can move her hips up or down to adjust the angle, the man can thrust himself into her or pull her hips towards his penis and can also change the angle of his hips. All of this customization potential makes it so that there is a lot of room for change to ensure that both people are receiving as much pleasure as possible.

### **The London Bridge**

The London Bridge is a position that may sound difficult, and you are right! If you ever tried to make a bridge with your body when you were a child, this position will involve the man doing just that. To do this, the man will begin by lying on the floor on his back. He will then plant his hands beside his head by bending his arms backward and plant his feet on the floor by bending his knees. Then, pressing into the floor with his hands and feet, he will lift his body off the floor so that his entire body is arched backward. He must have an erection already to do this as it may be difficult to get one when already in this position due to the blood rushing to his head. The woman will then stand over the man with her feet on either side of him, her vagina hovering over his erect penis. She then will lower herself down onto it and will use her legs planted on the floor on either side of the man to move herself up and down on his penis.

### **The Arch**

The woman lies down on her back with her legs slightly spread. The man slides himself in between her legs on his knees. His penis erects and ready for pleasure. He grabs ahold of her hips and lifts her body so that her vagina meets his erect penis. He slides it in and begins thrusting into her, holding her up the entire time. Only the woman's head and shoulders are touching the bed, and her strong, sexy man holds up the rest of her body. In this position, he has full control. He decides the depth and the speed, and he can even tease her with the tip of his penis. Teasing her like this will have her begging for more, and this will make her so wet you will feel it when you

finally slide your penis back into her. This position can be very tiring for the man, and he needs to be quite strong to hold her up for long enough, but if he can do it, you will both earn the overwhelming, full-body orgasm that comes as a reward with this kind of deep penetration.

## The Super Orgasm

The orgasm has long been viewed as the peak of sexual excitement. It's a very powerful feeling of pleasure, which involves releasing accumulated erotic tension. While everybody's goal with sex is an orgasm, there isn't a lot now about it. During the last few centuries, theories about the orgasm have changed. For example, experts have only recently started talking about female orgasm. Many doctors in the 1970s claimed it was perfectly normal for a woman not to experience an orgasm.

Orgasms can be defined in several ways with different criteria. Medical professionals talk about physiological changes that happen within the body. Mental health professionals and psychologists talk about cognitive and emotional changes. There isn't a single, overarching definition of the orgasm.

Sex researchers have tried to define orgasms in models of sexual response. While the process for orgasm can differ between people, several basic physiological changes often occur in most incidences. Master and Johnson's Four-Phase Model includes:

- Excitement
- Plateau
- Orgasm
- Resolution

Kaplan came up with his model, but he is different from most sexual response models because it includes desire. The majority of models don't include non-genital changes. It is important to understand, though, that not every sexual act is preceded by desire. Kaplan's three-stage model is:

- Desire

- Excitement
- Orgasm

## **Benefits of Orgasm**

A 1997 cohort suggested that men's mortality risk was lowered when they experienced a high number of orgasms than in men who had fewer orgasms. Some research suggests ejaculation can help to reduce the risk of prostate cancer. Researchers found that a man's prostate cancer risk was 20 percent lower in those who ejaculated at least 21 times a month than those who ejaculated only four to seven times a month.

There are a lot of hormones that are released during orgasm, which includes DHEA and oxytocin. Some studies suggest these hormones may help protect against heart disease and certain cancers. Oxytocin, along with other endorphins that get released during the female and male orgasm, are also relaxants.

## **Types of Orgasm**

Not surprisingly, since experts haven't come to a consensus in regards to a definition of an orgasm, there are many different types of orgasms. Sigmund Freud stated that immature and young females could only have an orgasm through clitoral stimulation while mature women can have an orgasm through vaginal stimulation. We will go over a few of those types.

- Pressure orgasms – this orgasm comes from indirect stimulation of applied pressure. This is a type of self-simulation that is common in young people.
- Tension orgasms – this is a common type of orgasm. It is created through direct stimulation, often when the muscles and body are tense.
- Blended or combination orgasm – there are a variety of orgasmic experiences that blend together.
- Relaxation orgasms – this orgasm comes from deep relaxation through sexual stimulation.

There are a few orgasms that both Dodson and Freud discounted, but there are others who believe they are real. For example:

- G-spot orgasms – this is an orgasm that is caused by the stimulation of an erotic zone inside the vagina through penetrative intercourse, which feels very different from orgasms caused by other forms of stimulation.
- Fantasy orgasm – these are orgasms that result from mental stimulation.

## **The Female Orgasm**

Men and women go through similar yet different physiological processes when experiencing an orgasm. Here we will talk about the process of the female orgasm following the Masters and Johnson Four-Phase Model.

### **1. Excitement**

When a woman is psychologically or physically stimulated, the blood vessels in her genitals will dilate. This increased blood flow will make the vulva swell, and fluid will pass through the vaginal walls. This makes the vulva wet and swollen. Internally, the vagina expands at the top. Breathing and heart rate will quicken, and her blood pressure will rise. The blood vessel dilations can cause a woman to look flushed, especially on her chest and neck.

### **2. Plateau**

As the blood flows to the lower vaginal area, it will reach a limit and turn firm. Breasts can also increase in size by 25 percent and increase the blood to the areola, which makes the nipples look less erect. The clitoris will then pull back against the pubic bone, which makes it look like it has disappeared.

### **3. Orgasm**

The genital muscles will experience rhythmic contractions that are about 0.8 seconds apart. For women, their orgasms last longer at about 13 to 51 seconds. Since women don't have a recovery period, they can continue to experience orgasms if they are stimulated again.

### **4. Resolution**

The body will slowly return back to its previous state, with a reduction in breathing, pulse rate, and swelling.

## **The Male Orgasm**

### **1. Excitement**

When a man experiences psychological or physical stimulation, he gets an erection. Blood flow has increased in the corpora, which is the tissue that runs through the penis, which causes the penis to grow and become hard. The testicles will draw up as the scrotum tightens.

### **2. Plateau**

With the increased blood flow, the testicles and glans will increase in size. The buttock and thigh muscles will tense, the pulse quickens, blood pressure rises, and breathing increases.

### **3. Orgasm**

Semen, which is a mixture of 95 percent fluid and 5 percent sperm, is forced through the urethra by contractions in the pelvic floor, vas deferens, seminal vesicles, and prostate gland. These contractions also cause the semen to be forced out of the penis, causing ejaculation. Orgasm for a man tends to last for ten to 30 seconds.

### **4. Resolution**

The man is now in the recovery phase, where he can't have any more orgasms. This is what is called a refractory period, and how long it lasts varies between men. It could be a few minutes to a few days and tends to become longer the older the man becomes. At this point, the testicles and penis return to their original size. Their pulse and breathing will be fast.



## **Multiple Orgasms**

People find the idea of multiple orgasms intriguing and for good reason. It is perfectly normal to want to experience one right after the other, as well as simply tapping out after the first. Here, we will go over why the female body is designed to experience multiple orgasms and strategies to make them more likely to happen.

Having multiple orgasms doesn't necessarily mean that you have another orgasm right after your first one without a moment's rest, but you can do that. Multiple orgasms simply mean that you have several orgasms during a single sexual encounter.

To experience multiple orgasms it will require some experimentation on your part. After you have your first, you will need to figure out what can make it happen again. If you find that your clitoris is so sensitive that you can't touch it, use the rest of your body. Try out different forms of stimulation. This could be playing with your breasts or getting your partner to kiss everything except the clitoris. The main point is to continue the arousal in whatever way works for you. Continue this for however long you want, and you can always check back in with the clitoris to see if some of the sensitivity has gone away.

That being said, sometimes stimulating the sensitive clitoris could be the ticket. Some women say continuing to run the clitoris gives them the chance to embrace what seems like unbearable overstimulation, which can result in more orgasms. It all depends on what you can handle. If you like oversensitivity, then do it. If it hurts or doesn't seem to be creating a pleasurable feeling, stop touching the clitoris to try to have more orgasms.

You can also use Kegal exercises to help extend your orgasms. As you reach your first orgasm, push your hand over your vulva and pulse it between orgasm contractions as you squeeze your thighs. Doing this can intensify and increase the orgasmic contraction and bring you into another orgasm.

You also need to make sure that you breathe during the entire experience. Some people will unconsciously hold their breath as the orgasm builds, but concentrating can help. When you reach an orgasm, breathe purposefully,

slowly, and deeply while contracting your pelvic floor muscles. This breathwork can lead to multiples for some people.

These tips are a great place to start but don't get upset if they don't work the first time. It takes practice and learning your body.

## How to Boost Your Sexual Performance

**S**exual Mindset At some point in your relationship, sex with your partner may become boring or a routine that you just have to follow. If you are currently stuck in a sexual rut with your partner, you are not alone, and most couples experience this. If you are stuck in a boring sex routine with your partner, you have got to push the reset button. That is, you have got to bring back the spark in your sex life. According to sex experts, familiarity is the death of sex drive. This is to say that the more you get used to your partner, the less exciting sex becomes. When that happens, you don't have to give up or leave your partner for someone else.

- Liberate your body's energy in a different way

Try something new to liberate your body's energy. You can join a dancing class or try yoga. Once you reignite your connection with your body, doing that with your partner won't be difficult. A recent survey found that sexually inactive partners felt unattractive to them and also experience feelings of sadness. Reignite the spark in your sex life by trying different ways to move and get comfortable in your body.

- Create time to learn more about sex

It could be at night. Take one night with your partner to have an uncensored discussion about sex. Talk about what you like and don't like sexually, talk about the hidden fantasies you have, and try new sex positions. If you and your partner have always been doing the missionary sex position, chances are your sex life will become boring. So spice it up by trying new positions. While at it, don't put yourself under pressure; just experiment with sex positions and see what you like. If there are some fantasies you have, and you kept quiet about it out of fear of sounding insensitive, tell your partner

"this night." Research shows that men and women have different sexual expectations, and these expectations do not just change overnight. As such,

it's important for partners to discuss their likes and dislikes to have a pleasurable experience in bed.

- Reignite your dopamine with a fresh experience

Trying something new with your partner promotes bonding and intimacy. Consider activities that might excite you or scare you, and it could be an escape Room or an amusement park ride. Doing these activities with your partner helps to create dopamine, and in the process, you get to experience the love and feelings you had when you started 71

the relationship. According to health experts, the brain secretes dopamine and other chemicals, which promotes romantic passion and physical attraction. When you try a new activity with your partner, your brain secretes dopamine, and that helps to spark arousal.

- Go on a sexy overnight getaway; if you are up for it, Go on a sexy overnight getaway with your partner with role play. Decide beforehand the characters you will play dress up and enjoy the time with your partner. According to the U.S Travel Association, couples who go on trips together have better sex lives.

For some couples who are finding it hard to reignite the spark in their sex life, going on a sexy overnight getaway might put too much pressure on them. A better alternative is to spend time together trying nonsexual activities. You can visit a new local spot that just opened around the corner together or go hiking together.

- Pleasure yourself in front of your partner

When you masturbate in front of your partner, they get to see how you enjoy pleasure, and that promotes intimacy. Allowing your partner to see how you like to be touched and where you like to be touched means you are making yourself vulnerable, and that builds intimacy and closeness. Masturbation benefits the body in several ways, and that includes relieving built-up stress, improving our mood, and that is a precursor for more sex.

Suppose you and your partner like adventure wear a remote control sex toy in the front of your partner and let him hold the remote control. This serves as a form of foreplay to get you excited before the main game.

- Take a sex class and practice on weekends

Take a sex class with your partner. Finding a sex class is as easy as setting up a Facebook account. At the set class, you can learn new sex techniques, positions, props, and toys for sex play in a fun learning environment. Don't just learn alone; practice the things you have learned. While at it, don't put yourself or your partner under pressure, take it slow and gradually bring back the spark in your sex life. If you are looking to improve your sexual life and transform your relationship, taking a sex class is a great suggestion.

- Have a one-to-one talk with your partner to air out seeded stress 72

Communication is extremely important in a relationship, and lack of communication often contributes to dry spells in a relationship. A recent survey found that partners who argue and resolve the conflict were ten times happier than those who covered the conflict. So if you avoid conflict with your partner rather than talk about it and resolve it, your sex life is heading to the rocks. You'll be shocked that having hard conversations with an hour partner helps to build intimacy. Don't take offense or be discovered by what your partner says; instead, your goal should be taking measures to improve your relationship. The truth is identifying what's wrong in your relationship will help to improve it. Even if you and your partner do not have the same sexual energy, talk about it, and think of creative ways to fix the inequity.

- Get cozy and chill with an erotic movie

There are a lot of porn clips on the Internet that are couple friendly. For adventurous and wild couples, sex experts advise attending a weekend sex convention. In the city you live in, sex conventions are organized year-round. At the sex convention, you get to attend sex classes and even watch sex play. Learn one or two things and try them when you get home.

Most people aren't aware that stress and our daily activities greatly affect sexual intimacy. So what you need might just be to tap into your inner needs to get back on track. Do not allow embarrassment or fear stops you from trying new things with your partner. This new technique might make you reach climax and enjoy ecstasy that you haven't enjoyed before. Sex

with your partner can feel new and sweet. You just need to push the reset button.

## The Menstrual Cycle and Sex

### Menstrual Cycle Basics

**D**uring a woman's younger years, she will get her period every month. The period is the colloquial term for menstruation, and it is how it will be referred to hereafter. Once a month, if a woman does not get pregnant, she will get her period, which involves the lining of her uterus being shed. This makes way for the possibility of pregnancy the following month, as the uterus will develop new lining over the month. A period usually lasts about a week and involves skin cells and blood being shed through the vagina. The reason for this is that there are extra skin and blood that accumulate in the uterus to prepare for a possible pregnancy, but it will only last for one month at a time.

## **Benefits and how it affects sex**

If a woman is comfortable, there is no problem with her having sex during her period. There is nothing that says that a woman should not, and it will not hurt the man or the woman. As long as neither of them is afraid of blood, the only difference will be the mess that it will cause. Women tend to have a much higher sex drive during their periods and the week leading up to it.

Some benefits come from having sex during your period. One of these benefits is that having sex while on your period can offer relief from the pain of period cramps. Period cramps can be very painful, and anything that makes them feel better is a welcome suggestion, especially when it feels as good as sex will. This result is because of the orgasm. The chemicals that are released in the brain make you feel happy and also have pain relief functions. The other reason is that the orgasm makes the uterus contract and then release. The release part of this will likely make a woman feel better than she did before in terms of cramps.

Another benefit of having an orgasm during your period is that it leads to the uterus contracting, which actually pushes the blood and uterus contents out faster, leading to a shorter period length. This also means that there is ample natural lubrication and that lubricant is not necessary during period sex.



## **Best kama sutra positions to try during menstruation**

A good way to have sex during menstruation is in the shower. This makes it so that there is not much cleanup involved, and the blood that gets on either of you will be able to be washed off right away. This is a cleaner and more comfortable alternative to having sex in bed and having to jump in the shower afterward. Additionally, shower sex is steamy (literally) and hot (literally) and can make for some very fun body-on-body action. Make sure the water is the perfect temperature and that you have a mat or something on the floor, so you aren't slipping all over the place! Before you start any type of penetration in the water, make sure you use lots of waterproof lube because the water in the shower won't be enough of a lubricant for the inside of a vagina and will actually make for some painful friction. Let's avoid that; lube is your friend!

### **Kama sutra shower sex position**

This is another position to try in the shower. If you both are in the mood for a position that doesn't need you to focus too much on difficult positioning and holding yourselves up in a slippery shower, you can try the kneeling position. Have you kneeled on the floor of the shower, one person behind the other? From here, you can go in many different ways. You can use this position as foreplay as you both reach around to pleasure the other's genitals with your hands before you move to the bedroom together. You can also use this as foreplay before switching to another position for penetration in the shower. Or you can start penetration right away. For penetration, you will have to adjust each of your heights on your knees to line up your erection and her vagina to meet nicely for smooth penetration. This position is full of possibilities and is a very hot way to get you both in the mood for whatever is to come either in the shower or out of it.

## **Things to keep in mind**

There are a few things to keep in mind if you and your partner decide that you wish to have sex on your period.

### **1. Blood Stains**

Ensure that before you begin, if you are going to have sex anywhere outside of the bathtub or the shower, that you put down a lot of towels or something that will be able to absorb the blood. If you get it on your white bed sheets, it will stain. Keep in mind as well that whatever towels you choose to lay down will also likely be stained, so be sure to choose those that you don't need to keep freshly white.

### **2. Self-Consciousness**

Having sex during her period may make a woman feel self-conscious. Keeping this in mind is important as she may feel sensitive about her body or the amount of blood that is involved.

### **3. Sexually Transmitted Infections**

One thing that is important to note is that there are some STIs that are transmitted through the blood. These are HIV or hepatitis. In order to stay safe, it is important to use condoms all the time, but especially when there will be blood involved during sex.

### **4. Tampons**

Tampons that are forgotten about when having sex can cause a problem. If you were wearing a tampon before having sex, ensure that you remove it before a penis or fingers are inserted into the vagina. Otherwise, the tampon will need to be removed by a doctor.

### **5. You Can Still Get Pregnant**

While the chances are lower during your period, you can still become impregnated during your period. It is difficult to say at what point your body will be ready to conceive during your period, so taking adequate precautions is necessary.

## CHAPTER 13:

# Sex During Pregnancy

**P**regnancy is the ultimate result for couples who had 1 session may have been a result of the urge to conceive and make a family. Most partners lose interest in sex after designing or if their partners conceive. If you suffer from the same condition, you should take measures to ensure that you do not lose interest in intimacy due to a short term condition. You may have difficulties expressing your feelings for each other due to concerns over pregnancy. It is safe to have sex during pregnancy and may be beneficial for you and the unborn. It is worth noting that there is a need to be cautious when having sex in at this time to ensure that you do not cause trouble. For that reason, you should make the following considerations for a safe and intimate session during pregnancy.

## Considerations for Sex in Pregnancy

- **Discuss:** It is an essential aspect of sex during pregnancy as the partners should be comfortable and relaxed for an intimate session. The discussion should involve the positions that you will incorporate throughout the session as well as the pace and depth of penetration. Besides, you should get a doctor's approval after doing the necessary check-ups that will give the go-ahead or make reservations.
- **Limitations:** You should also understand the barriers that are associated with sex during pregnancy. They include keeping a low paced performance and making the session as intimate and straightforward as possible. Besides, other limitations should be observed to ensure that you do not affect the pregnancy and specifically the unborn baby. It includes avoiding combining anal sex and vaginal sex as it may lead to the transfer of bacteria.
- **Records:** While having sex during pregnancy, you should ensure that it does not bring complication to the woman or the unborn baby. Avoid engaging in this form of sex if your partner has a history of miscarriage.
- **History:** You must have known your partner if she is pregnant for you. For that reason, you should ensure that the activity does not affect the timing of her labor. Similarly, you should look out for the history of membrane eruption that is mostly associated with deep penetration and hard-hitting. Membrane eruption is as a result of leakages of the amniotic fluid that acts as a protector from external factors.
- **Cervix:** You need to take your partner for a thorough check-up of the cervix to ensure that it is in the perfect condition that makes it right for sex. Ignoring this consideration may lead to other severe conditions that would require special attention from medical experts.
- **Positions:** The big bump in pregnancy may act as a facilitator or an obstruction during sex. Therefore, you should opt for flexible positions that make it easy for both of you. The side by side rear entry position acts as a perfect example of positions that would be easy and sexually stimulating.

- **Make Necessary Reports:** You should check on your partner every time you have sex to ensure that there are no abnormalities or straining. Make appropriate reports to the doctor if you detect problems such as pain or discharge during sex. These discharges may include blood which is a clear indication of a severe malfunction. If any of these problems is observed you should leave the sexual activity and ensure that you take necessary actions to inhibit them.
- **Maintain Intimacy:** Regardless of the stage of pregnancy, you should maintain intimate sessions before, during, and after pregnancy. It will make it easier to resume positions even after your partner delivers. Failure to maintain intimacy after your partner conceives may lower her self-esteem and eventually lose interest in future sex. Consequently, you would require a desperate measure to rejuvenate the mood or miss it altogether.

## **Pros of Sex in Pregnancy**

1. **Eases labor:** Frequent sex sessions make it easy for the woman to give birth and recover. The contraction of muscles experienced during sex aids in strengthening the pelvic muscles. As a result, the vagina easily opens up while resuming its previous state due to the flexibility of muscles.
2. **Fewer breaks:** The contractions cause muscle movements to make it easy for the vagina to hold any discharge that is associated with pregnancy. As a result, the woman can hold for long, thus requiring less time for making bathroom breaks.
3. **Prevention:** Engaging in sex while pregnant is beneficial for it incorporates nutrients from the sperms that aid in the growth of the unborn and the well-being of the woman. The protein found in sperms offers nutrients that help prevent pre-eclampsia.
4. **Controls Blood Pressure:** Sex controls your blood pressure when you are pregnant. The activity itself acts as an exercise that aids in blood circulation throughout the body, strengthening your immune system and respiration. These are essential aspects that determine your health and that of the unborn.
5. **Boosts mood:** It is common to experience mood swings, especially when you are pregnant. The condition worsens if your partner shows no sexual expression. For that reason, you should engage in frequent sex to maintain orgasm remain focused. Orgasm induces the circulation of blood in your pelvis, which is vital for the health of your uterus and vagina. The ripened pelvis makes it right to prepare for labor and safe delivery.
6. **Improves Self-Esteem:** Pregnancy comes with its effects on how you perceive yourself. The biological processes that take place during this time affect the hormonal balance hence the lowering of self-esteem. However, your partner's sexual stimulation and caressing revamp your self-confidence as you feel treasured and adored regardless of the condition.
7. **Reduces Stress:** The loneliness associated with pregnancy may make a woman indulge in self-examination and worries about the unborn. The most common results are depression and stress, which could be reduced through companionship and intimacy. By caring for

your pregnant partner and giving her the best sexual stimulation, you reduce her stress and refresh her mind.

8. Nurtures Your Relationship: Sex during pregnancy makes it clear that you love your partner unconditionally. They feel endowed and appreciated knowing that they hold a precious gift in them. Finding time to connect with your partner during pregnancy boosts a mutual connection that soars even after conception.



## Cons

1. **Premature Labor:** There have been cases of premature labor in couples who engage in sex during pregnancy. The cases are high, especially if the pregnancy is in the third trimester. For this reason, you should consult your doctor before engaging in sex at this period.
2. **Vaginal Bleeding:** The sensitivity of the pelvis makes it prone to injury, especially if the man makes a deep penetration or hits it hard. There may be excessive bleeding putting the woman at risk of low blood count, which is a severe condition in pregnancy.
3. **Infections:** Sex during pregnancy requires partners to be cautious about how they engage. Some practices could put both the mother and the unborn at risk of infections. An example would be caused by combining anal sex with vaginal sex which would bring bacteria to the pelvis and eventually affect the unborn.
4. **Membrane Eruption:** Deep penetration, as well as inappropriate sex positions, would lead to membrane eruption and possibly miscarriage. You should check out for signs of bleeding and pain during intercourse as warnings to these possibilities.

## **Best Positions for Sex During Pregnancy**

- **Side by side:** In this position, the partners face the same direction lying by their sides with the man behind. It typically resembles the typical posture made while they sleep, leaving the bump comfortable and free. The penetration from behind offers great clit stimulation and the ability to caress the woman.
- **Woman on top:** In this position, the woman takes full control of the depth and pace of penetration. If she sits on the flat-lying man, the bump remains suspended as she allows the man to caress her and stimulate her clitoris.
- **Oral:** It is a safer form of sex in pregnancy as it does not affect the formation in the pelvis. The fact that there is no penetration makes it comfortable for women who might be concerned with penetration at the time.
- **Anal:** It does not involve vaginal penetration and still offers sexual stimulation through be nerve endings at the anus. You should not make contact with the vaginal openings when engaging in anal sex to avoid spreading of bacterial infections.

## Sex Toys

**M**ost adults are familiar with at least a few different sex toys; however, many people don't consider the fact that sex toys can be used while being intimate with their partner. Many people reserve them for when they are stimulating themselves. This really is a disappointment, and those that think sex toys are only for individual play are sadly mistaken.

Sex toys used to be looked at as a seriously taboo thing, and many people were simply not comfortable even thinking about them. In the recent past, people have started to get over these thoughts and feelings. In fact, the popularity of sex toys on an individual and a couple's level has increased dramatically. Back in the day, people did not talk about the sexual side of life nearly as much. As time has progressed, people's comfort level with talking about all things sex-related has increased. This has opened up many doors for couples to experiment without feelings of worry or shame.

One of the major problems that couples run into when thinking about bringing sex toys into their bedroom is that one of them feels inferior. You must remember that just because your partner wants to try something different does not make you a bad lover. Nor does it mean that you are doing something wrong.

It is a common misconception that using sex toys while being intimate with your partner means that they are doing something wrong. More often than not, people introduce or want to introduce sex toys into their relationship to make things different or exciting in a different way. When you are in a committed relationship, we tend to do the things that we know work. While this is great, it can get boring. So, it is common for people to want to spice things up, and sex toys are a great way to do it.

It can be really difficult to keep the passion going when you have been in a relationship for a long time. Experimental couples will tell you that the key to their success is the fact they are willing to try things together, even if they don't seem like something they would truly enjoy. Giving sex toys a

chance in your relationship can not only bring back the passion, but it can also enhance the level of desire you feel for your partner.

It is important to note that some couples will experience conflict at the simple thought of bringing sex toys into their bedroom life. This typically stems from poor communication and, unfortunately, a lack of trust or connection between the two people. There is nothing to feel intimidated about if your partner suggests trying some sex toys out during intercourse.

If your partner feels threatened at the thought of using sex toys, it is actually quite normal. The key is that you can both talk about it. With open communication, you can help to put your partner's worries to bed and allow you both to grow as a couple. You need to take a step back from your own ideas and try to look at the situation from their perspective. Both people's feelings are valid and should be taken into consideration. Be careful how you react to your partner's feelings as you do not want to make them feel silly or ashamed for what they are thinking and feeling about this particular topic.

Keeping your sexual relationship with your partner interesting and exciting is only one of the reasons to add sex toys to your sexual routine. They can also help women's vaginal moisture levels. As a woman gets older, the secretions she produces to prepare for penetration tend to dwindle, sex toys can actually help her in this area. Likewise, older men tend to suffer more from erectile dysfunction; the use of sex toys can help them achieve stronger erections.

Obviously, if you are new to the world of sex toys, it can seem intimidating. It really doesn't need to be, however. Getting to know about different sex toys and how to use them simply takes a bit of research. We are going to save you a step and fill you in on a variety of different sex toys and how to use them with your partner.

Once you have worked your way through them, then it is time to have a discussion with your partner. Pick a few that you find truly interesting and allow them to do the same. From there, you can compare lists and start picking up some toys to try out. If you are uncomfortable going into a shop to pick your items up, don't worry, you can discretely order anything you want to try online which can take a lot of the anxiety out of the purchasing situation.

So, now, let's look at a variety of different sex toys and how they can be incorporated into your bedroom routine. Obviously, not every toy is going

to be a good fit for every couple. You will only find the ones that you really like through trial and error. We will start by looking at some that aren't intimidating and can make introducing sex toys into the bedroom a bit easier. We will include a mixture of toys and other sexy items that can keep things interesting and open doors to other areas of fun that you may have never thought of.

Many couples like to start out with things like blindfolds and soft restraints. Blindfolds are really cool to add to the bedroom. When you are unable to see, it heightens your other senses. Your partner can tease and tantalize you without you knowing what comes next. It can be truly exciting and allow you to experience pleasure on a different level due to the fact that it is a bit suspenseful.

Soft restraints are also a fun way to work a bit of BDSM into your bedroom routine without doing anything too drastic. Using restraints gives your partner all the control, and this can be truly arousing for both parties. Allowing your partner to do as they please as you sit back and enjoy can help keep things interesting without them being too intimidating.

These two things, paired together, are a great place to start. It allows you to dip your toe into something new without going to an extreme. Obviously, if you find you really enjoy working with restraints and blindfolds, you can take it up as many levels as you please and allow things to get really kinky.

Another great thing to start with would be a cock ring. They come in a huge variety of sizes, shapes, and come with options. There are many that are basic and don't do much of anything except add a bit of stimulation, but there are others that can really help both parties reach levels of ecstasy that they didn't know existed.

Many people get worried about the size of the cock rings and worry that they will be uncomfortable. This is a worry you can put away as most of them are made from stretchy silicone to accommodate any size. It is very rare that they will cause discomfort if you are still concerned, take some time to read reviews on the one you are looking at purchasing as it will give you a better idea of the fit and size of it.

Vibrating cock rings have become very popular because of the way they please both parties. Many of them only have one vibration setting, but if you are willing to spend a bit more, it is likely that they will offer different speeds and vibration patterns. The more options you have, the more

pleasure you will be able to find. In addition, it can help to keep things interesting, even if you use it on a regular basis.

Not only do cock rings have different vibration settings, but they also offer different sizes and shapes. They are easy to use and even easier to incorporate at the beginning of experimentation with sex toys. They are very pleasurable and fairly affordable, depending on what you decide to go with. You can use a variety of them to change it up and provide both parties with different sensations. They really are a good steppingstone into the world of using sex toys as a couple.

Vibrators are the next toys that we want to talk about. They come in a large variety of options. From small to large, there really is a vibrator out there for everyone. There is a bullet, wand, and even couples' vibrators. Becoming well versed in vibrators is advantageous when thinking about toys in the bedroom. They bring a high level of pleasure to both parties and can be used in a variety of different ways.

Let's start by looking at wand vibrators. Oftentimes, wand vibrators are really meant for her pleasure. They typically have large heads that are great for clitoral stimulation. They have a longer handle, which will make it easy to use regardless of the sex position you find yourself in. It is important to note that men will get a bit of pleasure from these as well. This is because they usually offer a good amount of vibration so, he will be able to feel it as well.

Bullet vibrators are quite small and easy to use. Sometimes they have cords, and other times they are battery operated. They are great to use for clitoral stimulation. When you are willing to spend a bit more, you can buy them in a rechargeable variety. Additionally, many of them offer different speed variations and patterns. Some of them will offer enough vibration that it can be felt by both parties, but typically they are meant for her pleasure.

Couple's vibrators are becoming more and more popular. From the name of it, it is easy to guess that they are going to bring some fun to the table for both people. This type of vibrator is going to be inserted into the woman and can be controlled by her partner. Many of them have an app to make this possible. Have her wear it during date night and tantalize her with foreplay throughout the entire evening. It is sure to have her raging with desire by the time you guys get home. Additionally, it can be used while providing her with oral sex, which can heighten the experiences and truly intensify her orgasm.

There are also options in couples' vibrators that will not be inserted. Instead, they will sit in her underwear. Some couple vibrators will be remote-controlled, which makes handing it off to your partner exceptionally easy. It is surprising how much fun you can have when you play together, regardless of your location. They are very quiet, so it is unlikely you will get caught as long as you can keep sexy noises and faces from escaping during use.

Finger vibrators can also be a lot of fun. They can be used by either person. Additionally, provide a nice amount of stimulation to whatever areas you are comfortable with. They can be used during oral stimulation or during penetration. Many people use them for clitoral stimulation, but they work well around the base of a man's penis or when experimenting with external anal play.

## Beyond the Bedroom

**T**here are many ways to spice up your sex life, and as you learned there is a lot beyond the bedroom that can be done to enhance it as well.

### Do Fun Things Together

Doing fun things together allows you to increase your dopamine levels together as well. When you have fun together, it increases your closeness with one another and can enhance the joy you experience with each other. It adds a unique sense of intimacy to your relationship that cannot be added by sexual experiences.

Ideally, you want to have fun together in a way that gets your blood pumping and your adrenaline rushing. Going to an amusement park, ice skating, visiting an upbeat concert, or otherwise doing something fun and exciting can increase the happiness of your experience with one another. Having fun this way can add energy to your relationship that will carry into the bedroom and make sex even more enjoyable.

### Kiss More Often

Many couples, especially those who have been together a while tend to kiss less often. Kissing is a highly romantic and passionate act and should be done regularly. Think about it, at the beginning of the relationship you likely kissed your partner a lot more frequently than you do now that you are more comfortable together. You want to start doing it more often.

When you are kissing more regularly, don't just increase the volume but also increase the passion in each kiss. There is no need to peck and go. Give the kiss a few moments and truly experience your partner with each kiss. You can include your hands and body as well, or even kiss in other intimate areas such as on the cheek, forehead or hand.

### Recall What It Was Like to Meet



When you first met you likely spent a lot more time getting to know one another and a lot less time watching TV or doing other things to pass the time. You can spend some time asking each other questions about life, or even just reminisce on the days when you met each other. Getting to know each other all over again is a great way to rekindle the flame in a relationship.

The reality is that we don't all stay the same in life. Throughout your relationship, you and your partner will change several times over. Their preferences for certain things may change, and these are all great things to learn about each other all over again as you rekindle your love by communicating and asking questions.

### Describe Your Sexual Fantasies

Many times, sex is just about the act and couples don't really speak a lot about sex outside of the bedroom. A great way to spark up a flame and add passion to your sex life is to talk about each other's fantasies and interests. This gives you an opportunity to get to know each other's sexual preferences more intimately which means that you can gain maximum enjoyment out of sex. It allows you to have a better idea of what your partner likes and what they don't like, and how you can make sexual experiences more enjoyable for them.

### Keep The Mystery Alive

In relationships, it can be easy to get to know each other so intimately that there appears to be no mystery left in the relationship anymore. This can be counterproductive to the process of bringing romance back into your relationship. A lot of romance builds around the mystery and the desire to know each other more intimately than you presently do. There are many ways that you can add mystery back into your relationship, even if you already know almost everything about each other. Using sentences that add mystery, clothes that spark intrigue and even simple texts that make the other partner wonder what you have planned for the evening can help add mystery back into the relationship.

When the mystery is present, the other person wonders about you. They start thinking about you and may even become obsessed with wanting to know what you have planned because they are curious. Curiosity is the key to creating mystery and getting your partner wondering about you and what you have to offer them that is unique from before.

## Express Gratitude

A great way to help your partner feel cared for and show them how much they mean to you is to express your gratitude. Expressing gratitude takes very little time but can have a significant impact on the quality of your relationship. When people feel cared for and loved, they want to show more care and love to the one they feel for as well. This can increase the quality of your relationship, making you both feel more appreciated.

In relationships, the little things often get overlooked. People forget that the little things count and so they don't take the time to show appreciation and gratitude for them genuinely. Something as simple as "I really appreciate that you always support me in my decisions" or "I really appreciate that you make me breakfast each morning" can go a long way. Even though repeat activities can lead to things being expected, it is always good to show that you don't necessarily expect things to be done for you or in a certain way. Always show that you care about what your partner does in life and for you, as this will increase the quality of your time together and make you both feel more loved overall. When you feel more loved, the sparks will naturally fly in your relationship.

## Don't Hold Grudges

Holding grudges can destroy relationships really quickly. When people hold grudges, they fail to let go of things that are no longer relevant, and it can lead to destruction in the relationship. You may feel that if you let go, it shows your partner that their mistake was acceptable, and for you, it may seem like you are allowing them to do it again. In reality, when you let it go, you are giving them permission to be human and make mistakes. It allows them the opportunity to see what they've done and make a change, knowing that you will appreciate the change wholeheartedly. It never pays to hold a grudge in your relationship.

## Care About Self Care

How you care about yourself and how your partner cares about themselves is important when it comes to having a healthy relationship. A healthy relationship almost always leads to healthy sex life, since your sex life is so closely linked to the health of your relationship. It is important that you both emphasize self-care and take the time to truly nurture your own needs before nurturing your partner's. Yes, before. You cannot pour out of an

empty cup, and keeping your cup empty is not a favor to your partner. Instead, it is a drawback that will lead to your relationship falling apart.

Taking care of your own self can come in many ways. You should look towards developing a healthy relationship with yourself if you want to really get serious about self-care. Take yourself on dates, have alone time, and get to know yourself more. The added benefit of getting to know yourself more is that you learn things about yourself that you may not have known before. You can share these things with your spouse, thus expanding your realm of conversation topics and letting you continue to get to know each other, even long after the relationship has worn out its honeymoon phase.

There are many ways that you can spark the romance back into your relationship outside of the bedroom. By having these types of activities present in your day-to-day life, you increase the amount of romance and intimacy that lies between you and your partner and it causes you both to become more eager about your sex life. A relationship that is rich outside of the bedroom is one that will be exciting inside of the bedroom.

When you are looking to cause sparks outside of the bedroom, you want to take your time and really get to know one another. Forget everything you've learned up until now and take the time to learn again. In many cases what you know now can be relevant but may no longer be the whole truth. People regularly change, and this can lead to there being a disconnection between what you are thinking and what your partner is wanting. By communicating, you can alleviate this disconnection and create a renewed sense of appreciation and romance between yourself and your partner.

Overall, the best thing you can do for your sex life is to nurture all areas of your relationship. The more successful your relationship is elsewhere, the more exciting your sex life will be. It creates a sense of deep knowing and trust that cannot be faked between two people. When this trust and love is present, the sex you experience will be unlike anything you have ever had before. Even relationships that have been alive for a long time can benefit from this type of rekindling.

## How to Last Longer in Bed

**L**asting longer. The one thing that pretty much every guy that has ever lived wants to be able to do. I mean, who wouldn't want to have more sex for longer! It's amazing and generally speaking, the longer you can last the better chance you're going to have when it comes to making your girl orgasm, cum, squirt, and scream! I'm sure this is probably one of the reasons you've got this book and one of the reasons you have come so far!

A lot of guys struggle when it comes to lasting in bed because it just feels so good. It's nothing to be ashamed of. I'm sure a lot of your mates have probably had digs at one another about how long they can last - it's what lads do! But it isn't really anything to be ashamed of, it's just something you will always want to do better. If you've ever seen a porno, and don't pretend that you haven't, you have probably thought, 'how has he possibly lasted this long doing what he's doing'. But don't ever compare yourself or the sex you have to porn. Most of it is set up, fake and unrealistic. That's not to say that we can't learn from porn, because we can, but you shouldn't compare yourself to it.

Keeping it up can be difficult. It's physically impossible to be completely hard through an entire sexual encounter – sometimes it might go down a bit and then get hard again, or sometimes it might just go flaccid, or sometimes you might prematurely ejaculate. It can be embarrassing and generally a horrible experience. I'm going to show you how you can change this! I'm going to teach you about how you can stay harder for longer, and last longer before you eventually orgasm!

Firstly, I want to talk to you about porn. I know you are going to hate me for saying this, but porn is bad. Not only does it give people an unrealistic expectation of sex, but it can really influence your perception of sex. Some guys have watched so much porn so frequently that they have literally desensitised themselves to real life stimulation. They find it hard, or even impossible, to get erect when a naked girl is lying with them because the

only thing that will turn them on is a fake video they found on the internet. Do NOT fall into the trap. A lot of you will think that this won't happen to you, but it will eventually, and your sex life will be ruined. It's not worth it. So, what is so bad about porn. Well, by watching porn, you are giving yourself an immediate pleasure response for doing absolutely nothing. You won't be ready for real sex when it comes to it. There's also very real differences between stimulation from watching porn and sex in real life. By watching porn, you are essentially conditioning your mind to be aroused by firm, hard and rapid movements up and down your penis when you masturbate. This is not the sensation you get when you have sex and people get to the point where other stimulation simply doesn't get them going. Not only are you going to ruin your partner's experience when having sex, you're going to ruin your own.

However, masturbation itself isn't necessarily bad for you. In fact, there have been many studies that praise masturbation by men and women. It's healthy and natural to masturbate, but just tone it down and don't do it too frequently, and DON'T watch porn when you do it. There really is no need. The only reason why you think you need to watch porn is that, probably from a young age, you have conditioned your mind that you NEED porn to masturbate and ejaculate. This is really bad for you and will often lead to porn addiction. You will also begin to learn how to control your sensations and condition yourself to actually last longer. You can hold off your orgasms when you feel them coming and keep on going. You'll find that your orgasms get much better too! Ever had it where you've watched porn, masturbated and ejaculated, but you were still kind of hard and didn't come as much as you should have? Probably. That shouldn't happen and is more than likely the result of watching porn. You should always be aiming for a full and intense orgasm, not just getting the job done.

Practice is also one of the best safe, natural and healthy ways to last longer. It won't be a surprise to you that for most people, the more they have sex the longer they can last. Once you get used to the sensations then you are better able to control yourself and last long. So, have frequent sex! Of course, this is limited. It's not like you can have so much sex that you will last for 3 hours each time, but it will certainly help get you started.

Next, Kegel exercises. You might not really know what this term means and that's fine. Kegel exercise is when you activate the muscles in your groin. It really is no different than holding in urine for a long time or controlling it!

You know how you can kind of control when you urinate or stop it halfway through, only to start again shortly after? That right there is you exercising everything you need to help control an orgasm. This comes in very handy when you know your partner is approaching orgasm, but you're already there. You can use this to help hold it off for a short while until she comes. Then you can practically ejaculate immediately when she does, and you can come together – something which couples often find hard to do. I mentioned earlier about learning from porn, well, this is a method that a lot of male porn stars do to come on the spot for the famous 'money shot' (you know what I'm talking about!). This might take some time and practice, but you will get there in the end. If you masturbate frequently you might want to try doing this to see how well you can control your orgasm. You'll find that you can masturbate for a lot longer if you get used to this technique and implement it. Then, when you do have sex, you'll know exactly what to do. There are also other great benefits to this too! Once you master your Kegel control you will be able to have firmer erections of longer and make it hard again whenever it starts to go soft. When you clench these muscles, you're essentially pumping blood into your penis on demand. Most guys don't know they have this ability. If you don't already know, an erection is the result of increased blood flow to the penis so by pumping more blood into the penis you're naturally going to make it harder.

Finally, performance enhancers do exist. A lot of porn stars take them to make them squirt more (if they're a woman) or make them last longer if they're a man. Viagra is probably the most common and popular enhancer for men which makes you stay hard for hours. There are also others that are designed specifically to help prevent premature ejaculation. Essentially, these supplements dilate your blood vessels in your penis so that you can maintain a sufficient amount of blood down there. But before you go out and buy anything like this, talk to your doctor. Make sure that they are safe to use for you personally and take into consideration any side effects that may occur! I can't stress this enough. Talk to your doctor. They are very professional and friendly so never be ashamed to go to them about anything.

## Balance Of Dominant



**I**magine that your partner has spent the whole day preparing to give you this experience. They have found the perfect hotel room near your favorite restaurant and paid close attention to the desires that you previously expressed.

When you arrive at the restaurant and sit down, you find that you do not have to do anything, your partner has already ordered your favorite meal and it comes to you in courses. You are told you have to keep your hands on your lap as they feed you each bite, making sure you don't get too full to take all the pleasure that is about to come.

Their attention to your every wish continues when you return to the hotel. They have purchased fur-lined cuffs, telling you they know how delicate your skin is and how precious you are. They check on you as they tie you

down, making sure that you are ok before they slowly begin to slide pieces of your favorite fruits and dark chocolates across your mouth and lips.

They take time with every inch of your body, paying close attention to your most erogenous zones. They know that you cannot resist it when they lick their tongue on the outside of your armpit. They take time to admire the goosebumps running down your arm then, looking in your eyes, they tell you, "I've never wanted to possess anyone the way I want to possess you."

### The Same Hottest Sexual Movie Can Lead to Different Core Desires

One person's Hottest Sexual Movie that makes them feel special might make another person feel something completely different. The above Hottest Sexual Movies could potentially meet the needs of people with many different Core Desires. For example, the romantic scene could make you feel loved, precious, and/or seen. The dominant/submissive scene could make you feel possessed, taken care of, attuned to, and/or adored. The exact same movie can be very satisfying for many different underlying Core Desires.

This is why, whenever anyone tells us the Hottest Sexual Movie, we always try to figure out their Core Desires as well - the feelings that they get from these experiences. For example, a person may have a spanking fantasy because they like the feeling of punishing someone. A spanking fantasy could also point to a desire to have a very intense and present connection. Nothing brings someone into the present moment like a good, hard spanking.

If you tell your partner that you are interested in a particular sex act, that is not necessarily enough information for them to give you one of your Hottest Sexual Movies because they won't know what feelings you want to feel or the best way to get you there. This is because the same exact acts can be done in many different ways and with many different attitudes.

### The Many Faces of a Threesome

Let's take the example of a threesome. Many people have threesome fantasies, but one person's reason for wanting a threesome may be quite different from someone else's. As you read through the examples of the different feelings people can get from having a threesome, imagine what kind of experiences a person might have had in their childhood that could potentially lead to these Core Desires.



1. Teamwork - A person might want to feel like they are on a team with their partner, picking up a third, seducing them, and driving them wild all night long.

2. Compersion - Compersion is a word created by the poly community. The definition is taking pleasure in the fact that someone you love is getting pleasure from someone else. One person in a couple may want to feel compersion by seeing their partner enjoying pleasure, kissing, and receiving orgasms from another person.

3. Not Responsible - One person in a couple may want to feel free from the hard work and responsibility of always having to please their partner. They may want to do very little, mostly sitting back and watching the action.

4. Desired and Adored - A person might want to feel like they are the king or queen receiving all of the attention, pleasure, and adoration of two people waiting on them and fulfilling their every sexual need.

5. Freedom - A single person may want to have sex with a couple so that they don't have to worry about getting into any kind of emotional entanglement. They come, enjoy the experience, then skip off into the sunset by themselves, leaving the couple to process any feelings about the experience with each other.

6. Etc., etc., etc. - Maybe you have a threesome fantasy that is something different like the feeling that love is infinite or enjoying being the boss of not just one but two people, or being watched (exhibitionism). The possibilities are endless.

Let's say that you and your partner both agree that you are interested in having a threesome. Now that you know that there are so many different potential motives for a threesome, you can see that just agreeing you both want one doesn't mean you are interested in the same kind of threesome. If you don't talk with your partner about what feelings you are trying to create (Your Core Desires), and how you want to create them (Your Hottest Sexual Movies), you may go into the experience with very different desires and expectations. We will talk much more about compatibility across differing Core Desires and Hottest Sexual Movies in Part III. But first, let's talk about how to talk about your movie.

### How to Talk About Your Hottest Sexual Movie

In order to create the sex life, you want, you will need to talk about your Hottest Sexual Movie (or Movies) as well as teach them. It is great to

separate this into two different steps. The first step is to tell the story of your movie. A story is a narrative of what you might like to happen during an erotic experience. For example, a romantic story will be about love, while passion is more about uncontrollable desires.

You don't need to have a perfectly coherent story with a beginning, a middle, and an end. It might be more like little snippets or ideas of experiences you want to have. For example, "I want us to take a romantic ride together up to a beautiful vista and just look at each other and flirt, building tension before we even kiss," could be the whole story. The more depth, details, and snippets you can offer, the more your partner will learn about what you want.

### To Personalize or Not to Personalize

When it comes to sharing your Hottest Sexual Movie with your partner, you will want to ask them whether they would rather hear you talk about what you want to do with them or whether they'd rather have you share it generically. For some people, hearing it generically will be better because it will take the pressure off of them having to fulfill everything or from feeling like they have to do it just exactly right for you. For others, they will want to hear you talk about your desires with them because a generic description would be too impersonal.

An example of sharing it generically would be to say, "In my Hottest Sexual Movie, my lover would..." An example of sharing it personally would be to say, "In my Hottest Sexual Movie, you would..."

If your partner wants you to share it personally, it is extremely important that you focus on what you want them to do or not do without any kind of criticism of past experiences. For example, your partner is likely to get very defensive if you say something like "I'd really like you to kiss me all over my body, but I don't want you to focus on my breasts right away like you always do." To avoid pressure and criticism, try to paint a picture for your partner of your ideal experience going forward instead of dwelling on the past. You might instead say, "I'd love for you to kiss me all over my body, giving equal attention to all of my parts."

### Give as Many Details as Possible

The more you tell your partner about what you want, the better. You can give them specifics on what you want to happen during your day-to-day experiences together that will help keep you in the mood when you are not

feeling sexual. You can help them understand how you want to be approached and what attitude you'd like them to bring. For example, you might want to start with more playfulness or for them to take their desire for you very seriously.

It can be helpful to offer your partner specific words or phrases that are the most arousing to you, as well as those that are off-limits because they bring your arousal down or feel offensive to you. For example, we had one client who loved being called a slut, but hated being called a whore. We had another client who had a list of words and phrases that they found most arousing and they would send this list to their partner over email.

You can also let your partner know how you want to be touched - more firmly or feathery or both. Even giving them an idea of how you want to be looked at can be wonderful. You can let them know where you want to have sex - the bedroom, dining room, or forest - and what time of day you are most aroused.

Here's a great example of some clients describing their Hottest Sexual Movies to their partner. This first one is a man whose Core Desire is to feel taken care of.

"I imagine I come to your house one evening and you are wearing this very sexy outfit. You know I will like it because it is almost exactly like an outfit we had seen in a movie we watched the week before. I told you I liked it but wasn't really sure if you were paying attention to what I said. When I walk through the door, you tell me that I don't need to do anything for you this evening, that tonight is completely about me. You say I should sit down on the couch. This is when I know I will feel my whole body relax because I know you have decided to take full care of me tonight.

"You begin unbuttoning my shirt. Gestures You get behind me and start rubbing my shoulders, and your hands go to each place of tension with just the right pressure. Then, you come around in front of me and kiss my mouth and start kissing down my chest. You go slowly, teasing me on the way down so I can feel the build-up as you move down my chest to my stomach.

## Sex Positions For Foreplay

**F**oreplay is viewed as any sexual movement before intercourse. All things considered, intercourse shouldn't be the great finale or even on the menu if you don't need it. Incredible foreplay is bounty hot when done right.

For what reason is it significant?

### Physiological

Truly, foreplay feels better, however it goes further than that. Participating in foreplay helps assemble passionate closeness that can cause you and your accomplice to feel increasingly associated all through the room.

Not in a relationship? Not an issue! Foreplay additionally brings down restraints, which can make sex sultrier among couples and virtual outsiders the same.

What's more, if stress has put a kibosh on your libido, a little foreplay may work.

Kissing, for instance, triggers an arrival of oxytocin, dopamine, and serotonin. This synthetic mixed drink brings down cortisol (stress hormone) levels, and expands sentiments of warmth, holding, and rapture.

### Physical

Foreplay truly gets the juices streaming by expanding sexual excitement — which isn't to be mistaken for sexual want, however it can do that, as well.

Sexual excitement causes various physical reactions in your body, including:

- an expansion in your pulse, heartbeat, and circulatory strain
- widening of your veins, including your private parts
- more blood stream to the private parts, which causes the labia, clitoris, and penis to expand
- expanding of the bosoms and erect areolas
- greasing up of the vagina, which can make intercourse progressively agreeable and forestall torment

First of all: Foreplay implies different things to different individuals

As far as sex, foreplay is normally characterized as sensual incitement going before intercourse.

Remove intercourse from the condition and foreplays characterized as an activity or conduct that goes before an occasion.

What that "occasion" involves may not appear to be identical to you as it does to another person — and that is flawlessly OK.

It doesn't need to prompt intercourse

Intercourse doesn't need to be the principle "course" or even on the menu if you don't need it to be.

It can really be the headliner!

Foreplay can stand its ground and be all you have to arrive at the climax. Truly, look into has since a long time ago demonstrated that numerous individuals with vaginas don't climax with intercourse alone.

Along these lines, as long as there's assent, foreplay can be and incorporate anything you need.

You can even begin well before things heat up

You need to begin some place, isn't that so? However, who says you should be without giving it much thought or even a similar space to begin?

If you need to draw out your play

If you realize you're getting together soon thereafter or even in a couple of days, you can utilize foreplay to kick the gathering off and prop it up. Here are a few plans to get you, well, began.

Leave a note

You should be inventive to make them go with a note!

A note left on their cushion or covered up in their duffel bag that suggests that you can hardly wait to take care of business later ought to work.

Sext

Messaging is simple easy and should be possible on the fly.

A fast book mentioning to them what you will do to them or how hot it makes you when they [fill in the blanks] makes certain to get things mixing south of the fringe.

It likewise tells them you're contemplating them, and who doesn't adore that?

Get together for supper or beverages

Footsies under the table, a fast make out sesh in the bathroom or parking garage, or a nervy look at what you're wearing — or not wearing — under your garments.

These are only a couple of approaches to transform pre-fun supper or beverages into foreplay.

Pretend

Transform foreplay into a chance to experience your most stunning dreams by taking part in some pretend.

Claim to be outsiders set out toward a single night rendezvous when you meet for supper or beverages. Or on the other hand what about playing specialist and devious medical caretaker? You choose!

Kiss like you would not joke about this

Try not to send them off or welcome them with a peck. Rather, lock eyes, press your body against them, and kiss them long and profound.

Utilize your tongue and your hands and ensure you groan sufficiently only to get them amped up for what's to come.

Reveal to them it's pre-game time

No should be bashful when your end game is to get them bare and do the unholy of holies.

Let them know in as realistic a way as you can gather that there's nothing you need more than to get them hot and hard/wet and keep them that way the entire day and night long. Schwing!

If you need to start

Need something other than the wham bam? You can set the state of mind for foreplay and some other activity you need with the correct moves.

Light a few candles

There's not at all like candles to put things in place for all the sexy things.

Tea lights are modest, so stock up and light them all around any and each room you may get going in.

Did we notice how complimenting candlelight is on the skin?

Put some music on

We as a whole have a tune or two that contacts us somewhere down in our unique spot. Discover what theirs is, toss in yours for good measure, and make a playlist of others.

Barry White's "How about we Get it On" and Donna Summer's "Adoration to Love You" are two or three works of art. "Earned It" continuously is another mainstream track, and "Creature" by Nine Inch Nails is a hot one — and my own fave.

## Striptease

You needn't bother with a shaft or even incredible moves to do a striptease. Diminish the lights and take your garments off gradually with an articulation that shows no dread. Certainty can absolutely be faked, BTW.

Put out a sexual spread

Set up a cookout on the bed with a spread of some sexy treats that are made for sharing.

Delicious strawberries and fruits with some whipped cream and chocolate sauce for plunging are ideal for taking care of — and licking off — one another.

What's more, chocolate's a characteristic Spanish fly. Bon appétit!

Make out

Kick it old' school and simply make out. Do it on the love seat, in the rear of a taxi, or squeezed facing the window.

If you're at the time

If you're as of now well on your way and feeling all the uncommon feels, it's the ideal opportunity for outercourse. Truly, that is a thing!

Here are a few things to attempt straightaway.

Back rub

The intensity of touch is genuine, and an exotic back rub does some incredible things for the body and brain. Light a few candles and get out the oil, or utilize a back-rub flame that carries out twofold responsibility and can be Fifty Shades-esque.

Start at their feet and stir your way up, being certain to hit their erotic weight focuses and wait for any place they need you to.

Erogenous zones

Your accomplice's body is a buffet of problem areas simply standing by to be contacted. Kiss, lick, and snack your way through the entirety of their erogenous zones.

Skin on skin

Dry bumping, it turns out, isn't only for horny adolescents. The sweet expectation of two bodies scouring against one another in different

conditions of disrobe can't be beaten.

Verbalize

Discussing what you need during sexy time doesn't simply function as foreplay; it likewise guarantees that you each get what you need and need in bed. Mention to them what turns you on and what you need to do to them.

Toys

There's something else entirely to sex toys than colossal cockerel formed dildos.

Vibrators of any shape and size can be utilized remotely on each erogenous zone you can consider.

There are likewise finger vibes and areola vibes you can use to take foreplay to another level.

A hot lathery shower

Hot wet skin and hands sliding over one another's bodies as you foam each other up with cleanser? Indeed please! A hot shower works, as well.

Tangible play

Not unreasonably such a lot of kissing and dry bumping won't stimulate the faculties, yet you can take it to the following level with a couple of props.

Blindfold your accomplice and bother them with different surfaces and temperatures with things like plumes, ice shapes, and your tongue.

Use things you as of now have that may feel great against the skin, or purchase a seduction unit on the web.

If you need to take things further

Prepared for your fundamental course? Make it an all-out blowout o' enjoyment with these thoughts.

Oral sex

Start away from the private parts and let your lips work their way down. Your mouth will do the majority of the work, yet don't let your hands get apathetic! Use them to stroke different pieces of their body while you delight them orally.

Protect it. Get some enhanced condoms and dental dams for safe oral sex.

Yummy and sexually dependable!

Vaginal entrance



Vaginal entrance shouldn't be a definitive objective — it very well may be a stopover while in transit to whatever other sexual act that you're both into.

You can do it with fingers, sex toys and tie on, or a penis or a mix.

Make it hot. Doing it doggy-style gives the infiltrating accomplice simple access to the accepting accomplice's G-spot. Furthermore, the view, well that is a reward.

Guard it. Lube is an unquestionable requirement regardless of what's doing the infiltrating. A warming lube will truly make entrance considerably more smoking.

Butt-centric entrance

Make it hot. Doggy is by all accounts the position of the day! It gives the infiltrating accomplice simple access to the various parts that they should cherish on simultaneously, including the clit, penis, perineum, and prostate. Coming to these could get the accepting accomplice more like a butt-centric climax, as well.

Protect it. A hot foamy shower together prepares you for butt-centric play inside and out. It's likewise the ideal time to prod the opening with your tongue or a finger before going as far as possible.

Imagine a scenario where your accomplice doesn't appear to be keen on foreplay.

A few people simply don't appear to think about foreplay.

No doubt, being an apathetic or childish darling could be a piece of the issue, however it may very well additionally boil down to an absence of trust in their abilities or an absence of data about the how's and why's.

Discussing what you need in bed isn't in every case simple, particularly if you're stressed over harming or culpable your accomplice.

Here are a few hints to make it somewhat simpler:

Start on a positive note. Rather than referencing what they're not doing, start by mentioning to them what they do that feels better and how you need more. For instance: "I love it when you kiss my neck before we have intercourse. I could let you do that to me throughout the night."

## CHAPTER 19:

# Sex Positions to Keep Her Coming



**I**n this position, we will look at the female body and its amazing capacity for multiple orgasms. Knowing and understanding this about the female body will allow you to take full advantage of the potential for pleasure that women have naturally.

## **Multiple Female Orgasms**

There are two different types of multiple orgasms that a woman can have. The first is called a Blended Orgasm, and the second is Subsequent Orgasms.

## **Blended Orgasms**

A blended orgasm occurs when two or more different erogenous zones are being stimulated at the same time.

If both her G-Spot and her clitoris are being stimulated at the same time and both are being done in a way that is bringing her intense pleasure, she may be able to orgasm through both methods at the same time. Since there are multiple different types of orgasms that women are able to achieve, these different orgasms can happen simultaneously for double or triple the pleasure! When a woman is aroused, there is an increase in blood flow to the areas which are stimulated. When the clitoris is being stimulated, there is increased blood flow to the clitoris, and the same thing happens when the G-Spot is stimulated. If the nipples are being stimulated, there is an increase in blood flow there as well. This causes arousal at the site of stimulation. When a blended orgasm occurs, the areas being pleasured both have increased blood flow at the same time and this makes for two distinct orgasms, which compound to give her a mind-blowing full-body orgasm, especially if the two locations are more separate from each other- like the nipples and the clitoris.

## **Subsequent Orgasms**

Not only can women have blended orgasms, but they can also have back-to-back orgasms. These orgasms occur one after the other and give the woman immense pleasure because she is able to keep coming again and again and again.

This type of repeated orgasm is only possible for women, as the male's penis is unable to do this. This is due to the fact that the male body has to wait for a refractory period after every orgasm. What this means is that there is an amount of time after an orgasm during which a man's body is unable to achieve an erection or have another orgasm. During this time, his body is recovering from the orgasm and needs this time to recuperate. The length of this period is different for every man, but it ranges between fifteen to thirty minutes in most males. The great thing about the clitoris is that after orgasm, it may be very sensitive for a few minutes, but it maintains its "erection" and can be stimulated again a very short time after for a doubly-pleasurable second orgasm. This can lead to a third and a fourth and beyond

## **Best Kama Sutra Positions for Multiple Female Orgasms**

Now that you understand the capacity that a woman's body has for multiple orgasms in different ways, we are going to look at some examples of positions that can allow for this to happen.

### **The Milk and Water Embrace**

The first Kama Sutra position we will look at is The Milk and Water Embrace. This position gets its name from the idea that the two people in this position are enmeshed and become so close that they lose themselves in the other person. Interestingly, this position can be used as a loving embrace after sex, or as a sexual position itself if you add penetration to it.

The man sits on the edge of the bed, his legs planted on the floor. The woman approaches him and climbs into his lap, her face to his. He holds onto her by wrapping his arms around her back. From here, she positions herself so that she is open enough to receive his penis, and she can help guide him inside of her. To thrust, they can work together by having the man use his feet on the floor as support.

While the man moves his hips up and down, and the woman grinds her hips on his lap, which allows for clitoral stimulation with the base of the man's penis. If she wants, the woman can touch her clitoris to stimulate it herself, or if she wants to remain pressed against the man, she can keep both arms around his neck for a closer embrace while her clitoris is stimulated by penetration. Either way, a blended orgasm is very possible, as she has the potential to experience both a clitoral and vaginal orgasm at the same time.

### **The Lotus for Blended Orgasm**

This position allows for multiple female orgasms because it involves penetration as well as clitoral stimulation. The man will sit cross-legged, and the woman will sit on his lap, wrapping her legs around behind him. This can be done in a comfortable chair or on a bed. Once the penis is inside of the woman's vagina, he can thrust into her with his hips or lift her up and down on his penis with his arms. Then, since her legs are spread wide in a cross-legged position, she can use a vibrator on her clitoris (or her hand if she doesn't have one). This position will make for possible G-Spot stimulation along with the clitoral stimulation which can lead to a blended orgasm. It can also lead to back-to-back orgasms. This can happen if she comes clitorally, and then penetration continues, which could then lead to a G-Spot orgasm (or general vaginal orgasm). Then, there is even the

possibility of her having another clitoral orgasm if she begins stimulating her clitoris again.

#### The Tigress

This is another position that allows for the possibility of multiple female orgasms. To her into this position, the man lies down on the bed on his back, and the woman straddles his penis, facing his feet instead of his head. From this position, the woman can grind her hips on the man's penis and control the speed and depth of penetration. To make it a position that allows for a blended orgasm, however, she will lean forward and can grab onto his ankles for support. Then, he can begin to stimulate with her anus using his fingers or a sex toy. He does not need to penetrate her anally, he can just play with the outside of her anus and she will still feel immense amounts of pleasure. If she does wish for penetration to occur both anally and vaginally, she may be able to have a blended orgasm in this way also.

She can also have multiple back-to-back orgasms here if she has a vaginal orgasm, and then the man continues to stimulate her anal opening, which will keep her very aroused and could cause her to have another vaginal orgasm. This could happen a few times over in a single session, as the anal play will keep her aroused and wanting more as she keeps having vaginal orgasms.

## Sex Positions to Overcome Anxiety and Insecurity

**W**orries. We all have them, and while we deal with them on our own most of the time as we go about our daily routine, the bedroom is a different matter. Anxiety and insecurity are not going to affect you alone. It's going to hurt your partner too and kill the intimacy of the moment. Worrying about your performance in bed is stopping you actually from performing. Why? Because you're distracted. You're too busy caught up in your own worries that you're completely missing everything else that is going on. You're not present in the moment, and when that happens, you're missing out on the opportunity to interact and bond with your partner.

Yet, despite this, many people still continue to worry anyway. It's almost as if they can't find the off-switch in their brain, and the worries only seem to get worse each time they feel like they have failed to live up to expectation. Negative thoughts start to creep into your mind and make you wonder if you really are as awful as you thought and what your partner is going to think. Performance anxiety is real, and it happens each time you catastrophize situations that may or may not be real. Within the sexual context, performance anxiety happens when you're worried about failing to perform sexually and start to visualize all sorts of catastrophic and disastrous consequences that are going to happen (even though they have not and may not happen).

Why do we worry so much? Why do we firmly hold onto the belief that a man must have hard, strong erections that last a long time to be considered good in bed? Why do we firmly believe that if a woman can't achieve an orgasm with every sexual experience, there must be something wrong with her? Where are these expectations coming from? Do you really believe they make you any less of a man or woman if you fail to achieve either of these? Most of the time, when you experience sexual performance anxiety, you're not afraid of your own shortcomings. You are more concerned about what others may think. In this case, your partner. You're so afraid that your



partner is not going to be attracted to you, or think you're sexy anymore, or worse, find someone else because you failed to live up to their sexual expectations.

We are all human, but we forget that. What is supposed to be a meaningful, loving, intimate moment for two people to connect suddenly becomes full of pressure, stress, and anxiety. So much so that instead of growing closer to your partner, you end up pushing each other away. You're not a machine; you're human. You have feelings, you think, you desire, you sense, and your body sometimes your body does not always do what you think it will. Anxiety and insecurity make us forget all that because our worries seem larger than life. Nothing else matters at that moment, and eventually your worries are going to grow so big you shy away from any sexual encounters altogether. It is not the end of the world if a man can't maintain his erection for long or if a woman can't get aroused enough. It is not a big deal if a man ejaculates prematurely at times, or a woman can't achieve an orgasm. It happens. We all feel anxious and stressed sometimes. Look at the lives we lead. There's a lot going on and a lot to deal with, and anxiety can be a debilitating condition that negatively permeates all the other aspects of our lives if we don't keep it under control.

Sexual performance anxiety is going to:

- Affect Your Self-Confidence – Would you want someone to see you naked if you were insecure? Probably not, and getting intimate with them is going to be the last thing on your mind. The prospect of intercourse when you're feeling insecure is daunting; even worse, when you're trying it for the first time with a new partner, you may not know all that well yet.
- Diminishes Libido – Even during a non-sexual moment, when you've got a major worry on your mind, it's all you can think about. In the bedroom, that worry is going to diminish your libido. To be clear, a "normal" libido does not exist. Everyone has a different experience, but when you add anxiety and insecurity into the mix, your sex drive is going to take a hit, and it might be impossible to even feel aroused.
- Cause Vaginismus – Anxiety can lead to all sorts of other symptoms. From sweating, panic attacks, and heart palpitations, anxiety is real, and it manifests itself physically. A man dealing with anxiety might deal with erectile dysfunction. A woman dealing

with anxiety might deal with vaginismus, which is a sexual dysfunction where your pelvic muscles tighten involuntarily, literally stopping you from having sex.

- **Numbing Your Orgasms and Sensations** – Orgasms among women happen only 57% of the time with their partner. A man's orgasm happens 95% of the time. If you're stressed and anxious? It might not happen at all. You're not even going to enjoy being touched intimately by your partner when you're too busy worrying about what they think or how you're doing.

## **What Can I Do to Overcome This?**

The first thing you need to do is stop being so hard on yourself. You are perfect the way that you are, and you don't need to compare yourself to anyone else. Worrying will never bring any good. It won't change anything for the better, but it will make things worse. The occasional worry every now and then is normal, and if you are dealing with anxiety and insecurity, you need to talk to your partner about it, so they know where you're coming from. It takes two to tango in sex, and two people can't expect to be in sync if they are on completely different pages. Talk to your partner and let them know this is what you're going through. Help them understand, let them know you're trying to work through it, and what they can do to help.

As for what you can do to help yourself, you can begin by not defining how good you are based on whether you can achieve an orgasm or not. Or whether you can help your partner achieve an orgasm. They are not the be-all and end-all of sex. You and your partner are more than your orgasms, and you need to respect yourself and each other as human beings. The beauty of being human is there is no such thing as perfection, but life and its experiences can be beautiful regardless.

Calm your anxious thoughts by taking a deep breath. Focus on your breathing and challenge your thoughts by asking yourself, why am I worried? Is there a genuine cause for concern? Or are your worries based on assumptions and scenarios you think are going to happen? Do you have any proof? If you can't answer yes to any of these questions, keep breathing and tell yourself it's going to be okay, count to five and give yourself all the time you need to come down. Focus instead on what you can control to improve your sexual experience.

You don't have to worry about whether you're "good" or "bad" in bed. There's no performance rating here, and you're only placing unnecessary pressure on yourself when you try to rate your own performance. What matters more is the experience you are sharing right now with a partner you love and care about. Any kind of pleasure is great because you're doing it with the one that you love.

## **Sex Positions to Overcome Anxiety in Bed**

Anxiety is not going to magically vanish overnight, but in the meantime, your sex life doesn't have to pay the price. It may take a while before you can fully overcome your nerves and anxiety in bed, so while you work on getting there, these positions help make minimize the stress so you can focus on the pleasure of being connected with your partner instead.

## **Banana Split Position**

This yummy dessert is the name of an equally delicious sex position, and it is a good one to try if you're with a new partner for the first time and not ready for them to see the "sex face" you make in bed. The woman turns around and lies on her belly, so you're facing away from your partner and free to make any kind of face you want. Be free and expressive. Imagine that no one is watching. Your partner can see your face anyway, and that gives a sense of "privacy" somewhat during sex, which might help soothe your anxious nerves. It's a win-win for both partners, and the deep penetration you get from this angle is only going to heighten the pleasure. The woman will wrap her legs around the man while she is lying face down in this position. Men who like going at it from the back are going to love this position because they'll be free to smack, grab, or squeeze the woman's buttocks with each thrust.

## **Rocking Lullaby Position**

A sexually narcotic experience can be achieved in this position that there is no way either partner can feel bad about themselves when they are too consumed with the pleasure they feel. Both the man and woman begin by facing each other on their side. The woman then uses one leg to wrap around the man and instead of thrusting, grab the man's butt, back, or shoulders and then rock him against her body. Both partners can take turns rocking each other, and when they're ready, the man penetrates the woman while carrying on in this rocking motion. Being this close to someone face to face and connecting with your bodies before your genitals first help bring the focus to the intimacy aspect of the experience.

## **Heart Connection Position**

The woman will kneel on the man's lap in this position, with her legs positioned on either side of his. With slow, controlled moves, look into each other eyes, and synchronize your breath as you move together in unison. Take your time building up to the moment when you feel connected as one. You will know when it happens. Gazing into your partner's eyes is an intense experience. You're looking into each other's soul and communicating all the love you have for each other through your eye contact. Nothing else matters at this moment expect to gaze into your partner's eyes. Let the intensity of your passion build as you rock together as one.

## **Primal Scream**

Put your insecurities about being bad to be with the Primal Scream position. Maybe not scream literally (unless you want to or it happens at the moment), but moan your partner's name as loud as you can so both of you can reach that deep, primal place within yourselves. The woman will be positioned on all fours with this one like the Doggy style, but this time her back is going to be arched so her buttocks will be tilted upwards, making it even more primal and animalistic. As for the man, go deep and embrace your inner animal.



## Things Men Want But Won't Ask For



Society expects a man to be forthcoming about his every want, but some topics might make even the boldest man become anxious. Sex is one of those topics that make a man think twice before he says anything concerning it. And this may hold back a man from voicing his needs during sex. There are a lot of things that men want in bed but wouldn't dare tell their partners.

Being dominated; most women assume that all men want to be in charge. Well, there are some men who would prefer being dominated by women. A dominant woman tells the man what to do. But for fear of coming across as odd, most men stick with being the dominant partner even if it doesn't suit them.

Being snuggled; some men would love for a woman to put a protective hand around their head and slowly pull them into their chests. It is a protective gesture that seems to put the man in a vulnerable position. Most

men would hardly ask for this because they fear it might make them look needy or immature.

Being teased; most men naturally assume the role of the teaser, building up tension and making the woman anticipate his next move. Well, some men like to be on the receiving end. Some men would want to be teased by their women and play little dirty games.

Blow job; a good blow job will leave a man in transports of ecstasy. It is indicative of trust and submission on the part of the one giving the blow job. However, not all men can be bold enough to ask for a blow job. Some men will only give you hints and if you're a quick thinker, you may grab that opportunity.

The woman initiating sex; men don't always want to be the ones to set the ball rolling when it comes to sex. If you let that happen, the man might take that to mean he's the only one who's ever in a mood for sex, or that you don't fancy him, which might hurt his ego. When you initiate sex your man will understand that you desire him just as much.

Communication; men appreciate honest communication. The problem with most women is that they hardly ever say what bothers them during sex or what they'd want, but then have a body language that indicates dissatisfaction. So, men would appreciate a communicative woman who isn't afraid of stating what she wants.

Real orgasm; men don't appreciate fake orgasms. You may do it with the intention of appeasing his ego, but he would rather know the truth so that he may become a better lover.

Shaving; a man might come off as rude when he point blank tells you to shave your genitals, legs or armpits. When you shave, the sensuality improves by a tenfold. However, most men would be too scared to ask you to shave, and they have to hope that you will see the sense of shaving yourself.

Confidence; confidence in a woman is very sexy. A confident woman shows it in her walk, style, and in bed. Lack of confidence ruins everything. The man may not point it out as she might become defensive and sabotage their relationship. But it helps when a woman realizes that her low confidence is hurting their relationship and does something about it.

Respect; you show your man respect by accepting his sexual needs. And if his sexual needs ask more than you are ready to give, then it's perhaps time you talked about it with him. However, being passive aggressive or

downright against his needs would not only be disrespectful but would cause him to resent you.

Giving his family jewels a treat; balls are about the most sensitive parts in the male genitals. Every man fantasizes about having a woman who just knows how to handle his balls. He might not come around to asking for it, but just be aware that the man hankers for a nice treatment of his balls. For the best sensations, you may want to perform a combination of massage, licking, fondling, grazing and stroking.

Sitting on his face; a man loves it when his girl is creative. Instead of receiving oral sex when lying down, the girl may perch atop her man's face, and make the experience more pleasurable. Everything leading up to the act is just as important. Sitting on a man's face may be acted out during foreplay or as a ritual in and of itself.

Telling him your fantasies; apart from amplifying his desire for you, being good at describing your fantasies improves your story-telling skills too. In order to create a big impression, you may tell him your fantasies while seeming most innocent and open, as he nods his head, obviously making mental notes about what next he's going to do to you.

Watching the act; some men get off on watching themselves in the act, but they can never come clean about it. A man who enjoys watching himself in the throes of passion has certainly entertained the idea of using a mirror or recording the whole deed. However, most women are cautious about being recorded during sex, because in a worst-case scenario, the footage could be leaked.

Taking things slowly; some women tend to rush things over, to the disappointment of men. A man would hardly tell you to slow things down because he's afraid of hurting your fragile ego and making you lose interest or worse deny him sex. In as much as the pace is important and contributes to the faster achievement of an orgasm, taking things slow, especially at the start, is just as important. You may begin having sex with a lot of oral from both sides, performed slowly, and then including petting and kissing. When you suck on any of his parts, the tongue movement should be slow, and you should keep eye contact with him.

A little noise; men prefer women who are receptive to their techniques as opposed to women who just lay there like a log. However, this does not mean that you should moan exaggeratedly, but whimpering and crying softly will do.

Compliments; this is not to mean that your man wants to be told “great job” every few minutes, but keep in mind that men enjoy being praised. For instance, you may mention what you find fascinating about him, or compliment his stamina and skills after sex.

The lights on; there are women who, for some strange reason, want to enjoy sex in the dark. But this usually inconveniences men because most men are visual creatures. They would want to have the lights on so that they may savor the beauty of their women and create profound memories.

Support; the last thing a man wants is a woman who acts as though she’s been abducted and being forced into having sex with him. It’s one thing to lie down and do/say nothing and expect the man to do all the work, and it’s another thing to be a constraint; when he puts his hand around your neck, you start to struggle to break free, and it’s as though you’re programmed to subtly fight him off. A man wants a partner who’s supportive of his advances. It can be quite difficult to come forth about his frustration because the woman might say he’s judging her.

The power of touch; it appears as though some women are averse to the idea of touching their men while having sex, and it is mostly a subconscious response, but this may raise more questions than answers in the mind of a man. Every man wants their woman to touch him during and after sex, as it makes them feel validated.

Surprise; men too love to be surprised. When you surprise your man, it is a little way of expressing your personality and also communicating that you fancy him. Obviously, you cannot play with someone that you think less of. Men not only want their women to be able to surprise them but also know when it’s the best time. This establishes openness and strengthens their bond.

Stop talking about your stresses; girls are wired to pour out their hearts. And even during lovemaking, a girl may find herself bothering her man with all the stresses that she’s enduring, and if a man is not in a position to find a solution, he feels terrible. Women talk out their issues without necessarily looking for a solution whereas men are inclined to want to solve a problem. And so, you might want to keep stuff to yourself as opposed to ruining the delicious moment of sexual intimacy.

Wear his favorite lingerie; men are visual creatures, always wear what makes him happy.



## Distinction Between Penetrating And Non-Penetrating Positions

### Non-Penetrating Positions

If you have never been a fan of oral sex, give these positions a try and you may have your mind changed. If you have always been a fan of oral sex, try these positions and you may end up enjoying it even more!

#### Testicle Stimulation

There is a sexy secret that you may or may not be in on. Want to know what it is? This secret is the key to giving your man some of the best orgasms of his life. This secret is in the testicles and knowing how to use them as a secret weapon of pleasure. If you are a man, you have no doubt tried massaging your own balls while you were rubbing your penis with the other hand.

You can use this trick to get each other in the mood, as a finisher, or even right in the middle of your sexual encounter. While you are giving your man a hot and steamy blowjob, reach down below his erect penis and cup his balls gently. Begin to stroke them softly as they will be very sensitive to your touch. Hold them and very lightly pull them towards you. This will drive him crazy as the stimulation of both his penis and his balls at the same time will make it hard for him not to finish right then and there. The warmth and moisture of your mouth around his penis along with his testicles being gently rubbed will send him flying into the land of orgasmic bliss.

If you are a man reading this, guide your partner to give your testicles some loving touches next time they are giving you oral and tell them how hot it will be when you exclaim loudly in pleasure.

#### The Kivin

If your partner gives you head and it feels nice but you just can't seem to come to orgasm from it, this position may be perfect for you. Sometimes it is hard for the person licking the clitoris to keep their tongue moving up and down and around fast enough to make you have the type of clitoral orgasm

that you may be able to reach from other positions or with fingers instead. The solution is The Kivin Position.

Kivin is a position that allows a person to orally pleasure a woman with a greater chance of helping her to reach orgasm than the traditional head between her legs position that most of us are used to.

Have her lie on her back, and position yourself lying perpendicular to her body, your head close to her vulva. Use your fingers to find her clitoris (clit). If she is horny and wet already, her clitoris will be easy to find. If she is not quite there yet and you are just beginning to get down to business together, it may be harder to find but as she gets more and more turned on it will get more erect and it will get bigger. This will also help when you are going down on her as there will be more of her clitoris exposed for you to lick and stimulate to help her orgasm. Gently steady her clitoris, exposing it a little bit more. Begin to touch her clit with your tongue and lips, gently moving your tongue back and forth over the top of it. Turn your head to the side every once in a while, to see her face change as she is pleased. Move your tongue in small circles or use your lips to suck on her clit. Using your free hand, reach up to her breast and massage her nipples. Switch hands and use your free hand to massage her vulva and feel her vagina getting wetter the longer you lick her clit. Slide a finger into her vagina and try to find her G-spot inside at the front of her body. Gently press this spot while you continue to eat her out and you will get so hot hearing her moan loudly in ecstasy.

Giving her oral sex in this position places your tongue over her clitoris moving in a side to side motion rather than an up and down motion and will give her greater pleasure because it allows your tongue to move over and stimulate her clitoris at its most exposed angle. Trying it this way she is sure to notice a difference and she will be wondering how you became so good at eating her out.

### Rimming

Anal stimulation may seem intimidating if you have never tried it before, especially using your mouth but I assure you that once you try it you may never go back. Now that being said, only try this position if you are comfortable with your mouth exploring the person's anus, or having their mouth explore yours. The key to anything involving the anus is lots and lots of lubrication. This is not as much of an issue with oral stimulation, but

nevertheless, this ensures you get all the good feelings and none of the friction. This position works for any combination of genders and is known to be loved by all. You can transition to this position from any other position or any type of foreplay (as long as you make sure your partner is open to doing it), or you can start with this at the beginning of your escapades.

Start by having your partner lie face down on the bed. Get behind them, straddle one of their legs and begin caressing and kissing their butt cheeks. You want to make them feel relaxed and comfortable in order for it to feel good for them. Continuing to massage and touch, slowly work your way closer to the middle. Start kissing their lower back and move lower, kissing the whole way down for a little tease. Spread their cheeks with your hands and with their cheeks spread, begin to gently move your tongue around their cheeks and the outside of their buttock. The key is to move slowly and gently so that they do not reflexively tense up their butt cheeks and/or hole. Gently move your tongue around it in slow circles and as they relax and settle into pleasure, you will be able to get in a little bit and as it progresses, a bit deeper. Use your hands to massage their cheeks while you explore with your tongue and every so often you can use your finger to massage the hole as well. Continue in this way, moving inside and around and listen as they moan in pleasure louder than you have ever heard before.

### Penetrating Positions

Whether you have or not though, you might not be aware of the nuances or the different forms that these positions can take. For each of these classic positions, there is also a variation of it that you can try. After all, those tricky acrobatic sex positions that you dream of in your wildest fantasies are all based on these foundational go-to classics.

### Missionary

Missionary position is that classic that you may think you are tired of. It may be the position that you began with and stuck to for many years in your early sexual days. It gets a bad reputation as the vanilla position that is only for prudes. Missionary though does not have to be known as the tired old high school position. A missionary position can actually be very very hot and intense if you make it so! Here, I will explain how.

To start, for those who may not know what the Missionary Position looks like, it is when the woman lies down on her back with the man lying on top



of her, his face in front of hers. Now as I said, this position can actually be very intense if you want it to be. Lying on top of the woman, the man slides his erection into the woman from the front, and holding his weight up with his arms, he controls the movement in and out with his hips. Because the man and woman are face-to-face this position is actually quite intimate. You can make out while thrusting in this position, you can look deeply into each other's eyes, wink at them every now and then or give a slight flirty smile. When it feels good, let them know by breathing the words "oh yes" into their ear, whisper dirty talk to them, bring your mouth close to their ear so that they can hear your moaning and your uneven breathing in their ear as you are deeply connected down below. Nibble on their earlobe and gently kiss their sensitive neck skin, go in for a deep and emotional kiss. Missionary is as interesting and new as you make it. As the woman, wrap your legs around his waist and pull his penis deeper inside of you with each thrust. The intimacy of your faces being so close together as you are in as vulnerable a position as this leads to a great connection and a great amount of pleasure.

If you are bound to missionary because of mobility or flexibility or anything of the sort, use these techniques to keep it fresh for you and your partner and keep the intimacy alive! If you are in a new relationship, you can start further away, maybe kissing a little bit and leaving it at that, but as you get more comfortable with each other and want to gradually add intimacy and more of an emotional connection, try some of these ways of spicing it up one at a time and watch your relationship blossom.

### Face Down Missionary

For something new, and a position that works very well if space is of the essence, a missionary-inspired position like this one is a great option. You can do this position on a couch or in a small twin-sized bed. Sometimes trying to have hot sex in a smaller space makes it that much more fun and exciting! You could even try restricting your space like this on purpose as a way of changing things up, especially if you are used to having lots of space like a king bed. Being squished together will connect you in a way that you may not have been connected in a long time.

If you are the woman, lie face down on the bed or couch while your man lies on top of you, facing down as well. You will not be able to make eye contact with each other or see each other's faces but you will still be able to

get very close to each other because your man's body will be pressed right against yours from top to bottom. You will be able to feel every muscle in each other's bodies tighten as the pleasure increases. You will be able to hear your man moaning in your ear as his lips will be only centimeters away. His heavy breath on the back of your neck will send shivers of pleasure down your back and will make your clitoris tingle. For increased female pleasure, you can even use your hand to rub your own clitoris while your man is thrusting into you from behind.

## Getting in the Mood



**O**bviously, our sexual clocks are all on different timers. This can mean you and your partner are on completely different pages as to when you want to enjoy sex. Having the ability to get their motor running and put them in the mood can ensure that all times of day are appropriate for sexual activity. We're also going to take a look at the importance of being willing to experiment in the bedroom.

It is not uncommon for people to not be in the mood for sex. Life can be extremely busy and finding the time to participate in sexual activity can seem like a burden. This is the unfortunate reality of the busy world we live in today. Regardless of how busy someone is we do need to show attention and affection to our partners. Regardless of if this is your girlfriend, boyfriend, or spouse they deserve some of your time allocated to them.

Men, if you were trying to get your lady in the mood for sexual activity there is a huge number of things you can do. There are some tactics that will work better than others. Be aware that simply telling her that you want

to have sex is likely not going to sway her opinion if she isn't really feeling it. You need to be a bit smoother than this. Let's take a look at some ways that you can be successful in getting your female counterpart in the mood. You should:

- Be flirtatious while out in public
- Surprise her in the afternoon with some flowers and a kiss
- Leave a love note for her that she won't see until walking out the door on her way to work
- Set the mood with candles, music, and her favorite smell
- Send her flirtatious texts during the day (these can be naughty if the mood is right)
- Ask her to take a shower with you
- Offer her a sensual massage after a long day
- Pamper her
- Treat her to a special date ending in a hotel room

Keep in mind, all women are different. So, some of these tactics might work exceptionally well for one and they may not work so well for others. Knowing your partner is the key to being able to light their fire even when they're not particularly in the mood.

Just as there are certain things a man can do to turn his lady on there are a variety of different things a lady can do to get a man sexual juices flowing. If you are trying to get your man in the mood you can:

- Greet him when he gets home from work, fully nude
- Be the one to initiate sex, we often lean on the man to do this
- Go to the bedroom and start a loud masturbation session, he will be happy to come to join you
- Invite him to shower with you
- Wear a new piece of lingerie or a bra and panties set
- Take your time in stripping your clothes off
- Cop a feel as he walks by, this could be squeezing his butt or grazing his penis
- Text him sensual comments or nude pictures throughout the day

In all reality, tends to be a bit easier to get your man ready to go then it is for him to do the same to you. Be receptive to his feelings and understand that you are both going to want sexual encounters at different times. Don't always shut him down or expect him to initiate intimacy. Doing these things

can harm your relationship whereas working on keeping the sexual tension alive can improve it tenfold.

### Foreplay



Once you have gotten your partner in the mood you will then move on to one of the most critical parts of a sexual encounter, foreplay. Foreplay is something that holds great power and can truly help enhance sexual experience. You should never ignore foreplay. Slowing down and paying attention to what your partner truly enjoys is very important to both of you have an excellent time between the sheets.

While foreplay is important to both parties it is particularly critical for the woman. This is because women take longer to reach a climax. They need a higher level of arousal to be able to achieve it. The foreplay will give them the time they need to become truly worked up and therefore reaching orgasm will become much easier.

We tend to fall into a variety of different habits. Oftentimes, when you have been in a long-term relationship your foreplay tactics can become the same each and every time. This can become boring and lead you to skip this critical death. So, it is important that you figure out different ways to keep foreplay exciting. This will guarantee higher levels of pleasure for both parties. In addition, it absolutely will make achieving orgasm easier for everyone involved.

The human body is covered in erogenous zones. Sure, we all understand that a woman's clitoris is extremely sensitive but what about the inside of her elbow? There are a variety of different body parts that you should pay attention to during foreplay. When you do, the outcome will be amazing. Some places you shouldn't forget to caress, kiss, and tantalize are:

- The inside of the bicep
- Around your lover's eyes
- Across the collarbone
- Their toes (get permission on this one as many people have very ticklish feet)
- Not only the earlobe but the entire ear
- The shoulder blades
- Hands
- Hip bones and pubic bone
- The outline of the lips
- The pitted area where your chest meets your neck
- Outsides of the mid-section
- Outsides of the thighs

Obviously, you will have your go-to's. These would include things like the breasts, nipples, head of the penis, and clitoris. These are extremely sensitive areas that are not oftentimes overlooked. Keep in mind, that paying attention to some of the less common erogenous zones can lead to some of the best sex of your life.

Perhaps you have the erogenous zones down to a science, but you still feel that your foreplay experience is lacking. This can be due to repetition or the fact that you simply aren't sure of other things to do outside of your normal foreplay tactics. If you are stumped on what else you can do, in terms of foreplay, don't fret. There are a variety of tactics that you can use to help spice up your foreplay routine.

One great way of doing this is to take the time to think about and talk about your past experiences with your partner. At the beginning of any relationship, things tend to be hot and heavy. The passion is at an all-time high. By reliving those moments that were hotter than any others you can heighten the experience of foreplay. In addition, it can help you pull out some of those old moves that you may have forgotten about.

Another great tip to improve the length and intensity of a session of foreplay is to do it outside of your bedroom. When you start to get frisky

outside of the bedroom it can help to keep your intimate life more interesting. In addition, it is an unexpected surprise that your partner will appreciate. When we are in the bedroom we tend to rush through foreplay. This is due to the fact that our brain relates our bedroom to having actual sex.

These are only a couple of ways to keep foreplay interesting and exciting. There are plenty of other tips out there like making foreplay an event that lasts all day and doesn't forget the dirty talk. Keep in mind there are plenty of articles, books, and other media outlets that can provide you with more tips that can lead you to exceptionally satisfying foreplay.

### Experimentation

You need to make sure that you are not afraid to experiment. This not only goes for foreplay but also for your actual sexual encounters. Experimentation is the key to keeping things spicy in a long-term relationship. For some people, experimentation can be quite daunting. It really doesn't need to be.

To ensure that you are open to experimentation you need to have excellent communication. This has been stated several times because it is a key element in successful sexual relationships. Keep an open mind and understand that people want to try all different kinds of things. So, regardless of what it is, you should be open to giving it a try.

Starting off slow is always key. If one of you is more experienced than the other, they should have the understanding that you may not be as comfortable as they are. Their level of expertise may not match yours which can make experimentation extremely nerve-wracking. Some people have never experienced the sensation of being spanked while others may have participated in ideas that are much more taboo. Starting at the lowest level that the more inexperienced partner is comfortable with will ensure that your experimentation does not go awry.

It is common for people to try a variety of different things when they're in a committed relationship. It is less likely for an uncommitted couple to try any true experimentation. This has to do with comfort levels. When you are in a committed relationship, you're more likely trusting of your partner. In addition, the communication that you have is typically better. With good communication and high levels of trust, experimentation can become natural and easy to handle.

While you should never be afraid to try things there should be an understanding in your partnership. Some things are simply off-limits for some people. This is completely OK. Spending the time to talk about your sexual interest, as well as there's, can help give you both insights as to what type of experimenting you should delve into.



## Flexibility Positions

In reality both strength and flexibility go hand in hand, and there are historical interpretations and connections in the Kama Sutra that seem indicative of yoga influences – but essentially, whether it's strength or flexibility that defines a particular sexual position, the aim is the same: to increase stimulation and desire by pushing the body to its limit. The physiological effect of 'pushing the borders' is what is often referred to as a liminal reaction, that is, an experience that results in a spiritual and ecstatic realization.

Now, whether or not you have a religious awakening during sex aside, there is definitely an empirical basis for athletes undergoing a sense of altered or heightened awareness when pushed to the physical limit. So why shouldn't sex be able to accomplish the same thing? We've seen some strength-oriented sex positions, so let's take a look at someone's that require flexibility (and keep in mind that many of these are the sort you have to practice and work up to and are not necessarily for everyone!)

## **The Waterfall**

We'll start off easy: the waterfall is similar to other variations we've seen and involves the man sitting on a chair with the woman propping herself on his lap to achieve penetration. The difference here is that the woman then bends backward down the man's legs so that her head is upside down. This can be very pleasurable for both partners since the man can stroke her stomach, breasts, and genital regions, while the woman allows herself to fall backward in the imitation of a waterfall – this mainly requires flexibility from the woman since she is essentially arching her back all the way back.

## **Reclining Pigeon**

Not a terribly difficult position, this pose puts the woman on her back again. She brings up one knee, and then slides her opposing leg over top of it (you'll know you've got the position because of the pull in your gluteus maximums) – threading her arms under the leg on top, she uses both hands to clutch her other leg. By pulling up, she can manipulate the access to her vagina, and is a good equality technique – while the man approaches from the top and can initiate a rhythm, the woman is able to control the degree of friction by pulling up to enlarge the opening to the vagina.

## **The Shoulder Stand**

Another position that seems right out of a yoga book this technique relies on the woman to have a strong back; she lies on her back, and the man stands on his knees. Gripping her by the waist he guides her up to his penis and, with her help, begins to enter her. The reason this position is so tricky is that it involves the man having to hold her up, and the woman is required to bend her back by almost 45 degrees in order to sustain the posture, which can leave you both sweating in no time at all.

## **The Mill Vanes**

A very intimate and relatively moderate position, the mill vanes technique is a favorite of couples since it is a somewhat unusual position, yet manages to satisfy a considerable amount of clitoral stimulation. The woman lies on her back and then the man straddles over top of her (as one would do to initiate 69 oral sex). However, the man then leans all the way forward so that his penis can penetrate his partner – the angle of this coitus can be a fresh experience for both lovers but may require a few tries to get right. The man leans all the way forward on his stomach and the woman can help assist with this technique by folding her legs over the small of his back. For the woman, this can be a unique opportunity to get a glimpse of her lover's rump while having sex and can entice external stimulation by using her hands to caress his buttocks, thighs, or testicles.

## **The Bridge**

Hailed as one of the more difficult Kama Sutra techniques to pull off – and usually not for long – the bridge makes a flexibility demand on the man this time, in a pose that will be familiar to yoga enthusiasts. The man creates an arc by leaning back so that his hands and feet are flat on the ground, and his stomach/chest is facing outwards. Just to achieve the base position can be strenuous, but once the man is ready, the woman kneels over top of his penis and inserts it into her vagina. She can then ride on top of him, stroking his chest or fondling his perineum – additionally, the positions can actually be reversed with the woman acting as the 'bridge.' In this case, the woman bends all the way back and arches her stomach toward the ceiling while the man gently clutches her by the waist to enter her. This can be amazingly seductive and arousing for the man for the same reason as the woman in the reversed position since he can stroke her stomach and breasts. For the woman, it is also easier since she doesn't have to worry about supporting her partner's weight as he is coming in from the side rather than straddling her.

## **Fixing of The Nail**

And we're back to the woman again; this position was even pointed out by Vatsyayana as requiring a special amount of practice given its acrobatic nature. The woman needs to bring one of her feet up to her head (think of someone trying to smell their own foot or bite their own toe), and then extend the other leg out in front of her. The man can then approach and enter her at her discretion – the result is one of the deepest penetrations, but requires a lot of flexibility. Because of its dynamics, it's also a good exercise for women with smaller or "tighter" vaginas because it will help ease open the vaginal passage and allow a smoother and more pleasant entrance of the penis.

## **The Crab Position**

Another favorite, this one can be achieved by most women but still requires a degree of flexibility. The woman lies on her back again but this time brings up her legs and tries to place her feet on her abdomen. With her legs contracted and placed on her stomach, she can then push her arms under her knees to support them in that position – this opens up her vagina to allow her partner to penetrate. The benefit of this position is that it easily accommodated women who have all sizes of vaginas: for those with tighter entrances, the woman can simply open her arms and thereby spread her vagina wider. For women with larger vaginas, the opposite motion can be achieved by tucking in her arms and creating a smaller opening, which will increase friction and lead to a more pleasurable congress for both partners. This position is a nice balance between control, granting the man the ‘upper’ position by allowing him to guide and choose the rhythm and movement, but also allowing the woman to control the intensity of the sex.



## **The Rowing Boat**

For those who want all the comfort and security of being able to face their partners with the added ability to maintain eye contact, then the Rowing Boat definitely fits the bill. This is a medium variety position in terms of flexibility, but offers some great support and requires good open communication (although it might take a few tries to get into a steady rhythm). Both partners face each other, and the man lies down to start – the woman may descend onto him until the penis is fully inserted, and then the man sits up again, so he is facing her. The man places his knees on the outside of her body, and she does the same, resulting in a sort of crossed leg situation. This is a very comfortable position, however, because partners can support themselves and the other by gripping their partner's legs. Since the knees of both partners are raised (and at chest level), it maximizes the amount of genital surface area for both. The man and the woman can then rock back and forth against each other, and while this position does not allow for a lot of external/internal movement of the penis in and out of the vagina, the opportunity to have both genital areas rubbing against one another makes this one of the more stimulating techniques for couples.

## **Dog Poses**

Many yoga poses actually double as effective sexual postures as well (though don't tell Vatsyayana that). The dog poses – Downward Facing Dog being the most popular – involves the woman putting both her hands and feet flat on the ground and making a V with her body (the inverse of the Bridge); this allows easy access to the man who can enter her at her discretion. A variation of this is the Three-Legged Dog Pose which involves the woman lifting up one of her legs straight in the air so that it is lined up with her spine – think of trying to make the shape of the Greek letter Lambda with your body. Both positions require flexibility from the woman and give a significant amount of control and power to the man (which may become a preference for couples that enjoy domination scenarios).

The last variation on this we want to discuss is what it is called the Standing Straddle Forward Bend – more than just a mouthful; this could be an incredibly erotic position for either man or woman. In the traditional yoga pose, the woman in a standing position spreads her feet so that there is a considerable width between them. Then, slowly, she bends over and grasps both her ankles. At this point, the man can come in behind her and control her hips with his hands. The exposure level of this position is very high, so it's very important that partners have already established a significant degree of trust.

## How To Rekindle Your Desire For Fire

**N**ow that we understand intimacy and the different types of intimacy that can exist in relationships, we are going to look at how you can rekindle your desire for fire in your relationship and with your partner.

One of the best ways for a couple who is very familiar with each other to rekindle their sex life is to rediscover sex from the very beginning all over again with their partner. While you may be very experienced when it comes to having sex, there still may be some things that each of you don't know. This could be in terms of the other person's body, in terms of the G-spots of both females and males, or how it all works from an anatomy standpoint. Before moving onto some other ways to rekindle your sexual fire, we are going to talk briefly about the male and female anatomy so that you can ensure that you understand the body of your partner in the best way possible.

## **Female Sexual Anatomy**

In order to lead a female to orgasm, you will need to know the female body and all of the places that when stimulated, will make a woman feel pleasure. Whether you are a female yourself or you are a male with a female partner, both sexes can benefit from learning more about the female body. The two main spots that we will look at are the clitoris and the G-Spot. These two places both hold great potential in terms of leading a woman to intense and mind-blowing orgasms.

### **The Clitoris**

The clitoris is the place that many people know of as the spot to stimulate that is the easiest way to give a woman an orgasm. The clitoris is located very close to the vagina. It is a small bean-like structure that has many, many nerve endings, which is why it can so easily lead to female pleasure. To find it, begin by placing a hand on the pelvic area, with the fingers towards the vagina. A woman can do this to herself or a man can do this to find the woman's clitoris. Slowly move your hand downward, using your fingers to feel around. As you wrap your fingers underneath her, between her legs, feel around for a small lump-like structure. It is in a slightly different spot, covered by different amounts of layers and of different sizes on every woman, so explore around between the legs to find it. It will be towards the front of her body, right where her vaginal lips begin. On some women, you may even be able to see it with the eyes if there are not as many layers of vaginal lips covering it.

The clitoris is said to be the female penis. This is because it actually enlarges and becomes engorged when a woman is horny. It will be easier to find her clitoris if she is turned on. The clitoris is much larger than it seems, and this is because it extends up inside of the woman's body. Only a small part of it is located on the outside of the body, but the size of it is the reason why there are so many nerve endings located within and the reason why stimulating it will lead to such intense pleasure.

Once you have found the clitoris, you will then be able to stimulate it in order to give yourself or your woman an orgasm. Begin by gently placing two fingers on it and putting a bit of pressure. Rub it by moving your fingers in small circles- making sure to be gentle. Continue to do this and she should begin to get more aroused the more you do this. By rubbing the clitoris, you will be able to stimulate the entire clitoris, even the part of it

that you cannot see, and this will cause the woman to start to become wet in her vagina.

### **The G-Spot**

The G-Spot is a lesser-known spot than the clitoris, but it is possible for a woman to have extreme amounts of pleasure if this spot is stimulated. To find this spot, you will need to insert a finger into her vagina. It is best to try to find this spot after you stimulated the clitoris for a bit because then her vagina will have begun to get wet- as it lubricates itself to prepare for penetration. You can use this to your advantage because it will make penetration more enjoyable for her and will reduce the friction of the entire vaginal area in general. When the vagina becomes very wet, it can lubricate the entire vaginal area, including the clitoris, which will then make it easier to stimulate the clitoris as well. No friction means smooth gliding, which results in pleasure and no pain. When she is wet enough, slide a finger inside of her vagina while she is lying on her back (a woman can do this for herself too) and make a “come here” motion with your finger so that you are moving it towards her belly button. Feel around in this area and when you feel a bumpy or rough surface, this is the G-Spot. Just like the clitoris, the G-Spot is slightly different for every woman, but they can all be in the same general area. The G-Spot will be of different sizes for different women, so be aware of this when trying to find it.

The reason that the G-Spot can give a woman intense pleasure is that it is actually connected to the clitoris. Inside the body, where the clitoris extends up into the woman, it meets the vagina, and this is the spot where the G-Spot is located. This thin wall between them allows for the pressure and stimulation to travel between them so that you are essentially also stimulating the clitoris when you are pleasuring her G-Spot.

In order to give a woman pleasure by stimulating her G-Spot, you will need to press on it over and over again until she reaches orgasm. This can be done using your fingers, your penis or sex toys of a variety of sorts. We will talk about sex toys later, but for now we will look at the fingers and the penis. Stimulating this spot with your fingers is quite simple as you will have lots of control and you will be able to feel around to see if you are in the right spot. When you have found the G-Spot with your fingers, gently press on it with the pads of your fingers and avoid curling your fingers around too much as you don't want your nails to scratch the inside of her vagina. Press with the pads of your fingers on her G-Spot with light

pressure, but enough for her to feel what you are doing. Continue to do this and you should feel her vagina getting increasingly wetter. As you do this, you can increase the speed of stimulation if she wishes. Communicating with her to see what she wants you to do (faster, slower, harder, lighter, deeper, shallower). A woman can do the same to herself in the bedroom. In just the same way, slide a finger inside of your vagina either with lube or after getting yourself a bit wet by watching porn or massaging your clitoris. Then, move your finger towards the front of your body and feel for the spot. Once you have found it, continue to stimulate it by putting pressure on it over and over again. It should feel good and get increasingly better the longer you do this. Eventually, the pleasure will build to a point where it feels as if you are about to orgasm. Continue to do whatever you were doing to get to this point, and orgasm will occur! This type of orgasm will be much more of a full-body orgasm than a clitoral orgasm, as it includes the inside of the vagina and is also stimulating the clitoris from the inside. The penis can also stimulate the G-Spot, but it is a little harder as there will not be as much control as there is when using fingers. Try to choose a position that will have the curve of the penis line up with the front of the vaginal wall and this will give you the best chance of hitting the G-Spot. For now, though, knowing where the G-Spot is located as well as how to make a woman feel pleasure in that spot is a great start to being able to give her an amazing orgasm.

## **Male Sexual Anatomy**

### **The Penis**

As we know, the male sex organ is the penis. A man can reach orgasm by having his penis rubbed, sucked on, kissed, or stimulated in a number of other ways. While you cannot easily tell when a woman is aroused, it is easy to tell when a man is aroused because his penis will become erect. This happens because then he can have sex with it- think of how hard it would be to have penetrative sex with a limp penis. When a man watches porn, sees a very attractive woman or is touched in the right way he will become erect. Then, by sliding his penis into a vagina repeatedly, into a sex toy like a flashlight or by having someone stroke it with their hand, he can eventually reach orgasm. Every man's penis is a different shape and a different size, and each man will like something slightly different in order to reach orgasm. There are so many things you can try and ways that a man could reach orgasm, there is lots of opportunity for exploration and trying new things.

### **The Testicles**

A man's testicles may seem like they are there only to provide sperm for ejaculation, but they are also very sensitive erogenous zones for a man. If a man's testicles are stimulated, this can make him become very aroused and can make him become erect if he wasn't already. A man's testicles can be stimulated during oral sex, during a hand job, or during sex in certain positions, and this will only add to the pleasure he is already feeling from having his penis stimulated in some way.

If you have ever had your testicles bumped in the wrong way, it definitely brought you a lot of pain for those few minutes afterward. Think of that level of pain but in terms of pleasure instead. This is what we want to unlock for you in your testicles. This level of sensation, but in the reverse- intense pleasure instead of intense pain.

Gently stroking the testicles with warm hands will get them used to touch so that they don't seize up and hug the body too closely. Gently rubbing the scrotum and massaging the testicles will add to whatever sexual activity is already happening. They can also be stimulated with the mouth during oral sex. The woman can move down to the testicles and gently suck or lick them to give a different sensation- that of warm moisture on sensitive skin.

## CHAPTER 26:

# The Hand Game

**T**here are different ways you can stimulate an individual's body. While we do agree that penetration is known to give the highest level of satisfaction, but one should never undermine the massive power of hand-job or even fingering. Your hands are your magic weapon and you could use them to bring about a wonderful change in the hormones of your partner.

When you are looking to excite your partner and want to venture into new territory and dig something different, we want you to try the hand game. Always make excellent use of your hand as by navigating them to the right spots, you could turn your partner on and thereby have the steamiest sex ever.

So, now that we have made the premise, are you all set to learn how to put your magical hands to the best use when it comes to sex and role-play and foreplay!



## **The Woman's Perspective**

As the hand game is going to differ significantly for both men and women, we are going to take this approach one by one. Both men and women can read both the parts as it would give them a better understanding of what ticks and what doesn't. After all, reading about sex is almost as good as sex isn't it? This is the reason fifty shades of grey broke the sales record, after all!

When you are a woman, you could use your hands in a lot of ways. We have already mentioned about hand-jobs and cupping and stroking the penis and making it hard enough that the man needs to beg you to help him come inside you. In fact, it comes as no surprise that a lot of men are unable to hold it together with simply a hand-job. They might even cum in your hands if your fingers and grip are that good.

So, when you are caressing your man, make sure that you use your hands to the fullest. You could get on top and take the lead because there are few things sexier than a woman who knows how to command the lead and can guide her track. Once you are on top, tease the contour of your fingers on his bare body and touch every part.

The man nipples could be a lot of fun if you know how to play with them right. Roll your fingers at the very tip and pinch it once in a while. Sure enough, just like your nipples, they might harden in response too. When they have hardened, you could lower your mouth and take a bite, hear your man whimpering in both pain and pleasure and enjoy the fun of it. When you are taking a bite, do not forget to bury your hands in his hair and pull a little of it as it shows your fiery and passionate side and most men have a hard time resisting such commanding women in the lead.

When you are done playing the top part, slide further down and you could play with the navel. Push your finger in and out and see if he feels something. Some men are sensitive in the area while others maybe not. Make use of great props like ice or even hot chocolate and you could then tease his body with chocolate laden fingers and make him gulp it even. This calls for extra spice and romance and it is upon you as to how you build it in the best way.

When you are down to his balls, make sure to cup them in your hand and then stroke him in a way that you can feel the tension rise in him. The best way of giving the perfect handjob is to start right from the bottom of the

balls and to the very tip of the penis. This is a massive turn on for both the partners as women can feel the complete length and girth and fantasize about this 'good boy' inside them is sure to make them all kinds of wet at the same time. Men love the sensation of being cupped from end to tip and you can make the movement rough and fast and he would soon have a lot of trouble keeping his cum inside. Of course, being vocal and asking him all kinds of sexy questions could further help your game.

Tracing the bottom of the feet and even the toe and little finger too could be a huge turn on, and it can help you excite your man the way you want.

Do all of this and we are sure your man would always be impatient to have you in bed.

## **The Guy's Perspective**

Now that we are done with the role of a woman, let us shift our focus to a guy. Of course, men have magical fingers too and we all know how satisfying fingering could be.

So, when your focus is to please your woman and to help her get an elevated sense of hormones, here is how your hands could work the wonders for you.

When your woman is sprawled right in front of you, you could take the perfect shot by running a finger down the hole of her body. This always makes for a sensuous move and it is sure to turn her on. Once again, feel free to make use of any prop you both are comfortable with. It could be jelly, chocolate, jam, or absolutely anything. Yes, things can get messy and dirty when you do so, but in the end, it is always worth the extra mess.

Also, never forget playing with her hair even when you are in between a rough sex session. Women like men who can pull their hair even when they can barely keep their dicks in their pants. So, show her how much you want it, not just by your massively enlarged cock but also how your hands keep groping her every now and then.

A woman is known to have very sensitive nipples and when you fondle them, they will always get erect and stand out. So, never forget to nuzzle her breasts, tickle her and run circles all over them. When they are up in the air, play with them, you could push them, and she is sure to give you a sexy moan. You could also lick and bite them, just make sure that she never ceases to have fun. Teasing the nipples is a great way to have fun and some women are also known to experience nipple orgasms as well because the nipples could be that sexy and raging with hormones.

Once again, move down to the belly button and plant a deep passionate kiss in them. You could then slowly encircle it until you can feel that her body is starting to kick in her sex drive. This belly button too could be a very sensitive spot for most women. You don't need to penetrate very deep but letting your fingers play at the edge and teasing her a little might be enough to get her on the very edge.

As your fingers continue to slide further, you are all set to give her the best finger you can. Always start slowly by jerking one finger all of a sudden. This sudden movement of simply pushing one finger will catch her unprepared and she is going to wish to pounce on you. As you keep

exploring the insides of her vagina with just one finger and fantasize about how you would like to detour the whole of it or tell her about your sexual fantasy, things will surely climax.

Even before you give her a hint, push another finger and then make it three until she is screaming your name and her heart begins to pound as it would pop out of her chest. The best of fingering could go on for hours and help women experience a continued sense of orgasms or heightened sexual attraction. The key here is to ensure she doesn't get too dry or else it could hurt her.

Lubricate her as much as you want and keep fingering. You could oil your fingers, circle the labia and then push them inside again. The sky is the limit when it comes to your imagination but make sure you keep on teasing her this way. If you could reach the clitoris or even the G-spot, you are in for the treat of a lifetime as your woman is going to worship your hand-job skills.

You are sure to find that she would be too wet and swollen and when you have given her a thorough ride with your magical fingers, you could slowly rub her in small circles and then be ready for penetrative sex. When you are at it, your free hands could still nuzzle her breast or make circles on her sensitive neck.

So, make sure that you follow all of these and see how the hand game could sometimes be sexier and more powerfully passionate than penetrative sex. Always have a round of hand games before you go for the penetrative sex. It is known to be a huge turn-on for both partners. You could both take your turns pleasing the other one or you could get into the '69' position and do it simultaneously for an out of the world experience.

## Element Of Surprise And Prostate Orgasm

If there is one thing besides chocolates and cats that pleases women, it's a surprise that's well planned. Women love it when someone they love takes the pains of making elaborate plans with regards to sprinting on a surprise on them. Not only do they feel loved, it also displays to them that you remember little things and bother to remind her in the best way possible.

You can use this fondness of surprises to your advantage. The element of surprise can be inculcated into your sex life, if you smartly go about doing it. It has been noticed that women tend to reach orgasms less when their sex life is trotting towards a monotonous and dull destination. Having gotten over how exciting sex is in the initial days itself, women start feeling not so eager for sex after a while. In such a scenario, it becomes important that you reintroduce her to a life full of unimaginable possibilities. Here are some of the ways in which you can surprise her in the bed:

A surprise's very nature is suddenness. You may plan it in advance but it will be better if it comes to you spontaneously. Surprise her by turning up earlier than usual from one work one fine evening. Your very arrival for the purpose of spending some quality time with her will be surprising enough for her to set her mood for the night's game.

If you are going to go with the above suggestion, make sure you buy her favourite flowers and chocolates on the way. Remember that outfit she wished she had bought while shopping last weekend? Pick it up and ask her to wear that for your special night.

The element of surprise must be scantily used for its over usage may lead to the dilution of its charm. The element of surprise is something which when overused may lose its magic and may not work as effectively as the first time. You must always give some sort of a gap between two consecutive uses of this.

The best usage of the element of surprise is found in male partners suggesting new and possible sex positions. There is an entire range of sex positions that are not just fun to try out but also effective in achieving strong orgasms. Not every position will be able to give your female partner the orgasm she deserves. Moreover, over time you guys must have been tired of the regular missionary. A change in sexual position is always a good breather. It allows you to experiment with your partner while allowing her to experience a whole new level of pleasure. Some particular sexual positions favor good orgasms than others. For example, the positioning of the genitals is such in the reverse cowgirl position that orgasms that result from it are much stronger than the ones achieved by missionary or other regular ones.

Anal is an area most couples refrain from exploring. There is a different kind of orgasm called Prostate orgasm. A Prostate orgasm is obviously not the same as a regular orgasm. There is no ejaculation with fluids coming out of the anus like it is with the regular one. For most couples, the prostate orgasm is an uncomfortable and as mentioned, an unexplored territory. Because of reasons of hygiene most men even refrain from going for anal.

The issue with anal experimentation is that it has high chances of getting messy by the end. However, to prevent such chances, there are processes that flush and clear out all the human junk before one can indulge themselves in anal pleasure. One of such processes is called douching. Porn stars are known to go through such procedures to cleanse their buttonholes before shooting for an anal scene. However, you do not need to be a porn star to be able to do it. You can always adopt simpler ways. For example, you can go for a dump hours before the main act. While cleansing yourself after the dump you must use a regularly strong jet of water to not just wipe mess on the outer region of your anus, but also on its insides. Once you are done with this cleansing, you must use a sanitizer on your anus so as to prevent any germs or other harmful bacteria from infesting it. It so happens that right after your anus is cleansed it is inflamed and prone to many harmful agents of diseases coming and resting around and in the area. A successful cleansing process should give you an anus hole that has been rid of human junk and a host of bacteria.

After cleansing the anus, the female has to now go ahead and beautify her already amazing butt hole. One good way is to pad the exterior with a fair amount of talcum powder and use a dose of perfume to make sure that no

foul smell comes out of it. If the anus is not cleansed properly in the previous steps, it may give rise to chances of the male partner being turned off to great levels. You must make it clear to the female in subtle terms that the anus should be taken care of with caution. The female must understand that anal pleasure is divine and when done properly it can give both the partners a really good experience of sex.

After all the cleansing steps have been taken, it is now time for the male partner to perform the ultimate act. You have to be extremely cautious with anal. If your female partner has never experienced anal, it is going to be a traumatic experience for her if you slip up. First of all, apply a good amount of lubricants to both- your and your partner's genitals. Petroleum jelly or any other hair oil can be used for this purpose. Take some oil in your palms and apply it over the female partner's butthole's exterior region. You may also have to pour some amount into the hole after stretching it with your index finger and thumb. Make sure that the female does not feel very uncomfortable during all this. Some amount of discomfort is unavoidable. Hence, it is important to keep reminding your partner that this is how it is supposed to play out; that this much quantity of unease cannot be eliminated and that it will ultimately lead to pleasure.

Lubrication on the female partner's private region is not sufficient. You must make sure that your penis is also well lubricated. Take some oil in your palms and smear your penis with it by performing some basic penis exercises. There is double advantage to be found in such an activity. First, the penis is sufficiently lubricated and second it is made hard enough for penetration.

After going through the lubrication process sufficiently, you must now move on to the final stage. It is time for you to experience the best pleasure in the world. Remember that anal pleasure is more likely to cause more harm to a female partner than a male partner. Hence, go gentle. The key to successfully doing anal is to make sure you don't rush it. Start by applying some oil on your index finger and slowly inserting it in the anus of your female partner. Again, do not be too fast or harsh. Use only one finger at first. Try to loosen up your partner's anal passage with your finger as much as possible.

After the anus has been effectively loosened up, you have to now move on to the main act. Introduce your member to the entrance of your female partner's anus slowly. Do not thrust it in all at once. Make sure that the head

is regularly adjusted to fit into the butt hole. If you see even a pang of pain in your partner's eyes or face, withdraw immediately. You have to ease into her, not ram in. Keep asking her questions regarding her comfort levels during all this. Assure her that you are there to take care of her if anything goes wrong even by accident.

The most important element of trying anal for the first time is the level of trust you and your partner share with each other. Your female partner needs to trust you enough with this new experiment. Ask her enough times about her comfort levels. Do not force yourself on or into her. Anal can spell excruciating pain for the one receiving it. Though it may turn out to be a mine of pleasure later, the initial pains are enough for the female partner to say no. Always make sure that your partner is not repulsed by the idea of doing anal. The pleasure of anal is not for everyone. There are people who do not particularly enjoy the idea of something entering the passageway that they use for taking a dump. Additionally, not all males are great fans of anal either. There are those who are not very fond of their members entering a messy region. If the very idea of anal pleasure does not seem to be your type of thing, do not even venture into this region. Prostate orgasm, as it has been mentioned, is not your regular orgasm. You do not experience ejaculation of any sort. What really happens in a prostate orgasm is that your anal muscles are excited to such levels that it induces a regular orgasm. The name 'prostate orgasm' is hence a misnomer. The right phrase should be a prostate-induced orgasm. Regardless, many couples from around the globe have been known to benefit from experiencing anal pleasure. I see no reason why you shouldn't. Just make sure that both the partners are not just aware of the consequences but are also willing to take the risks. Sex lives are taken to another level when elements of surprise are introduced to them. Anal pleasure is one such suggestion which when made may raise eyebrows. However, once you have mastered it, you will find it more satisfying than the regular ventures. Being an unexplored region, anal is usually ignored by couples looking for better ways to experience sexual pleasure. I can let you in on a little secret- Anal is the best form of penetration between a man and a woman there is. Master it and you won't regret doing it. Take it from me that after you have had enough of it, you will be asking for more.



## CHAPTER 28:

# Increase Your Libido



**T**his is a very important topic as it informs the basis of your sex life both with yourself and with your partner. Remember, your sex life with yourself is equally as important as the sex life you have with your partner.

## **What Is Libido?**

The term Libido means a person's sex drive, or the level of sexual desires and sexual interest that they possess at any given time. A person's libido can change over time based on their mental state, their body chemistry, their stress levels, and so on. The state of a person's social life and their overall level of life satisfaction can also influence their libido.

## **Causes of a Lowered Libido**

There are many reasons why a person may feel that their libido has decreased.

### **Can't Get Out of Your Head**

For many people, they feel as though they are standing in their own way when it comes to their mindset or their thoughts. If you feel this way, you are not alone. With so many things going on in all of our lives, it can be hard to get into a state of relaxation and focus on a physical activity like sex. The key to changing or improving this is to be able to have enough time before you begin having sex to unwind and get yourself in the mood for it. If you rush yourself into it, you may have difficulty focusing on the sex, on your partner, and on pleasure and may even have trouble performing.

### **Stress and an Inability to Relax**

A common issue people face is being under stress all of the time and thus being unable to relax. If this is the case, it can be hard to reach orgasm. This point is similar to the above issue of being unable to get out of your head and out of your own way. Stress can come from work, studies, life events, or anything else. When we are under stress, we often will want to tune out and try to forget about it. During sex, it is hard to be tuned out, as you must be aware of your own body, the body of your partner and how these are working together. Thus, you must spend time getting yourself to relax and getting your mind focused on pleasure and on sex.

### **Wandering Thoughts**

You may experience wandering thoughts during sex that makes it hard for you to focus on the task at hand. This could be for a variety of reasons, but it is a common issue that people face as well. If you experience this, try to limit the number of distractions in the room like music, phones, laptops, televisions and anything else like this that could cause your brain to go off on a thought tangent. If you have these in the room, make sure they are turned off, put on silent, and are not going to become a distraction in the middle of sex. You can also try having sex in minimal lighting so that the only thing you see is your partner. This makes for a romantic environment as well as an intimate one. If you try having sex without the distraction of music and entertainment of any sort or even too many lights, you will force your mind to focus on the person you are with as well as yourself and

practicing having sex in this way will allow you to eventually tell your brain to focus on sex even if there are some distractions in the room.

### **Medications or Drugs**

Some prescription medications, such as antidepressants or anti-anxiety pills, among others, are known to decrease a person's sex drive. In this case, it is difficult to deal with as you need the medications, but you wish to increase your sex drive. My recommendation here is to take care of all of the other factors that could be playing a part in your lowered libido so that there are no other factors at play along with the medication. This will set you up to increase your libido even a little bit as you remain on the medication.

## **Solutions and Strategies to Increase Your Libido**

Now that you understand what libido is and some of the factors that influence it, I am going to outline some strategies for you so that you can begin to increase your libido if it has taken a dip as of late.

## **Steps to Reduce Your Stress Levels During Sex**

1. To begin, set the intention for yourself. Set an intention like “I will allow myself physical pleasure.” Or something like this. Giving yourself permission in this way will help to avoid those nagging thoughts like “I should be working” while you are trying to give your partner an orgasm.
2. Allow yourself the time. Set a loose time window where you will allow yourself to tune out of your entire life and focus on yourself and your partner. This will allow you to not feel guilty about putting time aside for yourself as it is a defined amount of time, after which you will allow yourself to think about all of these things again.
3. Spend time relaxing. However, this looks to you, spend time on relaxation before you begin having sex. Work up to it, as it will likely take time to switch your brain over from work to personal life or whatever the stress may be. This could be taking a bath or a shower with your partner, giving each other massages or sitting down with a glass of wine together and reconnecting with each other emotionally before beginning foreplay.

## **What to Focus on During Sex With Your Partner**

Talking about the previous challenges that people face when it comes to their mind, and their mindset leads us to this next topic, which is what you should focus on when having sex with your partner. There are a few things that should have your entire focus during sex with your partner.

Your partner. You want to focus on the person in front of you and pay attention to them, what they are saying, what they are doing, and what you are doing to them.

1. Yourself. You also want to focus on yourself during sex, like what you are feeling and what you desire.
2. Your pleasure. You want to feel the sensations of your body and enjoy the pleasure that sex is bringing you.
3. Your body. You also want to focus on your body and how it is doing the things that you desire, how it is relating to the body of your partner, and how it will bring you both pleasure.
4. Your partner's body. You not only will become aroused by seeing your partner's body, but you want to be aware of how it is moving, how it is reacting to what you are doing to it, and what you will do to make it feel pleasure.

In order to have the most pleasurable sexual experiences possible, you should remain focused on your partner and yourself and how these two are working together to bring each other pleasure. Anything else that is on your mind should fade away, like fears or nerves or distractions.

## CHAPTER 29:

# Solo Play

**S**ometimes when push comes to shove you have to take things into your own hands. Solo play is going to be the best way for you to be able to tell your partner how you like it and how to reach your orgasm!

When you are playing alone, you can use your hands or toys whichever way you find that you are going to be able to find that you are reaching your final destination. Sometimes, it also helps to make up fantasies when you are doing solo play because it is going to give you something to focus on, such as that hot actor's hands all over your body in ways that no one else has ever touched you before!



## **Masturbation tips**

1. Get into the mood! Nothing is worse than when you are trying to get off and you find that you are not in the mood. So, making sure that you are in the proper mood is going to be the number one thing. However, only you are going to know if you are in the mood for your play time or not.

Some people do not take much to get into the mood, all they need to do is pull out the toys or lay in bed. Other people have to drag it out and make it elaborate so that they feel special before they are able to start.

2. Privacy. Nothing is more embarrassing than someone walking in on what you are doing! It is the fastest way for a mood to be killed. So, no matter where you are, make sure that you can lock the door so that no one is coming in on you. If you do not feel comfortable masturbating when there are other people in the house, then you should wait till there is no one there and you are going to have a little bit of time to yourself in order to allow yourself time to be vocal.

It is also a good idea to keep your phone off, on silent, or even in the other room so that it is not breaking your concentration.

3. Focus on your clitoris. As you are working on your solo play, you are going to come to realize that having a clitoral orgasm is going to be a lot easier to achieve than a vaginal orgasm. This is especially going to help when you are first learning how to masturbate.

The first thing that you need to know is that your clitoris is the small bundle of nerves that gets bigger the more aroused that you are. It can be located above your vagina and under a small fold of skin that will be extremely sensitive after you have found your climax.

When you are wanting to stimulate your clit, you are going to rub it with your fingers. For some women, this is the best way to get your orgasm. But, others find that it is going to give them more stimulation by using indirect stimulation so they do not touch it directly, they rub around it to make it more sensitive. You may want to massage it slowly before you begin to get rough with it so that you are able to build your climax up and so that you are getting your body use to a new source of stimulation.

4. Gspots are another great way to have an orgasm. Sadly, many people do not know where their gspot is because it is only going to be found when it is engorged which is going to happen when you are aroused.

The gspot is going to be located inside of your vagina on the front wall. It is going to be slightly rough to the touch but it is going to be similar to running your tongue across the top of your mouth.

Gspot stimulation comes in many different forms such as inserting your fingers into your vagina and curling them into a come-hither motion thus allowing your fingers to press against it. From there, you are going to be able to masturbate how you find comfortable. Other ways are to use toys but the toys are going to be your own decision because what works for you may not work for your best friend.

5. Lube. It may seem a little out there to use lube when you are masturbating but lube is not just to use with another person. there are different types of lubes that are going to amp up that pleasurable feeling. You are going to have to experiment to find out which lube is right for you.

6. Toys toys everywhere! If all else fails, one of the best ways to make your orgasm more intense is to use toys. There are many different toys that are on the market and the one that works best for you is the one that you are going to find that you cannot live without.

For many, a vibrator is all that they need because they are able to adjust the speed and place the pulsing toy next to their clit or in their vagina and find that perfect spot that sends them towards a screaming oh. However, you have to be careful with some vibrators because they tend to get stuck at a high speed and then become too strong.

Dildos are another option and are great for whenever your partner is not there. Some dildos even going to double as a vibrator and can reach places that fingers never will be able to.

Last but not least, you can use a butt plug. There are some women in the world that have said having something in their behind make their orgasm more intense. This is not going to be true for every woman, but it is going to be true for some.

7. Porn is not just for guys. For some porn gives the proper images and noises that make it to where you are able to find your orgasm. Sometimes you do not have to watch it, just the noises help. But,

there are all variations of porn out there and you have to find what works best for you.

8. Erotic stories are going to allow you to create your own images. But they are not going to be for everyone. If you do not find anything else that works, this is one thing to try.
9. Keep learning!! There is always more that you can learn about your body and masturbation. Pick up a book, search online and you will find what you are looking for that works for you.

## **Techniques to use when you are masturbating**

1. Up and down: this one is pretty easy and it is going to focus mainly on your clit. Take however many fingers you want to use and rub up and down beside your clit. If you are wanting more simulation, you can rub your clit directly.
2. Long slow stroke: still using your fingers, you are going to go from the middle of your clit to the bottom of your vagina. You are going to find which areas of your vagina make you jerk and which ones your body does not like. do not ignore your body and do things that your body does not like or you are not going to reach your orgasm.
3. Side to side: just like when you were going up and down, on your clit. But this time you are going to go side to side. When you are using this technique you can also include
  - a. Switching directions
  - b. Using indirect contact
  - c. Different speeds
  - d. The number of fingers that you use
  - e. The pressure you are using
  - f. Lube
4. Fun with four fingers: you are going to use four fingers to go over your clit in order to stimulate your climax. You are going to hold your four fingers togheer and rub them around your clit and vagina. You can do circles or you can go side to side depending on what you prefer. This is also going to stimulate your uspot.
5. Uspot: your uspot is going to be slightly lower than your clit and is above the urethral opening. When you are wanting to stimulate it, you will stroke it with just the tip of your finger. The softer that you rub it along with rubbing your clit, the more stimulation you are going to experience.
6. Shower head love: do not be afraid to admit it, using the shower head or the faucet is a great way to get off. If you have

yet to do it, then you are going to want to get to it because it is one of the best methods to use for masturbation!

You are not going to have to use your fingers if you do not want to and you are going to be able to get the entirety of your vagina so that you can find the perfect spot. With the shower head, you can change the pressure of the water, how far away it is from your vagina, or the temperature of the water to find your orgasm.

7. Under the hood: you may or may not have noticed that you have a clitoris that is super sensitive. Not all women have this, but when it is sensitive, it can sometimes be pleasurable to touch so you have to find other ways to masturbate.

One of the methods that you can use is to use the hood of your clitoris as a butter so that you are not touching your clitoris directly.

8. Hood life: there are other women whose clit is not sensitive at all and they have to move the hood of their clitoris. Women like this usually have to rub and grind in order to get their clitoris stimulated. Instead, you can always move the hood and get straight to your clitoris without any harm.
9. Orgasmic mediation: for this technique, you are going to lay on your back and spread your legs so that they are not harming you, but you can easily get to your vagina. You are then going to stroke your clitoris and various other parts of your vagina.

You can also do this with a partner and have your partner sit to your right with his left leg over your stomach holding you down slightly with his other leg under your right leg.

10. The squeeze: when using the squeeze, you are going to be focusing on your clitoris. The first thing that you are going to do is place your thumb and index finger on either side of your clit. From there you are going to squeeze starting with a gentle pressure and upping the pressure until you are able to stimulate your clit into an orgasm.
11. Lovely Labia: as you rub on your labia it is a good source of foreplay and if done right, you will achieve an orgasm. Some ways you can add to rubbing your labia are:

- a. Running different materials over it
- b. Run your fingers up and down it
- c. Use lube for a silky feeling.
- d. Squeeze your fingers together.

## How to Prepare Your Mind and Body for Sex

**T**he secret to an invigorating sex life lies within the mind. Do you remember when sex seemed like a seven-course feast? You didn't know what was coming. Next, every mouthful made you tingle from head to toe, and once you reached the end of it, you felt content and satisfied. Nowadays, it seems like a bowl of cereal, convenient, quick, and fills a gap, but it's not something you would want to have every single day.

In order to get great sex back, you need to put it on the brain. When you make sure that you turn your brain on before you have sex, it will trigger your libido. Let's take a moment to look at some ways to get your mind ready for sex.

### **Take it Slow**

How come a man can go from watching a slasher film to hopping into bed and instantly feeling horny, but a woman hops into bed and starts to think about everything they have to do the next day? The female brain and the male brain works differently. A woman's brain works by multitasking, but a man's brain typically focuses on one thing at a time.

Studies have found that a woman needs a transition time of 10 to 30 minutes between different activities. That means that if you want to have sex before going to sleep at night, switch off the TV and take a bit of a time-out before jumping into bed. During this time, you could have a warm aromatherapy bath or a massage to help put one another in the mood. The best scents for arousal are bergamot, chamomile, sandalwood, or lemon.

### **Just Say Yes**

For some, having sex can be like having to go to the gym. Their body and mind start to rebel against it, but once they do, they feel great. Standard wisdom has said, for a woman, the sexual cycle goes from desire to arousal to orgasm. There has been new research that has found that women who are in long-term relationships will experience desire after they become aroused.

That means, sometimes, you simply have to be receptive to your partner's touch instead of giving in to the voice that's telling you to go to sleep.

When you give into that touch, your brain will start to focus on pleasures that follow and will then increase the blood flow to the right areas. Even if all you have is a quickie and you don't orgasm, the biochemicals released during sex are still released, which will help you to want to have more sex, more often.

There are ways for women to help get themselves aroused instead of waiting on their partners to initiate. You can start by tensing your pelvic floor muscles. All of these muscles support your pelvic floor, as well as your genitals, and helps to stimulate the arousal process.

### **Fantasy**

You can also use your mind to help trigger desire for your partner. There is a simple exercise you can do for this. You and your partner sit across from one another, hold hands, and then stare into one another's eyes. Don't say a word, but both of you should start to think about the last time that you had sex and really enjoyed it. This helps to create a connection between the mind and body. It works a lot like how you shiver when you recall a scary experience. When focussing on all the little sexy details, it will ignite your body and turn you on. You will also get to see the arousal on your partner's face.

### **Ask Questions**

One of the most common reasons why you may be turning your partner down is out of boredom. This boredom doesn't have to do with just positions. You also have to rediscover what you both want. You should always ask questions, like "Do you like when I do this?" This will help you to feel more comfortable and confident when it comes to asking for what you want. You should also feel comfortable to look outside of your own bedroom for new inspiration.

### **Morning Person**

While most people think about having sex right before bed, mornings are actually the best time for sex. This is the time of day when your body has produced more sex hormones, such as testosterone. If setting aside time in the morning to have sex is out of the questions, you should still use those early-morning hormones to help get your mind ready for a night of passion. Simply thinking about sex during the day can often be enough to make you want it.



That means, instead of just giving your partner a peck goodbye, take some time to look deep into their eyes and then give them a long lingering kiss. Wrap things up by whispering, “Our room, 10 pm.” This will not only leave your partner anticipating the night to come, but it will also turn you on.

Getting the mind ready is only part of getting ready for sex. You also want to make sure that your body is ready as well.

### **Get Some Sleep**

There is nothing worse than falling asleep before sex. One of the main reasons why new parents lose their sex lives is that they are too tired. Sex just doesn't sound good when you haven't had enough sleep. If you have noticed that you are too tired to get intimate, you need to make sure that you make sleep a priority. Make sure that you are getting the recommended seven to nine hours each night. To improve your sleep, you should make sure all devices are turned off.

### **Talk With Your Doctor**

This tends to apply more for women, but men, feel free to talk to your doctor if you haven't been experiencing any sexual desire. For women, you should speak with your gyno if you have noticed that you have been having a hard time getting turned on for your partner. There are medical reasons that could cause this. Depression, hormonal imbalance, menopause, and some medications can impact your libido. Fortunately, topical and oral medications, lubricants, and hormone therapy can help get your mojo back. You should never feel embarrassed to talk to your doctor about this; they have heard everything.

### **Food**

We know a healthy diet is important for a long and healthy life, but the foods you eat can also affect your libido. Foods like honey, peanut butter, and bananas contain vitamin B, which naturally boosts your libido. Celery contains androsterone, which can help aid in female attraction. There are a lot of other foods out there that act as natural aphrodisiacs as well.

### **Understand Her Cycle**

Women are influenced by their cycle. They will find sex more enjoyable at different times of their cycle. From day one to 14, women produce more testosterone, which means it is easier to get turned on and reach climax.

Women also experience a surge in libido during days 24 to 28 because of the nerve endings that are stimulated by the thickening of the uterine lining.

### **Kick Those Bad Habits**

There are already plenty of reasons to stop smoking, but I've got one more for you. Smoking can actually hurt your sex life. Cigarettes narrow blood vessels, which means it is a lot harder for the blood to flow to the genital region, which is very important for both men and women when it comes to sexual stimulation. You should also make sure that you don't drink too much. Too much alcohol will act as a depressant and decrease your libido.

If you make sure that you follow at least some of these tips before you have sex, your mind and body will be ready, and one won't let the other down.

## Conclusion

It is always a good idea to explore things that are outside of your comfort zone, especially when it leads to improving your sex life and bringing enjoyment to you and your partner together.

Intimacy is an important part of a healthy relationship, and people's sexual needs change and evolve over time. Some couples are eager to experiment and try new techniques early in the relationship, while others are more reserved. Other couples or individuals may explore outside of their comfort zone or regular boundaries for something less conventional later in life. The way we are raised and society's view on the idea of intimacy can play a major role in influencing how we approach love, sex, and relationships. Fortunately, society has grown more accepting of a more open approach to sex and intimacy, making it easier for more people to talk candidly and comfortably about their desires and ideas.

Sometimes a small change, such as a minor adjustment in a position or a new style of oral sex, can make a tremendous boost in your sex life. Exploring something a bit different — such as a new setting, technique, or just the discussion of an idea (as subtle or wild as it may be) — can make a profound improvement in how we engage with our partner. Never underestimate the power of a simple suggestion or shared thought, even if done on a whim. If your partner shares their ideas with you, consider this as a new opportunity of fun you can explore with them or, at the very least, a good start toward communicating about your shared experiences and needs. Displaying willingness and having a partner who is on board with exploring many options is what an ideal relationship strives for. While communication and trust are the foundation of a successful relationship and intimacy, learning to accept new and exciting experiences can make a major improvement in your love life.

It is always good to still maintain the passion, excitement, fire and orgasm in a relationship; it is not always about having sex but having a sex session that is steamy, adventurous and orgasmic thrilling. So a sex session should have some spanking, naughty and very acrobatic sex styles accompanying it. You want to see your partner screaming, moaning, and erupting in toe-curling, backing arching and orgasmic thrills then it is good to learn new

adventurous, crazy and deeper connection sex positions just like the ones we have in this book, there are new and thrilling sex positions that you must try out to get your partner mesmerized in the bedroom.

As earlier stated at the beginning of this book, to get you some very hot and adventurous sex positions that will aid you in your relationship I'm sure by now you would have learned a lot from all the sex positions that have been outlined for each sexual areas of your relationship. The fact is that different sex positions works for different purposes, so you should be trying the different sex position for any sexual needs you really want to achieve in your relationship. With this book we started on why you need to have sex regularly, of course sex is one of human outstanding needs that needs to be fulfilled and satisfied because it brings about emotional, mental, physical, social, intellectual and health benefits so to have your partner have a memorable time with you and become obsessed with your body then you should have sex with them regularly.

## **Part 2**

### **Dirty talk**

## Introduction

When you are in a relationship, you don't have all of the answers. Dirty talk can help you to find the answers to sexual desires. For example, a man can ask a woman, "Hey, show me what you do with that vibrator," and although she may be a little coy at first, once he understands, he can use it too and make sure that she orgasms like she has never done before, but with his participation. Dirty talk achieves something. It helps you to get to know your partner better than anyone else does. You know his/her secret longings, and you don't make fun of them. If you want to role play, you do. If that means seeing you turn him on naked under a fur coat, so be it. Let him know you find him sexually exciting when he's dressed in whatever it is that turns you on.

Should you be obsessed with sex? Not really. You should just embrace the opportunity when it happens and make it as natural as any other part of your relationship. "You drive me crazy when you look at me like that!" tells him what that look means. Use it to tell him you want sex. "Hey babe, when you do that to me, I get so hot," tells her what she is doing right. The language of dirty talk doesn't have to encompass rudeness. It doesn't have to be out of character. It can be so in character that your partner gets to know all of your bedtime secrets.

"I want to try it from behind" can be his lead up to anal sex, if that's what you have prepared for and want. He may not have thought of it but may find that the tightness of the anal passage does turn him on. Many men do. Don't be scared of voicing your opinions. Talk about your fantasies and your insecurities because when you do, you open up a whole new dialog and can address those feelings that may otherwise make you feel inadequate or even weird. You may find out that your fantasy isn't as weird as you think and that it's crossed your partner's mind as well.

Remember, it's only by talking about it that you will ever know. "Let me be your slave for the night" can conjure up all kinds of ideas in his head. You are telling him you are okay with doing whatever it is that he wants, but don't back down. If you make a statement like this, be prepared to go along with it. Otherwise, it's a tease, and it could backfire.

“I’m going to lick you clean!” doesn’t sound so bad when that’s exactly what your tongue wants to do. You both need to be on the same page. He wants a submissive – be it for an evening and enjoy it. It’s rather fun knowing what he wants you to do. Want to be domineering? Be that too. The point is that you really can be everything to your partner that you ever wanted to be. It’s up to you to let him/her know what that something is. “Tie me to the bed and take me,” maybe your fantasy. Tell him. Perhaps it’s his fantasy to be that burdensome as well, and when you feel that way, you’d be depriving yourself and him of joy if you didn’t voice your wants and needs.

The problem is that lovers don’t talk half as much as they should. He doesn’t tell her the curve of her backside makes him want to fill it with his huge dick. She doesn’t tell him that the taste of him lingers on her tongue and makes her want even more.

He doesn’t say that her breasts are so firm he wants to take them into his mouth and bite her nipples. She doesn’t tell him that she wants to be smacked while he pleasures her. This adds to the pain/pleasure theory, where both come so close to each other that one enhances the other. It’s similar to the anal sex experience because it’s only by this means that he can get close to her G spot located inside her. It’s easier to access from behind than it is to define exactly where it is through everyday sexual positions.

Get up close and personal with each other. Feel your partner’s needs and voice your own. Dirty talk gets you beyond all the barriers that stand in the way of your sexual enjoyment and fulfillment. Try positions you never tried before and describe to your partner what it feels like. Between the two of you, you have the possibility of using words to enhance your love life beyond recognition. Follow this with silent sex, where your words are hushed, and nothing gets said, and you create excitement – never knowing what kind of sex you will have the next time around. You may even find that your ideas are more similar than you ever thought possible.

You now have all the information that it takes to know when to introduce dirty talk effectively into your love life. Try a phrase or two today. Introduce your partner to your new way of thinking gradually, and you may find that your partner is turned on by the words that you use. Don’t expect him/her to be. Just be glad when they are if that’s what turns you on. Learn from each other and work out which phrases work well. You don’t practice

what you say to each other outside the bedroom. Don't practice dirty talk. Just let the words come out spontaneously and see where it leads you.

The first place to start the dirty talk game is whenever the circumstances let you. This is the language of ardent lovers and can start whenever you want it to. Introduce dirty talk to your partner in a subtle way, and this will help you to start opening up a dialogue that's acceptable to both of you. Kiss him/her all over and use dirty words to describe what his/her skin tastes like. For a woman, try running your hands through your man's hair and nibbling his ear, voicing your opinion about what you would like for dessert. Don't be afraid of it and use it so that your partner understands what that dirty talk means is that you are ready, willing, and able any time he wants you to be.

It's sexy to touch feet under a restaurant table, but when you start to talk the language of love, your eyes can sometimes say the words on their own without them having to be spoken. You want great sex, and so does he, but when you open up this kind of dialog with your loved one, what you give them is something wonderful. You give them yourself without the inhibitions that life may have imposed on you, and that's sexy in itself.

"Hey, babe – switch the light on. I want to play with your clitoris and see where your G spot is. Will you show me?" may be a nice way to let her know you are interested in more than the missionary position. "You want to see how I use my vibrator?" she may ask, and he may be more than a little happy about the idea. The point is that when you introduce dirty talk, you allow yourself and that one special person in your life to get up close and personal in a way that is reserved just for you and your partner. It's exclusive; it's a private place you don't share with anyone else. Open up the dialogue of the language of love to possibility by passing this book to your partner and showing your partner that you want to try something new. That may be the starting point of a very hot and steamy relationship.



## What Is Dirty Talk Exactly?

One way to test the waters is by sending an email after a night of carnal pleasure; begin by asking your partner how much you enjoyed when they were doing x, y, or z and concise. We're no longer in kindergarten, saying, "I liked putting your thing in my stuff" just won't cut it down, so it's going to be much more of a potent humiliation than anything else. Use the names of parts of your body, and those that you learned at school, or use slang words or fun colloquialisms, but don't be vague. See if they reply and go from there; while there is a very small risk that they may not be open to receiving this form of email, there is a high probability of winning an in-kind response. This can be done through text or serve as a starting point for telephone sex as well. Dirty talk done through the text medium is referred to as sexting. It may provide the easiest way to get started, along with email, as it allows the initiator to do so from the front of a screen, behind a keyboard, offering the illusion of anonymity, even though you already know the person you write to. It is best done in a peaceful, private place, one where you feel completely relaxed, not only with your surroundings but with everyone nearby. For instance, somebody might be comfortable initiating this while knowing that their best friend is in the next room, but they might not feel comfortable in the next room with their relatives. Comfort level is essential, because if you are relaxed, actions, sentences, and the written text will become more and more relaxed as time goes by. Sometimes, all that a person is waiting for is for the other person to say something first, so the more often you do so, the more a second nature will become, and the more comfortable you will be with it. Dirty talk adds spice, variety and can be particularly sexual, but it should be enjoyable even more importantly. The goal is not to add something that makes you uncomfortable, but rather to add something that you and your partner can do thoroughly enjoy.

## **The Language of Lust, Before It All Starts**

### **1. I want you, Plain.**

Comfortable and nice, that's all you need to show your partner you want them, nothing else, and it's all you can think about right now. Damn, I missed you.

This shows how much you care for your friend, no matter how long you've been together since you were last together. At the outset, the soft accent of the swear word helps to bring the point home. It shows you've missed their touch, voice, smile, movement, feeling, all about them, and how much you still want them. Giving an incredibly romantic comment, no matter how long you may be together.

### **2. You are the sexiest thing I've ever seen.**

With comments like this, you help to reinforce that at the moment, your partner is the only one on your mind, and you want them for who they are, and more than that, you just appreciate what they have to give. You show your partner that they are the ones you like, and only them, and that they are the most attractive person you can think of at this time.

### **3. You are feeling so good**

### **4. Smells so good on your hair**

5. Your scent is amazing. With this comment, you combine any potential fears, worries, or concerns that they may have that may prevent them from being fully present at the moment, thus ensuring that they are right there with you, intensifying their pleasure, and thus enhancing your own. Through making these claims, you make sure that you both pay attention to nothing but each other, and nothing else exists. Each of you pays attention to nothing but each other because there is little else in any of your minds, which in effect increases knowledge of the situation in which you find yourself, which is an increased awakening.

### **6. You amaze me.**

This is another form of validation, showing just how spectacular you think they are in words. You want to make sure that your partner knows how much you want them, and how special you think they are, in every way. So many people forget this aspect; just because they know they're unique to you, it doesn't mean you shouldn't tell them every chance you get.

### **7. I love it when you pull my hair.**

Again, by calling particular attention to an action you like, you guarantee the action for a repeat result, giving them faith that they're doing it right, and making sure you get the same feeling again. The idea is to draw their attention to this specific action and demonstrate how much you love it, so more and more often happens the particular action.

8. You are so handsome.

9. You're just so hot.

10. It feels soft to your skin.

11. In that undergarment, you look so sexy.

12. Your eyes are so handsome.

13. Your lips taste like a sweetheart.

14. I want to feel your nails in my face. Telling others what you want, what's going to improve your satisfaction in and of itself, and it gives them helpful guidance, as opposed to trying to read your mind on what you want. Many people prefer a little discomfort with their enjoyment and when combined with the right wording, having the right balance helps to improve not only the physical sensations but also the mental sensations associated with the action.

15. If you look at me that way, it makes me nuts.

Because, in this way, you're demonstrating that it is they and they alone who are turning you on. You want that person, and it just makes you want them more when they give you that look, whatever that look is. You want them, and they're the only ones, so they don't have to worry that the look they give you makes their face looks weird, is just plain uncomfortable, or something like that. It takes away in the back of their mind the niggling doubt and anxiety, helping to hold them more thoroughly in the situation itself.

16. The feeling that you overwhelm me to control me is like nothing else.

It's for those special partners who are on the submissive side, if only in bed, and who just enjoy being dominated by the right person. It hasn't been an extreme or rough overpowering, just telling your partner that you like it when they're in control of what's going on next.

17. Tell me your fantasies, down to every detail.

There's something incredibly personal about talking your fantasies out loud, and more so you're telling them to someone else, a person you've already had an intense physical connection to. This sharing is hot in and of itself,

strengthened by the specific subject of conversation; the more informative it is, the better it can be.

18. Kiss me and shut up.

It shows that the time is done to think about the mundane, the routine, and the regular, and there should be one thing, and only one thing, in the mind of your partner, and it gets lost in you. It can also be used to quite literally get your partner to shut down or stop them from doing something you're not enjoying and into something else, providing a good, smooth transition.

19. I want you to undress and wait for me in the bedroom.

This will lead to one of a few things by giving these two orders in combination with the other. It serves to take control of the partner, eventually. It allows you to leave them there, waiting, wondering when you'll be there, wondering what's going to happen tonight, and causing the image to go in all sorts of directions, increasing both parties' anticipation.

20. Tonight, it's my turn to make the rules.

By making this declarative declaration, you're showing that you're taking charge of the night, offering another sense of eagerness, tinged with excitement, yet combined with a tad bit of anxiety, since they're not going to know what you're talking about at night, so they're going to start worrying about the various stuff that could happen.

## **Foreplay**

21. You look so sexy when you do that.

This is good for those especially self-conscious moments, showing that despite how paranoid your partner maybe about an act, pose, or look, you still find them desirable, irrespective of what hang-ups they might have. This is especially true of those couples who have been together for longer periods because they might no longer feel because attractive as they did when the two of you first came along. Though you still love them as much as you did<sup>1</sup> on the first day, the affirmation received by hearing those words out loud is always a good boost.

22. I want to taste you in my mouth. Telling others precisely what you want increases the satisfaction received from the specific action and shows you're just as much in it as they are. It offers an excellent picture of what is to come next, ensuring that the mental imagery is as strong as the physical experience and that each funnel into the other, helping to strengthen both.

23. You taste so sweet.

This is another sweet one for those self-conscious moments, making it easier for your partner to think about whether or not you're doing it because you want to do something, or only because they want you to do something. It shows you're with them right there, and you love it every minute. It's incredible how much this one simple phrase can make a difference to both feelings of peace of mind and enjoyment. It helps to get the other person totally out of their mind and straight back into the current activity that is going on.

24. Your motherfucker tastes so good.

25. Your juices taste just as good.

26. I love the things your tongue does.

It acts as another way to guide your partner in the right direction, telling them what you want or like in your vocalizations, making sure they are the things they have in mind for the next time, and having a Neapolitan way to take stuff you don't want out of the rotation. Instead of thinking about the various ways you especially enjoy using their tongue, you can remove feet, hands, arms, lips, teeth, etc.

27. I want you to be so bad.

By telling someone you want them to be flat out, you're not just stroking their ego, showing them they're attractive as a human being, but it's not just

an idea running through your mind. You want them, and not some random guy. Understanding that you are valued above all else is a heady feeling, and that feeling can translate into other facets of the unique relationship you are having with your partner.

## CHAPTER 2:

# Why Talk Dirty?

**Y**ou may be perusing this because your accomplice has communicated an enthusiasm for hearing devious words in the warmth of energy. You may have searched out this book since you are the person who hungers for those loving words. Possibly you need to liven up your sex life, or perhaps you are only curious concerning why your accomplice likes to talk such a great amount in bed. Perhaps you are effectively an incredible dirty talker who needs another thought or two, or perhaps you're simply in the disposition to look over on your underhanded skills. Whatever the explanation, you've picked the correct course to get what you need!

Talking dirty has become such a lot of some portion of our sexual culture that it has produced studies, interviews, gatherings, books, and research aplenty. Truth be told before it was designated "dirty talk," the specialty of directing sexual sentiments toward your lover with the plan to stir had a logical name: Magnolia.

There's a valid justification for this logical intrigue. Over 80% of our sex life happens in our minds, which means that dream, memory, and want are the absolute most impressive driving powers behind all that we do behind shut entryways. Studies have demonstrated that when you get physical with your partner, your mind has been paving the way to the experience.

So why not go for the dirty talk? It's been in the rear of your brain the entire day anyway! As per Aline P. Zoldbrod, Ph.D., the writer of more than a couple of books on wickedness, sexy talk with your accomplice not just fires up play between the sheets, yet enhances your life in ways you would never have envisioned.

It causes your accomplice to feel great to realize how energized you are, and your excitement causes them to feel like the best lover on the planet. That may clarify why dirty talk makes you shiver in all the privileged places; however, it doesn't clarify why the naughtiest dirty talk can likewise be the most smoking. It's one comment "fuck" what's more, get a grin, yet

it's very another to tell your accomplice precisely how you need to screw them in the most realistic terms you can envision.

The dirtier the words, the better. What's up with that?

Single-word: Taboo.

From the time we're small kids, we're instructed not to state dirty words. Expressing devious things isn't what great young ladies or young men do. Breaking that unthinkable with an accomplice causes you to feel like you're defying the norms, and that this way causes you to feel braver.

At the point when the room entryway closes behind you and those dirty words come out of your mouth, the cultural shows vanish. You may become flushed like distraught, and you may even get somewhat neurotic and marvel what would occur on the off chance that anybody, God restrict, heard you talking this way! You might even get bothered and not have the option to talk over a murmur. That is when you know you've quite recently separated an obstruction you probably won't have known was there in any case.

The best dirty talk kicks open an even more extensive entryway with one important question: If you can speak profanely in bed, what else would you be able to do? Talking dirty opens entryways you never at any point knew were there!

Express talk is a certainty promoter, as well. In addition to the fact that it makes him hot to find out about the things you need to do with him, it likewise gives you the satisfaction of knowing how completely you've turned your accomplice on. The naughtier you talk, the sexier you feel. That sexiness doesn't leave when you leave the room, and the certainty you pull from that overflows into everything else you do.

Above all, talking dirty allows you to voice what you truly need in bed, regardless of whether it be with blooming language or obtuse and to the point – in any case, it increments your possibility of sexual fulfillment.

Zoldbrod brings up the advantage of dirty talk: ladies who talk about their sexual needs engage in sexual relations all the more regularly and are more orgasmic. Who wouldn't love to test that out?

The Most Important Part Before you set out on the experience of figuring out how to speak profanely to your accomplice, keep the most significant part of sex at the top of the priority list. No, it's not your strategy in bed, even that one oh my-god move that makes everybody you've at any point



contacted to ask for additional. It's not, in any case, the dirty talk - however, we couldn't want anything more than to state it is the most significant thing you can do in bed. It truly ranks a nearby second.

What positions first? Closeness. Unadulterated, legitimate intimacy. There are numerous meanings of closeness, yet with regards to sentimental connections, everything bubbles down to something very similar. Closeness is the sentiment of being near somebody, that glow, and solace that comes from realizing somebody well. It's more than simply sex - indeed, you can have closeness without engaging in sexual relations by any stretch of the imagination.

Closeness is the passionate association, what's more, the reaction you have to your accomplice. The most sizzling tumble is nothing contrasted with the sizzling warmth that comes when closeness is included. Being alright with your accomplice, anxious to kindly and prepared to open up a piece of yourself to him is the way to incredible sex life.

In any case, that is only the beginning of the great stuff. As closeness manufacturers, our restraints drop. The more agreeable you become with your sexuality, the more likely you are to grasp each perspective of it, even those you may have once thought about forbidden. Amidst profound closeness, what was once terrifying can be enabling.

Talking dirty resembles imparting a mystery to your accomplice, one that you two know and comprehend. At the point when you're out on the town in broad daylight, introducing your best face to the world, no one yet your accomplice realizes how tricky you can truly be.

At the point when you face your colleagues or your chief or specialist or any other person besides, they have no clue about the genuine individual you become at the point when you are sleeping with your lover. Your accomplice is the one in particular who sees all the concealed sides of you. What a thrill, knowing there is something so extraordinary that solitary you two offer, furthermore, nobody else would ever figure! As you figure out how to speak profanely, it opens up a different universe of probability. You will most likely learn things about your accomplice that you never envisioned, and it's a certain wager he will adapt very somewhat about you! Your eagerness to speak profanely to him gives him how much you need him, and that prompts upgraded closeness between the two of you. The closer you feel to your accomplice, the better your sex life will be.

In any case, even the most profound closeness leaves a little space for timidity, and that is where this book comes in helpful. Believe you're unreasonably modest for dirty talk? When you're done understanding this, you won't be! Why Dirty Talk Is Erotic

There are a couple of various reasons why dirty talk is sensual, and it's not simply given the unthinkable encompassing it. Men like depictions to oblige their visuals, and ladies like to envision and fantasize; it's simply the way that the sexes are wired. There's not all that much irregular or abnormal about it. Everybody has "dirty" contemplations, and like Mel Gibson's character discovered in "What Women Need," there's all the more experiencing our cerebrums during sex that isn't verbalized.

The primary thing to comprehend is that dirty talk isn't dirty. There's nothing despicable or off-base about it. Once that is comprehended, it doesn't remove the sentiment of unthinkable because of the general public that we live in today, but instead serves to improve it; there's an inclination of "I'm expressing these things so anyone can hear, and it's alright," but at the same time there's the inclination of "I'm happy to the point that (embed the name of individual here) can't hear me now; they wouldn't accept that these words are leaving my mouth." If you don't care for the stating "dirty talk," there is a wide range of ways of stating it as an underhanded talk, for instance.

People are hard-wired in an unexpected way. Men like to hear, while ladies like to picture, and that is normal as well. A man needs to hear what his partner needs to be done to them or needs to accomplish for them before it's finished. Hearing the words, shouted, groaned, whimpered, or murmured only level out does it for most men. Ladies like to hear the words and envision what those words or expressions will intend to them, how their accomplice will respond, or how something will feel, even seconds or milliseconds heretofore, giving their minds time to process the potential outcomes, in this way, elevating the sensations.

What's more, it gives an extra sentiment of closeness between the two parties, since you are not just imparting your bodies to one another at that point; however, you are additionally sharing your contemplations, giving a significantly further merging than would somehow or another happens. Talking dirty isn't just about saying what one individual needs to do to, or for, the other, but at the same time, it's about support and about pleasant, yet sexy, redirection.

One case of redirection was given before, taking what could be a cumbersome and somewhat undermining articulation and transforming it into something that truly serves to stroke the... the conscience of the other individual. It attempts to make the other individual has a sense of safety, and accordingly, progressively sure, and increasingly sexy, which individual has a sense of safety, and subsequently, increasingly sure, and progressively sexy, which this way guarantees that the individual is less stuck inside their head and all the more right there encountering what is happening, rather than stressing, fussing, or just not being as into it as they could be.

Sex is awesome, astounding, inconceivable, and mind-blowing. There is no explanation that two individuals ought not to have the option to talk straightforwardly and unreservedly, if just between themselves, if no place else, about precisely what they need, how they need it, at the point when they need it, while as yet feeling sexy, sure, or more all, ideal by their accomplice.

## CHAPTER 3:

# Dirty Talk Is Going to Change Your Sex Life

**T**hink dirty talking was limited to just exchanging words? Think again. Just as you start to master the art of talking dirty, here come the games. Woohoo! And lots of them. Ready to add a little more spice to your sex life? Just use your dirty talking skills to lead into the games, and don't forget to drop a few dirty text messages if you want to play before you play.

## **A Few Sexy Dirty Talking Games**

Some of these games aren't for everyone, but there is at least one or two that you should feel comfortable playing with your partner. It all depends on your level of intimacy, but make sure to bring confidence into the bedroom with you, and you'll be able to play any game that you want. Of course, if you're nervous, you can bring up the idea of these games to test the waters with your partner first.

### **20 Sexy Questions**

This is a great game to play with someone that you care about and want to get a little more intimate with. It's a great way to have fun, and you can play it while you wait for another round of sex. Cuddling is a perfect position, as you'll want to feel him against you.

It is usually best if you're making out first, and say a few sexy things to start with. However, every time that one of you comes up for a breath of air, asks a question. Go back and forth in doing so. You can talk about fetishes, favorite times, crushes, or anything that you want. This is a game that allows you to confess every dirty secret and desire that you want, and it can help you get over the awkwardness of talking dirty if you're still having issues with that as well.

An example of some questions are:

- "Have you ever thought of me bent over in a nurse's outfit waiting for you to fuck me?"
- "Would you like it if I was there waiting for you when you got home, ready to take you into my mouth?"
- "Do you have any fetishes you'd like to play out over my exposed body?"
- "Are you imagining my mouth stimulating other areas?"
- "What is the dirtiest thing you've ever thought of doing to me?"

These are all great questions, and you'll need to ask yourself exactly what you want to know before going in, or you can just go with the flow of everything. It doesn't matter, but dirty talk can be slipped in there as well.

### **Pretend You're Drunk Strangers**

This one may seem a little weird if you don't fully understand it. Most everyone has had that drunk one night stand, and it can be exciting being with someone for the first time.

Dirty talk is certainly a part of this game. If you're playing drunk strangers, your inhibitions will be lowered. You can say anything you want, screaming out your desires for your partner to hear. If you get embarrassed, you can temporarily blame it on being "drunk." This will help you get into the mood to talk dirty without any guilt at all.

A Few Things to Say:

- "Fuck me like a whore."
- "I knew I was going to fuck you as soon as I laid eyes on you."
- "I've been thinking about fucking you all night, long and hard."
- "Fuck me, right now. I don't care about the morning."

It's best if you just say exactly what you feel because that is exactly what you'd do if you were drunk. Of course, it may help if you've had a little bit to drink, may help A LOT. Just don't get too drunk where you won't enjoy the game. Been there, done that. Although it starts good, it can go sideways FAST! Trust me.

### **Spell It Out**

Dirty talking doesn't always have to be verbal, and you can read it just like you would erotica. You'll find that you can use edible body paint or whip cream to spell out words on the body that will help to get what you want across. It's easy to do, and it's a fun game to play with your partner if you're willing to get a little messy.

Some Things to Write:

- "Sexy."
- "Fuck Me."
- "Your Slut."
- "Mine."
- "Do Me."

These are all fun and simple things to write out, and they're sure to get him aroused, and he'll write a few sexy things of his own on your body. Once

you're both done, then you can lick them off. You don't even have to wait until the end. You can lick each word off, tracing your tongue over each other's bodies, so that you have room to spell out something else. Keep doing this until you both just can't take it anymore, and you'll find that it'll build up the desire for each other to a higher level than it'd usually be, making the sex that much more amazing.

### **Make Your Variations**

If you want to be more verbal, you can, but do what comes naturally to you. When you're playing different games, there are always opportunities to add some dirty talk in there. You just have to find or make your opportunity. It doesn't matter what you want to say. If you want to say it, then, by all means, let the words flow like the Nile River.

One of the great things about adding dirty talk to your bedroom games is that it allows you to openly speak about even your deepest, darkest desires to your partner. It's very freeing, but only if you take the chance. That's why these games can help if you're still having issues with talking dirty; after one of these games, it should become a little easier.

## Your Sexual Vocabulary

### Our Early Lessons in Sex and Communication

**M**ost small kids are vigorously protected from conversations about sex. It's viewed as incredibly taboo for youngsters to hear or see anything sexual. There is a dread that early introduction to sexuality will corrupt, confuse, or traumatize little youngsters.

Many individuals have had the experience of strolling into a room and having adults quiet immediately. Sometimes we can tell just enough of what they are talking about to know the subject. This can create a feeling of amazement, mystery, or disgrace that progresses toward becoming associated with sex.

As individuals become more established, the conversation tends to stay taboo. Individuals become effectively embarrassed because they don't have any great models or how to talk about sex. Their entire life, they've been indicated that it's taboo and embarrassing. An absence of appropriate sex education can exacerbate these sentiments. Not just have individuals demonstrated that it's uncomfortable, but there can be a gigantic hole in understanding.



## **Awful (Or No) Communication Leads to Bad Sex**

It's a pretty basic fantasy that our partners should have the option to guess our thoughts and recognize what we want. A few people don't think of it as sexy to need to inquire. Others feel that it will ruin the state of mind. The truth is that neither of these things is true. A few people discover talking about what they're doing or going to do, unfathomably sexy. It's often alluded to as dirty talk.

But what occurs if we go with the silent methodology?

Lots of things can emerge when individuals neglect to communicate. Two individuals might not have the exact thought of what sex implies. One individual may consider butt-centric sex good game while the other was thinking oral or vaginal. What if one individual thinks an aspect of BDSM as a regular part of sex? Talking can create clear limits.

Another regular thing that can happen when there's an inability to communicate is phony climaxes. Sometimes individuals feel a lot of strain to satisfy their partner. This can go both ways. The individual who is playing out a sex act on their partner is trying typically trying hard to convince them. The individual getting that attention may likewise feel constrained to give their partner satisfying information that they are working admirably. If the individual isn't comfortable communicating what they want, they may counterfeit pleasure to move the activities along. Faking the climax not just betrays the trust of the partner. Still, it additionally expands the opportunity they will return to similar moves because they were persuaded it's what their partner wanted.

We end up with individuals losing interest and satisfaction in sex. Couples wind up having less sex while it builds the dissatisfaction of their time together.

## **Communication in Sex Increases Our Sexual Pleasure**

At the point when we articulate what we want unmistakably, our partner gets the opportunity to choose if they can and want to meet our needs. It's a simple step to having all the more satisfying and pleasurable sex. We are likewise teaching our partners to be better lovers for us. Much of the time, it can be as straightforward as letting them know to stay focused on or move away from a particular spot, accelerate or delayed down, or hit us with some dirty talk.

Being open about communicating our sexual wants can open up some other entryways also. There is an entire domain of sexual experience and sensations that individuals may wish to investigate but isn't an automatic default for most individuals. At the point when we can talk straightforwardly with our partner, we can talk about studying a portion of those wants. It allows couples to try some different things and investigate their sexual fantasies. Not just will this lead to all the more satisfying sex, but it can likewise develop the obligations of intimacy in the relationship.

## **Practice Makes Perfect When Talking About Sex**

In case you're not used to talking about your sexual want, it can feel cumbersome when you first start doing it. The trick is to keep the conversation occurring with your partner. Be supportive of one another and keep the conversation as light as would be prudent. This will help urge you to talk about it more. Practice makes perfect.

## Developing Communication

**L**ike any sexual activity, dirty talk isn't going to be to everyone's cup of tea. Some people who are turned on by dirty talk may often be shy about it at first. If you and your partner haven't discussed or started the dirty talk, or you would like to introduce it to him or her, you should ease into it with your partner by starting an open conversation.

To initiate the first conversation, i.e., "The talk before the dirty talk," you'll have to factor in current comfort levels between each other. If this is a fairly new relationship and you're unsure of your partner's stance on dirty talking (for example, you've noticed or never heard he or she engaging in dirty talk during sex), asking questions is probably the best way to get to know your partner.

Don't be afraid to start the conversation for fear of rejection because, in new relationships, it is common for both parties to feel shy or unsure of what the other likes. This is why being able to communicate about this openly is the first step to it. Who knows, your partner may love dirty talking as much as you do but was just holding back in case you didn't like it! In any case, you would never know until you start talking.

Another tip would be to start a conversation when you know you're both already quite comfortable with each other sexually, and you know that he or she will be receptive to your suggestions. For example, you could ask things like:

Do you like it when I do that?

What makes you feel good?

What do you like doing to me?

Where do you want to cum?

What is important is for you and your partner to know where both of you stand when it comes to sex and dirty talk, and to come to an agreement on

what works and what wouldn't.

For couples already in established relationships, it may be much easier to start a conversation about the dirty talk (or rather, you may have already had the conversation previously, or already know what each other are into from previous experience). Maybe you've always liked the dirty talk, but your partner isn't into it. If that's the case, you do need to find out why he or she is against dirty talk, and how you can come to a consensus.

Some may be against dirty talk because they think it's obscene or inappropriate. Ask them what their definition of dirty talk is and inform them of your own to get onto the same page first and foremost. Remind them that dirty talk can be sensual and romantic when done right, and discuss with your partner what they find acceptable and hot when it comes to dirty talk.

Setting up guidelines is usually the best way to convince them that dirty talk is not only safe and sexy but can be incredibly fun as well.

## **Guidelines**

To ensure that you and your partner have a good time and experience using dirty talk, there have to be some ground rules set before the activity itself.

This includes things to say and what not to say - not everyone would be turned on by, “mmm, your skin feels like my baby brother’s butt”. For some, it could be borderline disturbing, so these next few parts mustn’t be skipped out.

Find out what you and your partner like

A good rule of thumb is to have a mature, open, and honest conversation about what you and your partner want to say or do before doing it. Even as you’re doing it, it’s good to have ongoing feedback about what you like or don’t like, which is the best way to learn about each other. In other words, say what you want before sex – and say what you like during sex.

It may be difficult to talk about it without actually trying it out first, so experiment with each other to find out what you like or don’t like. An easy way to find out is by asking, for example, “Tell me all the places you want me to touch you...”. Your partner will probably use the words he/she finds most erotic, helping you build up your bedroom vocabulary. Similarly, you can tell your partner what you want him/her to do to you.

If he or she is only interested in jumping you without engaging in conversation, then I’d suggest you encourage your partner to open up or reconsider your relationship. Even fuck buddies can have a good conversation before getting into it – why do you think their sex is always so good?

## **Choose your words**

It'll also be good to find out if you and your partner prefer dirty talk to be sweet or risqué; whether foul words turn you on or off; whether roleplay is on the table; what each other's fantasies are; what trigger words turn you on or off; or whether you like it loud or soft.

Setting up a preliminary list of words (say, top 10) to use or not use would be a good way to get started. This way, you'll both be on the same page and not be surprised by what is said by the other party. It also comes down to how comfortable you feel with your partner – the words you use shouldn't be weird or too vulgar; you should know your partner best from the open and honest conversation you would've had from before. For example, "You like that, don't you, you fucking whore?". Some (Most, I believe) would be offended and take that as derogatory, but there may be a select few out there who find it a huge turn on.

Talking about all these in advance does not make it less sexy; it's just mature and respectful of your partner's needs and emotions. Because of that, it makes dirty talking even sexier.

## **Establish ground rules**

Besides coming up with a list of words to say, there are subtle accompanying actions that could make the sexual occasion more thrilling or completely awkward. One of the reasons some may feel uncomfortable talking dirty is the fear of sounding ridiculous or being rejected by a partner. Therefore, it's important to set some ground rules when you and your partner talk dirty to each other. Basic rules such as not laughing at each other (laughing together is fine) and not being judgemental are important as this affects overall self-esteem. It's essential to be respectful of each other.

It may be difficult to control the brain in the heat of the moment, but making a conscious effort to think before you speak so as not to offend your partner accidentally is a priority. As a general rule, try not to highlight each other's size or insecurities. If your partner is insecure about the size of certain body parts, focus on how those parts feel instead. For example, say, "Your erection is so hard" or "Your boobs are so soft". This switches the attention to how good they feel rather than on their size. With time, this will become second nature, and even if you're in a polygamous relationship - this attention to detail will go a long way.



## **Be genuine**

The good dirty talk should come from the heart and, ironically, should not follow a specific script. This book is meant to guide you with examples and dialogue, but at the end of the day, you have to be your person and use your voice.

The first step would be to forget everything you've learned or heard in the movies or porn. While some may be okay with it, the conversations could either come out tacky or crude. Be yourself and say what comes to mind. Of course, a little practice will help in building up your confidence and comfort in dirty talking if you're not used to it.

You also don't need to have a deep husky voice or a sweet tone to talk dirty. It could be whispers, high pitched squeals, or low rhythmic grunts. Your dirty talk voice should come naturally from you and reflect the way you talk in your daily life or express a different side of your personality that you rarely get to explore. You could even have a few different dirty talk voices depending on the situation, mood, or roles that you're playing.

All these can add an element of surprise in your sexual routine, helping to heat things in the bedroom even more. Experiment with different speeds of talking. Change the volume of your voice to suit different moods - try whispering when you want to be seductive, and screaming when you're experiencing intense pleasure. Try it on your partner to see how he/she responds - you might find out something new about your partner that they even didn't know they liked before!

## **Build Your Vocabulary**

Let's face it - it's not easy to come up with new phrases or words to use (hence why you're reading this book), especially if you're new to dirty talking. The truth is, though, there are no strict guidelines or rules when it comes to dirty talk - it all depends on your desires and imagination. Of course, dirty talk can get pretty boring if you keep using the same phrases and words.

As such, it's good to expand your arsenal of dirty words through other mediums where possible - just preferably not from porn. The main reason why pornography should be the last resort is due to its lack of filter. Nobody watches porn because they want to be romantic. Yes, one of the most common forms of dirty talk indeed involve foul words, but as we've learned earlier, there's so much more to dirty talk than that.

Other than the examples provided in this book, you can also read some raunchy erotica, watch some erotic and romantic films, and even learn to say some naughty things in a different language (some say that French is one of the sexiest languages in the world<sup>[1]</sup>). Still, you can choose any language you want). If you or your partner have a favorite movie, poem, or song, you could even slip in some raunchy lines from those media into your dirty talk routine - I'm sure it will surprise and even delight them!

## 69 Most Sexy Phrases

**T**he dirty talk here applies to either gender and can be a fun way to spice up your sex life. If you're just getting started, aim for the milder phrases, but feel free to add in your wording or move on to the hotter phrases as you feel ready.

You can use these different ideas for sexy talk to create your hotlines, as well. The trick here is to get creative. Just use what is listed below as inspiration.

- I want you.
- You're so hot/sexy.
- I love every inch of your body.
- We fit so perfectly together.
- You need to take those clothes off right now.
- You turn me on/make me horny.
- The way you smell/look/taste/feel drives me wild.
- You can stay, but the clothes gotta go.
- We really should be filming this.
- You are the best lay I've ever had.
- Making you horny is one of my favorite things to do.
- I love how you smell/taste/feel.
- You make me feel so good.
- Tease me until I'm begging for it.
- You better be naked when I get home.

- God, I love how you feel against me.
- Our bodies were made for each other. They fit perfectly.
- I'm going to make you feel so good.
- The way you walk/cook/talk turns me on so much.
- I just want to do this forever.
- I could lie here/cuddle you forever like this.
- You have no idea how much you/your body turn(s) me on.
- You're amazing.
- You taste like \_\_\_\_\_.
- You drive me crazy when you \_\_\_\_\_.
- Your \_\_\_\_\_ is/are so beautiful.
- Shut up and just kiss me.
- I'm making the rules/in control tonight.
- Cancel everything you planned tonight. Tonight you're mine.
- As you wish.
- You make me feel so good.
- Oh, baby, you're the best.
- Make love to me. I need you.
- How did I get so lucky?
- Oh, god, that feels so good!
- You're going to make me cum already.
- That's perfect; keep it up.
- Tell me you're mine.

- I want to explore every nook and cranny of your body.
- I can't handle not being able to touch you.
- I never knew I could want someone this much.
- Your lips are irresistible.
- Do you even realize what you do to me?
- I'll do whatever you want, just tell me when and where.
- Where do you want me to make you cum?
- You look good in that outfit. Now take it off.
- I haven't been this horny since I first discovered masturbating.
- Bite me right there.
- I love making/watching you cum.
- Cumming together is the best part.
- I need a good fuck right now, you up for it?
- I want to cum for you so hard.
- You're the hottest fuck ever.
- You feel so sexy to me.
- How bad do you want to cum for me?
- I've been naughty. You better give me a spanking.
- Everything you do with your tongue is incredible.
- You've been bad, and now you're going to get a spanking.
- I've never gotten so turned on just by kissing someone.
- You can have me any way you want right now.
- Oh yes, keep doing that!

- No one has ever turned me on as you do.
- Don't stop!
- You can relax, I'm going to do all the work this time/tonight.
- I can still smell you on me, and it's wonderful.
- I'm coming.
- I'm so horny, get over here and make me cum.
- I can't wait to taste you.
- I want your hands on me right now.

## Overcome the Embarrassment of Dirty Talking

**N**o doubt about it, this is the hardest phase for you to get past when it comes to talking dirty, but you have to get past it. Hey, I get it. It can be a little awkward the first time. Not going to lie. All kinds of thoughts may go through your head. “Is he going to think I’m stupid? Is he going to think I’m a whore? Is he going to like it? This is supposed to feel good, but it just feels.... AWKWARD.”

It’s important to remember that most guys love it when you talk dirty. Why? Because half the time, they’re secretly wondering if you want them the way that they want you to. Want to know something else? When you bring out your naughty side, you will have him aching for more because he knows you’re going over to the forbidden side just for him. And he loves the fact that he’s the one that has taken you there.

Keep in mind that there is nothing wrong with voicing your sexual desires and thoughts. Dirty talk is not dirty. It’s only natural, and even if it isn’t coming naturally to you, it will over time. Free your voice, and allow yourself to rile him up as you’ve always wanted to.

Want me to let you in on a secret? If you can grasp what I’m about to tell you next and embrace it thoroughly, you can probably just skip the rest of the book and go straight to the examples. Seriously.

Enjoy the sex! Clear your mind of everything but satisfying your primal sexual urge. Feel it. Feel it. Don’t worry about what you look like, don’t worry about what he’s thinking. Just let the natural lust completely take over your mind and body.

Now, let your body tell your mind what to say. Tell him what you want when you want it. And just let go! Give in. Surrender completely to the passion. Once you’re in this sexy state of mind, you are in control, my dear.

You will be playing on a different field and not give a damn about what anybody thinks. Your lust will be undeniable, and he will know it with every fiber in his body, especially the ones that count. Trust me. THIS is what he wants anyway. The words will flow out of your mouth and naturally sound like a sexual soundtrack playing over and over in his head. Awkwardness... GONE. Congratulations, you just stepped over to the naughty side, and you won't ever want to go back to silent, boring sex.

Got it? Good. Head on over and get started looking at your examples so you'll have the words to say when your body starts talking ;)

Hmmm... are you thinking, "Easier said than done?" Does the idea of talking dirty to your man still seem scary? That's perfectly normal. Hang in there with me, and let's talk a little more to see if you can get comfortable with the idea before you nose dive right in. And don't worry.

### **Let Go of Fear**

Fear is actually what is holding most people back from talking dirty like they want to. In the bedroom, there has to have been a time where you've wanted to tell him exactly what to do to drive you over that cliff, and when you talk dirty, you can do just that. Something held you back, but there doesn't have to be that barrier anymore. Men don't even want that barrier to be there. Not at all! Women put it up, and women have to take it down.

It's common to have a fear of letting yourself speak freely, and this is both related to your sexuality and other things. You have to ask yourself why you're afraid to speak your mind and talk in that manner.

- Do you feel like he'll just laugh at you?
- Do you feel ashamed of your sexuality?
- Are you just not confident enough?

These are the three main reasons that people will stop themselves before they've even begun, setting themselves up for failure. If you want to reach the sexual heights that dirty talking can provide for the both of you, then you're going to need to bring out that bad girl warrior inside of you, be strong and fight through it!



You may be afraid of being sexual. Slut-shaming is far too common, but enjoying your sexuality is a good thing. It's only natural to enjoy having sex, and we were programmed to do just that. Never feel ashamed of your sexuality! Instead, take charge of it, and that is what talking dirty can help you to do. Embracing your sexuality in the bedroom will be a game-changer for you. You need to own it like the sex goddess you are.

If you lack confidence, the best thing to do is just to push past the fear that's holding you back. I don't know of anyone confident the first time they talked dirty. Talking dirty is what gives you more confidence. Nobody waits till they are confident they can run 10 miles before they start walking, right? Be kind of silly. Got to start somewhere and work up. Same here, naughty girl. You can't wait until you're confident to start talking dirty. Take that plunge, and talk dirty to your man.

### **It Won't Change His Opinion**

Are you afraid he's going to laugh and think that you sounded like the village idiot? Unless you're with a moron, that's not going to happen. And if you are, this might be a good time to leave. Just a thought.

Guys want you to tell them what you like, what feels good, what you want them to do to you, and what you are going to do to them. Make no mistakes about it; sex is almost always raw dog sexual for a man. Think he wants to take you gently into his arms and caress you and then make sweet, tender love to you? That's a whole different book. Hardcore talking dirty doesn't go hand in hand with that type of making love. Talking dirty is for the woman that realizes her man is really in the mood to fuck her, and she wants the same. And yes, there is most definitely a difference, and the odds are heavy that he's in the second group even if he's pretending to be in the first. He's just doing that for your benefit. You're welcome.

Remember, it won't change his opinion of you if you start to talk dirty. And if it does, it will be for the better. He won't look down on you for it. You should trust and feel safe with your guy if you're having sex with him. He either cares for you or loves you, and either way, that won't change if you tell him that you want him to bend you over the table and rip your wet panties off.

As soon as you start to talk dirty, you should notice a positive change. Your man should become aroused, and he may smile. That smile isn't the silent laughter that you fear it is. It's him trying to hold himself back, probably wondering if you're saying it as a joke or if you're really giving him the okay to do what you asked for, and he's probably already fantasized this moment over and over in his head. He's thinking, "Is this happening?" as his eyes start to glaze over. Oh, you know the look.

### **Put On Your Armor**

This part may seem a little silly, but you can don your armor if you want to feel a little more confident to talk dirty. What is your armor, you might ask. Well, that's pretty simple. It's anything that makes you feel sexy. Feeling sexy and confident is the best way to get rid of the awkward phase of introducing dirty talk to the bedroom.

It's amazing how some sexy clothes can help you feel a little naughty and bring out the bad girl in you. Let your alter ego take over if you need to! I welcome mine to join me. It's so much easier to get into the moment if you're not worried about the real world. It's your fantasy world. You can be whoever you want and do anything and everything that feels good to your sexy body.

It doesn't matter if you wear just a matching bra and panty set or full-blown lingerie, maybe even some roleplaying outfits. It should just make you feel confident, sexy, and smoking hot. Your armor should never make you feel inadequate, so if you don't like it, simply don't wear it. Having your makeup is done, and your hair looking good also helps. Even though strutting around fully naked will usually work to get your man ready and roaring to go, you may need a little more to feel confident about what you're about to do. That's why it's considered your armor, leading into the battle between pheromones, finding the words to speak, and conquering the new orgasmic peaks that you're sure to reach.

### **If You Must Ask Him**

It's better to surprise your man with talking dirty the next time you want to have sex, but if you feel too uncomfortable with that, you can just ask him how he feels about introducing a little more dirty talk into the bedroom.

Very few men feel uncomfortable with it. It's usually women who feel awkward about it.

Finding the time to ask him will be the hardest part, and that's why it is recommended that you just do it. Follow the steps below to ease into it, and you'll know right away if he's not interested. He may frown, or he may just stop you (ouch!). However, the likelihood of that happening is slim to none. He'll probably encourage you to say more. Be prepared, my dear.

### **Just Do It**

It doesn't matter if you choose to jump right in with the dirty talk examples, follow the baby steps on the next page, or ask his permission first. What matters is that you start to introduce talking dirty into the bedroom for both of you. This is a great way to learn about each other, and it'll keep things spiced up so that no one gets bored. Talking dirty will bring you both closer together, so try it out as soon as you get the chance. Make your decision on how you want to start, take a deep breath, and let that naughty girl loose.

You'll feel better once you free that inner voice that wants you to be the sexual goddess that you can be. Just drive him crazy, and it'll come naturally after a little while. Just like with everything, practice makes perfect, even when it comes to talking dirty.

## Dirty Talk With Shy Guys

**S**ome men are extremely shy when it comes to dirty talk. They may come from a more conservative background and might not be very open sexually. Other guys might just be waiting for you to take the lead for fear of sounding awkward in bed. And sometimes guys are just quiet in and out of the bedroom. They might have even had a lover before you who liked them to be quiet in bed.

Whatever the reason, if you've got a shy guy, then you need to pay attention to the reasons why he's quiet in bed. If it's because of a former lover or lack of experience, then there's hope! You can offer encouragement and coach him along the way. Eventually, he may feel more comfortable with dirty talk. If his reasons for being shy are tied to his religion or an unhealthy relationship with sex from his childhood, then it will be difficult to change his mind.

If you think you're man's shyness with dirty talk can be overcome, then you need to start slow. Then next time you are in bed together, say a few soft-core phrases to see how he reacts. He might not say anything back so try not to get discouraged. As long as he seems like he is enjoying it, you can keep going. If he becomes physically nervous or loses his arousal, then you should back off. Reading his reaction is very important. If you push too far too fast, you may push him off dirty talk forever.

You can also talk to your man outside of the bedroom. Ask him how dirty talk makes him feel and what he likes or dislikes about it. Ask him if he's not into dirty talk at all, or if he's just nervous that he won't be good at it. Are there things he wants to say, but he's too afraid?

If your man is insecure about dirty talk but open to the idea, then you're in a great position. Teaching him how to talk dirty can be a fun and arousing experience for both of you. You can teach him how you like it and give him ideas to help grow his confidence. Soon he will become surer of himself with dirty talk, and the sex will get exciting!

If you find that your man is deeply against dirty talk for religious or personal reasons, then you may have to let it go. You can always talk to him about his views and beliefs, but if he feels like you are trying to change him, he may get offended and not want to dirty talk at all. Talk to him about it and decide for yourself how far to go. It may not be worth the risk. It could be better just to let the dirty talk go if you want to keep the guy.

Most guys just need a little push when it comes to dirty talk. Once they get started, they love it. Start slow and ease your man into dirty talk. Always be respectful of his beliefs and pay attention to how he reacts. For some men, dirty talk won't be an option. If your guy is too shy for dirty talk, don't try to push it. If you value him as a partner, then it may be something you are willing to give up for now. If the dirty talk is important to you, then he might not be the right fit.

## CHAPTER 9:

# Dirty Talk During The Deed

**D**esiring dirty talk during sex is very common for both men and women, but how do you do it? Maybe you've gotten good at sexting and building anticipation, but the thought of translating that into actual spoken words is intimidating. You have to think about your tone of voice, what nicknames and phrases to use, and more.

## **The three most arousing dirty-talk techniques**

As we've said before, and talk about the sex as you have it is dirty talk, but there are three specific techniques you can use to fan the flames: describing what you're feeling, taking charge, and redirecting to sexy stuff you like:

## **Describing what you feel**

One of the easiest ways to dirty talk is just to narrate what you're feeling in the moment. Feeling a cool tingle or throb? Tell your partner. It heightens the experience for both you and your partner when you share what's going on, and it lets them know things are going well. When you start getting close to orgasm, keep the talk going all the way through, if you can. It turns up the heat and gets your partner excited. Depending on where you are in your dirty talk journey, you can be as general or specific as you want:

"I don't want to stop kissing you."

"My legs feel like jelly right now."

"I can't get enough of you."

"I feel so close to you."

"That thing you're doing with your tongue is driving me crazy."

"You're so good with your hands."

"You feel so big inside me."

"I love being so deep inside you."

"I'm so close. I can't stand it."

"I'm about to cum."



## **Taking charge**

Being bossy is both sexy and gets you what you want. Both men and women often like to be dominated and told what to do, so this is the perfect style of dirty talk. Be direct with your words. If your partner wants you to be more aggressive physically, as well, go for it, but unless that's an explicit desire that you're sure about, just be bossy with your voice. Here are some ideas:

“I want you right now.”

“Kiss me as you mean it.”

“I want your mouth on me.”

“I want your tongue in me.”

“Pull my hair.”

“Flip me over and do me from behind.”

“Pin my arms over my head.”

“I want to get on top.”

“Spank me.”

“Ride me fast and hard/slow and easy.”

“Look at me/don't look at me.”

“Say my name.”

“Cum for me.”

## **Redirecting**

Using dirty talk to redirect your partner is similar to taking charge. Still, it's specifically for when they're doing something you aren't really feeling or they're not quite nailing a certain technique. This is common during oral sex, which can be tricky for many people, especially if they're new to giving it. Instead of just saying, "Don't do that," which isn't very encouraging, you're giving them something else to do that you do like, using your sexy voice. When they're doing something oh-so-right, don't forget to affirm that, too.

"Slower."

"Harder."

"Faster."

"Gently."

"Deeper."

"Hold me tighter."

"Can you use your tongue?"

"Higher."

"Lower."

"I'm ready for you."

"Just like that."

"More."

"Don't stop."

## **What if the dirty talk isn't going well?**

Dirty talk can be awkward, especially when you're just starting. What if you're having sex and trying out some new words and phrases, and they just aren't landing? Maybe your partner isn't responding, or you just feel uncomfortable. Don't worry! You can make things much easier by remembering you don't need a huge dictionary of dirty things to say, and you don't have to be constantly talking. This is an example of quality over quantity. Only saying a few dirty phrases per sexy time isn't a failure, if that's where your comfort level is. Forcing more will be awkward and not fun.

Are you worried that you always say the same things? Your partner isn't going to care if you fall back on classics like, "This is amazing," "I love feeling you inside me/being inside you," or "I can't get enough of you right

now.” If those are the real things you feel most comfortable saying, your partner will hear the passion and earnestness in your voice.

Also, as a note, if your partner isn’t responding the way you expected, it doesn’t mean they aren’t enjoying the dirty talk. Maybe they are feeling self-conscious and don’t know what to say back to you. After sex, ask them what they were feeling and if having them respond verbally is important, let them know. If you are the partner who isn’t talking much but want to let your partner know how much you’re enjoying the moment, focus on sounds instead. Moaning is always welcome, though if you know your partner wants dirty talk, consider dropping in a few swear words. These are powerful, short, and simple declarations, like “Oh, fuck,” “Fuck, yeah,” and so on. Phrases like, “Oh, God” will also most likely be met with enthusiasm.

### Dirty talk over Skype

Thanks to the power of technology, you can enjoy romantic encounters over video chat services like Skype! This type of sex is especially valuable for long-distance couples or for couples where one partner travels frequently. It keeps them on the same page, sexually and emotionally. Working through the initial awkwardness and vulnerability also strengthens a couple’s trust in one another. Here’s how to employ dirty talk over Skype:

#### Prep

It’s safe to say that most Skype sex isn’t spontaneous. That gives you some time to prepare what the session will look like and get ready. Maybe that means picking out your favorite sexy clothing, selecting a toy or lube (if you’re planning on pleasuring yourself), choosing a playlist, or lighting a candle. It’s also the time to think about what you’re going to say. Are you going to focus on describing what you’re doing to yourself or narrate what you would do to your partner if you were together? Is there a particular pet name your partner likes? A phrase? Putting in the effort will make the Skype sex way hotter and more fun.

#### Treat it like a real date

Making sure you won’t be interrupted, especially crucial, if you have kids or roommates. Can you even imagine how awkward it would be for everyone? Ideally, you are alone in the house with a few hours to spare. The door and windows are closed, and you’re feeling comfortable. Now, treat the Skype date like a real date. Wear what you would wear when you’re ready for a sexy evening in person. Focus all your attention on your partner,

so put away the phone, turn off the TV, and close any other browser tabs. Imagine your partner is the only other person in the world right now.

Describe what you're doing (and what you wish you were doing)

Your voice is very important. Since your partner can't touch you, it's the most intimate connection. They can also see you, which helps, but there's something about a sensual tone that gets the blood pumping. What are some specific things you could say?

"You look so hot right now; there are so many things I want to do to you."

"Are you ready for me to take off my clothes?"

"I'm so wet right now."

"I'm so hard right now."

"I'm kissing your neck, behind your ear, and gripping your hair hard."

"I can feel you stroking me up and down."

"I'm imagining that you're licking me right now."

"I wish I could feel you inside me/I wish I was inside you."

"I'm thinking about you plowing/doing/fucking me so hard right now."

Lots of sounds like moans and heavy breathing are great accompaniments to dirty talk over Skype. They will instantly snap you into a sexy mindset. If you aren't sure what to say, you can always read some erotica out loud. If you like to write, you can even write your dirty talk beforehand and read it, so it's original, and your partner knows it came from your mind.

## **Dirty talk after sex**

Dirty talk doesn't have to stop once the sex is over. It's a great way to keep intimacy and communication going and provide feedback on what you liked. It's also a good time to bring up things you would like to try the next time things get hot and heavy. Here are some examples:

"I'm still weak in the knees."

"My head is still spinning."

"I'm not sure I can stand for a while."

"I loved those sounds you were making."

"It was so sexy when you...(said/did this particular thing.)"

"Mmm, I love that I can still taste you."

"We have to do that (the thing you liked) next time."

"I'm going to be thinking about that all day tomorrow."

"I wish we could just stay here like this forever."

## **What Not To Do**

We've talked about dirty talk techniques and given you some examples, but is there anything you should not do when trying it out with your partner? There are three main rules to follow:

### **Don't laugh at your partner**

Dirty talk can be awkward, especially when it's brand-new. You may feel relatively comfortable with your tone and words, but your partner may still be getting used to it. They may come up with something cheesy or funny, and you're tempted to chuckle. Resist. Laughing will make your partner feel dumb, and they'll clam up. They might not want to try dirty talk ever again. Instead of laughing, suggest other things they could say or a name you like so that they can try something else.

### **Don't say things you're not comfortable with**

As you read about dirty talk and start experimenting, you might bump up against words or phrases you don't like. However, your partner might positively respond to them. Maybe you hate calling your partner a "bitch," but they like it, and they want you to get even more aggressive. It can be tempting to not talk about how uncomfortable you are because your partner is happy. This can be very harmful to your relationship. You'll feel false or worse. Because you're so uncomfortable, you won't be able to enjoy the sex and your partner fully, and that's bad for both of you. Talk to them. You can find a compromise.

### **Don't rush in**

Dirty talk has many layers and tones. Most people like to ease into it, even if they have an idea of how extreme they would like to go. This is a good idea because it lets both you and your partner discover your limits and what you like. Rushing in can be overwhelming and create some uncomfortable or even disturbing situations that paint dirty talk in a bad light. Being a bit cautious and careful is especially important if you and your partner have not been together very long. You're still establishing trust. Just take things slow.

## Dirty Talk During Orgasm

Since we've secured how to speak dirty for most extreme effect, how about we get familiar with some grimy talking models that will overwhelm your man.

1. There is something so damn hot when you nail me somewhere near my wrists.
2. Hearing you moan, groan and yell when you cum is so screwing fulfilling.
3. Make me cum with your tongue.
4. Tonight is about me, so get down on your knees and set that tongue of yours to work.
5. Feeling your seed dribble down my leg was the ideal token of at the beginning of today.
6. I'm going to require your administrations this evening, kid.
7. Fuck me harder. –
8. I've never been screwed that way.
9. Did you take a seminar on the best way to make me cum?
10. Tonight is tied in with making you cry with delight.
11. I envisioned about you the previous evening and woke up dribbling wet, which was pleasant.
12. I love it when you're harsh with me.
13. I've been a miscreant and merit a punishing.
14. Take your garments off and jump on your mind and knees. At present!
15. I wore this for you.
16. Making you hard is my main need.
17. I love seeing your lump in your jeans.
18. I love feeling you on me.
19. I love grasping your cock and feeling it get hard.
20. I need you to bind me and screw me any way you'd like.
21. Do you like the way that I consider you when I'm stroking off?
22. Tonight I need to watch you twitch yourself off.

23. I continue fantasizing about you getting me and having your way with me.
24. I don't have any desire to be forward, yet I need you now.
  1. Tonight you have a decision, butt-centric or oral? Pick carefully
  2. Just inclination your eyes on me makes me so wet.
  3. Take me directly here.
  4. The arrangement for today around evening time is to be your sex doll.
  5. You draw out this creature in me, and I love it!
  6. I need you to shout my name when you cum.
  7. Give me each and every drop.
  8. Hearing you groan with joy turns me on to such an extent.
  9. Make me your bitch!
  10. Punish me!
  11. Your cock has a place with me.
  12. Fuck my cunt!
  13. Suck my bosoms.
  14. Tell me when you're close.
  15. Slap my rear end.
  16. Make me feel defenseless.
  17. This pussy is yours, at whatever point you need it.
  18. You're going to drop with joy.
  19. Shut the fuck up and take your garments off.
  20. I don't typically do this, yet you draw out this insanity in me.
  21. Bite me and imprint me as yours.
  22. I need to have a feeling your hands crawling all over my body.
  23. Bend me over and punish me, I've been an extremely insidious young lady.
  24. Pull my hair and treat me like a creature.
  25. I continued contemplating the first occasion when you screwed me; it makes me so madly horny.
  26. I need to feel you kiss my whole body.
  27. Is it odd that I simply need you to utilize me this evening?
  28. Sex with you resembles a medication, and I figure I might be dependent.
  29. I need to feel your cockerel jerk inside me.
  30. Make me your bitch.
  31. Don't ever quit screwing me.



32.I need you to tie me up and have your way with me.

33.Jesus-screwing Christ, you're going to make me cum.

34.I feel so little in your arms.

35.I don't figure I would ever get exhausted from engaging in sexual relations with you.

36.I love the wonderful way your dick feels in my grasp!

37.There's a couple of things that I truly like about you; I trust you do constantly them. – Perfect for keeping him considering you.

38.I have something I need to take a stab at you later... .I think you'll like it!

39.I wish we could simply fuck for eternity.

40.Dominate me like the skank I am!

How quick you talk is up to you. As I said, you have your one of a kind sexual articulation through words. Test with what feels great to you (and to the one getting, by viewing their reaction). If you are truly captivating with your accomplice while you are talking' grimy ensure your body mirrors your words. This means – be occupied with your body; your body needs to coordinate your words. It would be a super mood killer if you are perched on the love seat relaxing, your sweetheart is at the opposite finish of the room, and you unexpectedly begin speaking dirty. Bode well's, isn't that so?

Start with a delicate center filthy talk

Once more, start moderately. No ace tumbles from paradise, we as a whole gotta start someplace, which is the thing that you've just got: YOU! Start with what works out easily from you. Kindly don't utilize words that make you (or your accomplice) awkward; stir your way up if you both need to.

There are normally two kinds of grimy talk: delicate center and no-nonsense.

The delicate center is clearly milder; this may incorporate all the more sweet implications, which makes it a truly congenial and simple section point for apprentices. First and foremost, you stick to words that are recognizable to you.

Like:

"I love you."

"You are delightful."

"You look hot."

Who says grimy talk during sex must be revolting?

Once more, this must be agreeable for both of you. At that point, you tenderly and gradually include the more devious words and expressions to a great extent during sex.

Like:

"I love the things you do with your tongue."

"You are the hottest thing I've at any point seen!"

"I need you."

At long last, the words are only methods for interfacing with each other. The greater part of our correspondence doesn't work by means of the words you use – non-verbal communication, the tone of your voice, and outward appearances are much increasingly significant.

#### 1. For the ones that wanna go all the more in-your-face

You may incorporate swear or slang words in your expressions. Your sweetheart may decidedly go nuts if you out of nowhere utilize the f-word, particularly if you barely ever use it. Cognizant grimy talk resembles a mystery you have with your darling. Like a mystery code, a code just both of you know.

Models for all the more bad-to-the-bone expressions:

"I need to lick your pussy."

"Screw me in my rear end."

"Splash your juice in my face" (if your man is certifiably not a Tantric:- )

Another method for getting inventive with grimy talk is depicting what you feel during sex.

Like:

"You taste so great."

"Your skin is so delicate."

"I feel hot."

"I feel turned on."

"Gracious, that feels so great!"

Takeaway: It's progressively significant how you state it than what you state. Try not to concentrate a lot on the words you use, center around how you state it, and on your goal.

#### 2. Tune in to Your Partner

Individuals are extraordinary. Sexual articulations are unique. So are our wants. A few people love messy talk, and it makes them madly horny, others don't care for it by any stretch of the imagination. What's significant

for you to know is that for the ones who appreciate it, the manner in which they like it may differ. Some appreciate just the delicate center vanilla-like grimy talk. Some need it in their face, solid and hard. Others may get chilled by the main f-word. So tune in to your accomplice.

Filthy talk during sex isn't tied in with harming anybody, it's a psychological tease, a turn on. So before you go bad-to-the-bone, make 100% sure your loved one is into it. It's sex play, not disregard. Make it bit by bit and stride by-step.

This is actually an innovative procedure. Like a craftsman who is simply beginning. At the outset. Your hues may be delicate and obscure, and the more you take a shot at it, the more bright and certain your artistic creation gets.

If you recognize what makes your accomplice hot, you feel progressively certain doing it. So just ask them. It's figureoutable (says thanks to Marie Forleo for this great articulation).

Takeaway: Once you have your accomplice's favoring, investigation, and give things a shot. Pose filthy inquiries; perhaps you want to attempt a pretend that Seani Love partook in my Conscious BDSM web recording privateer treasure chase....

### 3. Step by step instructions to Talk Dirty Before Sex

So how about we begin. You are out on the town with your darling, and it's your week by weeknight out on the town. Is it correct to say that you are truly going to discuss work? Or, on the other hand, about what Aunt Sally prepared you for lunch? If you are anticipating some enchanting sentences, ensure it fits into your discussion. Try not to discuss yourself to an extreme, or your likely arrangements or genuine stuff if you are going to toss out some underhanded words. Good judgment!

You should make a dream together, so while you are sitting in a café, share something you might want to do to the person in question. Possibly you are not wearing underwear, and you share your mystery with him. Make it coquettish, start with something milder, and stir your way up.

Like a female body, messy talks need enough heating up and prodding before she is prepared and asking for additional.

You can, for instance, use names for your private parts that you like and turn you on. If you are at home giving the person in question a back rub,

you can consolidate your filthy talk abilities (Note: not in a Yoni Massage).

#### 4. Grimy Talk During Sex

This is the place it gets hot. Speaking dirty during sex can be exceptionally hazardous. Truly, particularly for the folks. So women, if you are going to talk devious, realize that they may draw near milliseconds so ensure you've had a ton of fun heretofore:- ). A psychological turn on is frequently harder to control than a physical turn on; that is the reason if your accomplice wouldn't like to discharge, attempt to help him on this excursion, rather than making it harder for him.

Simple methods for beginning with a filthy talk during sex – make praises. State the amount you love his cockerel, or how excellent her vagina is. State the amount you love their hair. Any commendations are welcome.

The extraordinary thing about commendations is that they help unreliable accomplices to have a sense of safety and loose. Indeed, the pleasure is all mine!

When you feel sure, do command that person with your words. You can order things (without being excessively mental and addressing him). Utilize your attractive instructing voice to let him know precisely what he needs to do.

## Phone Sex



**W**hether your partner lives with you or you are in a long-distance relationship, you can take advantage of technology to spice up your sex life with phone sex. Phone sex can also work for you if you don't want to have other forms of sex with your partner just yet or if you simply want to try something new. Although the idea of having phone sex can be exciting, it may be really awkward when you want to try it out for the first time. Having physical sex or even masturbating alone is a lot easier because then no one else is aware of what you are doing. But having to possibly masturbate (it's not compulsory to do so) with another person hearing and maybe even seeing you through video requires a different level of boldness.

To make phone sex a great and sexually exciting experience, you need to give up being self-conscious and intentionally allow yourself to respond to the sounds and sight coming to you from the other end. Also, remember to have a conversation instead of a monologue. Phone sex is not a hypnotic

session. Both partners should share what they are doing, imagining, and feeling.

## **Sex on Call**

**Plan ahead:** Spontaneity is great when it comes to sex, but sometimes you may call your partner at the wrong time. To avoid this, set a date and time that is most convenient for both of you. If you are in the mood for sex while your partner is having a bad day, calling them at that time may ruin your mood. Also, if your partner is the shy type, it may be a good idea to get their minds prepared on time before you pounce on them with your sexy talk on the phone.

**Put yourself in the mood:** Feeling awkward or tensed before your call will likely ruin the mood. Do what you need to do to get in the mood before the call. You can have a glass of wine, watch short porn, read a romance or porn novel, or even dancing. Dressing sexily and lying down for a while can also put you in a sexy mood. You can also dim the lights, play your favorite soft music, bring out some sex toys (if you use them), and gently caressing yourself before making the call.

**Make the call:** There is no one correct format for phone sex. However, once your partner is on the phone with you, it is better to start slowly. Talk about other things for a few minutes before gradually broaching the subject of sex. Make your voice soft, low, and don't be afraid to moan. You can use heavy breathing too as long as it comes naturally. Don't force yourself to sound sexy.

**Talk about easy things:** You don't have to directly bring up sex even if both of you know the call is about sex. Ease into phone sex with simple topics that can easily spiral into hot sex. The following lines will give you an idea of how to do this.

5. What are you wearing?
6. It's cold here. I wish you were here.
7. This bed is just too wide for me alone.
8. I'm lying on your side of the bed and playing with my hair.
9. I wish you were right here beside me.
10.           Tell me what you are doing with your hands?

11. Tell me what you would have done to me if I were there with you now.

Talk dirty: Once the mood is right, escalate into dirty talk. Since they are not physically with you, your dirty talk will have to be descriptive. Both of you can describe: ·What you are doing: give your partner a vivid description of how and where you are touching yourself, how you look, what you are playing with, and so on. You can say things such as:

- I'm playing with that whip you bought from an adult store for our first role play.
- My fingers are teasing my cock as we speak.
- I'm touching my tits and my nipples are so hard.
- I'm playing with my undies... they are coming off soon.
- I'm getting really wet and horny.
- I enjoy listening to your sexy voice. It's making me hard/wet.
- I'm running my fingers through my hair.
- I'm jerking off to the sound of your sexy moan.

What you are imagining: Tell your partner something you remember from one of your great sex you had, what you would have loved to be doing with them, or what you would want them to do to you. For example:

9. I'd like to hug you real close and feel the warmth of your soft skin.
10. I'd like to kiss your neck, lips, and tits ever so softly.
11. Remember how you took me from behind the last night we had together? Now, take me again!
12. I'm touching myself and thinking how great your hands feel all over me.
13. Touch your clit and feel my warm breath on your pussy.
14. I can imagine how rock solid your cock will be now. I want to stroke it and suck on it with my wet lips.
15. I can tell you are soaking wet. Imagine me eating out that wet pussy.



16. Put one finger in your mouth and imagine it's my cock in there.

How you feel: It is important to let your partner know the effect of the conversation on you. Describe how you are feeling physically and emotionally. You can moan loudly, scream (if you have to), or breathe deeply. Let go of all inhibitions and allow yourself to be fully expressed.

You can say something such as:

- The sound of your voice is making my heart beat faster.
- I feel like exploding when you sound like that.
- Say that again... please. It feels so good to hear you say that.
- You are making me quake with that moaning sound.
- I feel like appearing right there with you.
- I feel sexy when you call me your little girl.
- I feel like kissing your lips now!
- Oh my God! I'm coming!

Masturbate if you feel like it: If you choose, you can masturbate while talking with your partner and let them listen to all your moans, or you can engage in mutual masturbation. But this is completely optional. It is okay to skip it if it doesn't feel right or appropriate. It is also important to keep in mind that phone sex may not always end in orgasm. Only one of you may climax or both of you may fail to climax and that is okay. Orgasm is not the main attraction of phone sex. However, if you have climaxed and your partner has not yet reached the orgasm, don't end the call or keep mute. Continue to describe how you feel, what you want them to do, and so on.

Finish the call: You can end the call at any time both of you choose. You must not reach orgasm before ending the call. Also, you shouldn't end the call just because you've both climaxed. You can stay on the line for as long as you both choose and talk chit chat a bit.

Talk about it afterward: Don't be shy to talk about the phone sex afterward. You can even text them how great it felt. Compliment them either on call or through text and make them know that you are looking forward to another

great phone sex. Keeping shut about it afterward may suggest that you are uncomfortable, or you feel guilty.

### Sex on video call

You can take advantage of different technologies (FaceTime, Skype, Zoom, and so on) to have sex “face-to-face” over your devices. Seeing what your partner is doing, their reaction to what you are saying, and the expressions on their faces, can add to the arousal, especially for men.

To avoid frustration and disruptions that can kill the mood, make sure that your internet signal is strong enough for video calls or else simply stick to phone sex.

Thanks to the power of technology, you can enjoy romantic encounters over video chat services like Skype! This type of sex is especially valuable for long-distance couples or for couples where one partner travels frequently. It keeps them on the same page sexually and emotionally. Working through the initial awkwardness and vulnerability also strengthens a couple’s trust in one another. Here’s how to employ dirty talk over Skype:

### Prep

It’s safe to say that most Skype sex isn’t spontaneous. That gives you some time to prepare what the session will look like and get ready. Maybe that means picking out your favorite sexy clothing, selecting a toy and/or lube (if you’re planning on pleasuring yourself), choosing a playlist, or lighting a candle.

### Treat it like a real date

Making sure you won’t be interrupted is especially crucial if you have kids or roommates. Can you even imagine how awkward it would be for everyone? Ideally, you are alone in the house with a few hours to spare. The door and windows are closed, and you’re feeling comfortable. Now, treat the Skype date like a real date. Wear what you would wear when you’re ready for a sexy evening in person. Focus all your attention on your partner, so put away the phone, turn off the TV, and close any other browser tabs. Imagine your partner is the only other person in the world right now.

Describe what you’re doing (and what you wish you were doing). Your voice is very important. Since your partner can’t touch you, it’s the most

intimate connection. They can also see you, which helps, but there's something about a sensual tone that really gets the blood pumping. What are some specific things you could say?

- “You look so hot right now, there are so many things I want to do to you.”
- “Are you ready for me to take off my clothes?”
- “I’m kissing your neck, behind your ear, and gripping your hair hard.”
- “I can feel you stroking me up and down.”
- “I’m imagining that you’re licking me right now.”
- “I’m thinking about you plowing/doing/fucking me so hard right now.”

Lots of sounds like moans and heavy breathing are great accompaniments to dirty talk over Skype. They will instantly snap you into a sexy mindset. If you aren't sure what to say, you can always read some erotica out loud. If you like to write, you can even write your dirty talk beforehand and read it, so it's totally original and your partner knows it came from your mind.

### Sexting

Sexting is using digital messages to convey erotic intents. Thanks to technology, people can now send naughty messages back and forth without having to deal with the uneasiness that comes with saying these words face-to-face.

You can use sexting to gauge a potential partner's openness even before dating them or having sex with them. However, sexting techniques range from subtle to direct methods. It is always a good idea to begin sexting with subtle messages that can pass as flirting. If the other person responds positively, you can then up your game to messages that puts them in a sexy mood. Finally, you can sext messages that make them want to have sex with you so badly.

## Things To Never Say

It'd be a tragedy if we didn't spend some time talking about some dirty talk no-nos. Just as you can get it very, very right, you can also get it very, very wrong, so we're going to help steer you clear of the rocks. Remember, dirty talk is essentially about painting a sexy picture in you and your partner's head. Things that don't fit into the sexy framework or is too far a stretch from sexy will just trip up the flow of things, as will things that might cause anxiety.

Don't:

### 1. Mention Babies

"Damn, those are baby-bearing hips!" Wait ... what?? It's all well and good to want to commit to someone and start a family, but sex is about plugging into one another in the here and now, at any stage in the relationship. The only exception might be if you're both actively working towards having a baby, but on the whole, the idea of 'baby' is about responsibility, commitment and all sorts of heavy things you might not necessarily want to get into when you're having fun in the sack. It's best to keep the baby talk to outside the bedroom.

### 2. Bring up the Ex, Or the Parents!!

Even if it's to compliment your partner as to how much hotter they are than your ex, just don't bring the ex up. Again, sex is about the here and now, all thoughts of potentially touchy subjects should not come into the bed at all ... the last thing you want to do is to dredge up any uncomfortable issues. "Mmmmm ... you lick me so much better than ever did." Will definitely stop what you want them to do in a hurry.

Another never-to-mention thing is ... the parents!! Who wants to be reminded about the folks in the middle of a dirty sex session? Remember, "the panties your mother laid out for you" scene in Seinfeld??

### 3. Be Sugary Sweet

Dirty talk is about pushing the boundaries a little bit, so the safe concept of 'making love' is too peachy 16. Does, "I want to make love to you until you

scream,” push any buttons? A romantic evening of wine, candlelight and bubbles is the perfect way to get in the mood, but once you move into dirty talk territory, romance is out the window. The slightly risqué nature of dirty talk is what titillates, so get naughty, not nice.

#### 4. Pun

Puns are fun, but they don't belong in the bedroom. While being spontaneous, they ruin the mood that you've tried hard to create by making your partner have that split-second of, “wait, what?”. “You're an apple I want to peel the layers off,” might sound cute and sexy, but it's just a bit too ... weird. Stick to the straightforward when it comes to dirty talk and show that particular aspect of your wit outside the bedroom.

#### 5. Parrot

Your partner may just have said something so hot that you want to give them something equally sexy back. Think of something else to say, don't ever simply agree with them, or worse, repeat what they just said. Dirty talk is a two-way street; a give-and-take. If you really want to repeat what they said, change it up a bit:

##### Bad Example

Man: I want to pound you so hard.

Woman: I want you to pound me so hard.

##### Good Example

Man: I want to pound you so hard.

Woman: Yes, yes I want you to pound me like a jackhammer.

#### 6. Bring Food into It

Unless you're going to have a sexy food fight, feed your partner seductively or lick something delicious off your partner, food doesn't belong in dirty talk. “You're hotter than toast!” might be a compliment and might get you to laugh, but the risk is that it might slow the momentum down. Think about it, does, “Your zucchini is so long and hard,” actually do anything for anyone?

#### 7. Refer to Unrelated Body Parts

“See my muscles, they're going to work so hard to make you feel good.” There's just something weird about that, isn't there? Don't try to bring in what doesn't normally belong in a sexy image. Remember, you're trying to create a hot image, not a workout video.

#### 8. Talk about Non-Sexual Bodily Fluids

There are some who have fetishes about golden showers or blood, but as a general rule, steer clear of anything other than whatever fluids are involved in sex, like saliva, cum, and pussy juices. You don't want to ruin the moment, or worse, the mood, and have your partner thinking you're too hot to handle (in a bad way).

#### 9. Criticize

It might seem obvious, but you have to be extra sensitive when you're dirty talking to not have anything you say to be interpreted the wrong way. Depending on your relationship dynamics, something which you might not intend as a criticism might be taken as one, especially if it refers to something your partner is particularly sensitive about. Be aware of your tone of voice if you're going to say something like, "Hurry up," or "I need more!" There is a sexy pleading way to say it as opposed to bossy or critical.

#### 10. Be Wishy-Washy

"You can if you want." This might seem polite, but it's actually a turn off. Your partner just put themselves out on a limb and asked you if they can do something ... they want affirmation or some kind of guidance from you. Leaving them hanging is going to send them into a tailspin and possibly kill the mood.

It's also sexy to be decisive and lay down what you want. Be clear about your needs, your desires and your desire for your partner. If you love it, give it resounding, "YES!!". If you're not feeling it, give guidance with a gentle, "Not tonight, baby, how about this instead?"

#### 11. Take It Too Out There

Dirty talk is about staying in the moment and painting a picture that you can enjoy together. Creating a sexy scene to transport your lover to is hot, but if you start getting carried away and transporting yourselves into another realm where people have 2 heads and 5 tits, it might be too out-there to imagine. Ultimately, it will spoil the mood.

#### 12. Be TOO Freaky

Following on from the previous 2 'don'ts', just don't get too freaky in general. Although the whole point of dirty talk is to explore and push the line that can be crossed, there IS a point where it can't go any further. This is where the pre-sex talk comes in. Establish where you're both comfortable going and be respectful as to where your partner's line is.

## **Mistakes To Avoid**

What common mistakes must I avoid when talking dirty?

Don't fixate too much on size.

Whether it's the penis or the breasts or the vagina or the thighs, don't comment too much on bodily proportions. This can easily be misunderstood. Moreover, you might end up hitting your lover's insecurities without meaning to. You may think that your lady love's small breasts are awesome but she might hate it when you make her feel like a boob less wonder. Likewise, refrain from calling a man's cock "humongous" when you both know he's just average. A better alternative would be to praise his rock hard erection or to notice her sensitive nipples.

Don't say it unless you intend to deliver the goods.

If you say things like "You've been a naughty girl/boy. I'm going to punish you.", then make sure that you do. More importantly, make sure that your partner knows that you intend to follow through with your words. Otherwise, all that dirty talk loses its impact.

Be careful about planting seeds of false hope into your lover's head. Unless you're actually willing to explore a new kind of kink, don't even hint at the possibility.

Don't memorize sexy phrases.

It's better to come up with your own lines than to Google a bunch of naughty words made by others. There's nothing less sexy than a rehearsed atmosphere. Remember, there's no other person in this world who understands what makes your sexual soulmate tick.

Don't use dirty talk as a way to fish for compliments.

That's unless you're open to the possibility of disappointment. When you ask your lover questions like: "Did you like what I did with my mouth?", you are asking it for him/her and not to feed your own ego. Additionally, fishing for compliments shows a lack of confidence which is extremely unattractive.

Don't slip into vagueness or vulgarity.

Saying stuff like “Oh yeah, that feels good.” tends to get old quickly. It comes across as lazy and mechanical and even insincere. As previously mentioned, you need to be more specific and more descriptive. Pay real attention to what your partner is doing. They’ll love you all the more for it.

Example: “That twirling trick that you did with your tongue around my shaft... That was incredible.”

Dirty talk like “Oh yeah, fuck my tight pussy!” reeks of poorly directed porn. When you copy dirty language from pornography, it’s like you’re insulting your lover’s intelligence. The last thing that you want your sexual soulmate to think is that you’re faking it for him/her. It wounds his/her ego instead of boosting it. Your lover will end up doubting his/her skills. Which leads us to our next don’t...

Don’t ever attempt to pull off a fake orgasm.

Once you do, your lover will wonder whether all those other explosive orgasms he/she had given you in the past are all just phony.

As hot as it may sound, don’t tell your lover stuff like “You make me so hard/wet.” unless it’s true because... well, they can tell when you’re lying.

Don’t forget to laugh.

Too much tension can leave you tongue-tied. Couples in successful relationships understand the value of laughing with each other rather than at each other. Expect a few bumps along the road, and use good humor to deal with the blunders.



## Role-Playing



One of the easiest and fun ways to overcome sexual inhibitions is role-playing. Sexual role play is a game that involves acting out sexual fantasies using different roles that may be completely unlike the individuals in real life. The intensity of the play depends on the participants. You can choose to role-play using makeshift props or go into elaborate preparations complete with scripts and matching costumes for each character in the play. However, you don't need to be an award-winning actor/actress or even have any prior experience in acting to enjoy sexual role play.

The idea is to get you to assume a character that is not yours and talk like the sexy, dirty version of that character.

## **The Process**

Bring up your mutual sexual fantasies

Unless you want to take your partner by surprise and hope that they play along, it is usually better to brainstorm different ideas and scenarios with your partner. Come up with what you both think is agreeable. We all have sexual fantasies even if we don't actually want them to happen in reality. But these fantasies could be your guide to enjoying role-play with your partner. Perhaps you wish your masseur or masseuse would be a bit more daring and take things just a bit farther during your massage sessions, or you have always had an eye for one of your teachers back in college. Share those fantasies with your partner and see which ones both of you can act out.

It is crucial to do this because one partner's idea of role-playing may be too strong or kinky for the other. But when you talk things out together, you will figure out what works for both of you. In any case, it is advisable to keep an open mind and think of it all as mere fantasy and nothing more.

You can start with simple settings at first. Getting into too many details and imagination may be too daunting for you or your partner and defeat the goal of sexual role play. Start with something that can be done in a familiar setting such as your home or a nearby restaurant or bar. Select simple roles/characters and scenarios such as:

- A lonely businessman and the comforting sexy woman at a bar or restaurant.
- A pervert teacher and the naughty student in a class or the teacher's office.
- A nurse and her sick patient in a hospital bed.
- A house owner and his sexy maid in the living room or kitchen.

Dress the part if you wish

Go ahead and dress the part if it will help you to play the part more realistically. You can buy hats, wigs, and other costumes from costume shops, online, or adult shops. While costumes can add more excitement and fun to the whole idea of role-playing, they are not a requirement. Only get

them if you think you really need them. Moreover, you may not have extra money to spend on costumes and props or you just want to keep things simple. Several roles require little to no costumes (a stranger at the bar, being on a blind date, and so on).

### Make It kinky if you wish

Some sexual role-plays (such as officer and criminal, teacher and student, boss and secretary) are more about power and dominance. One partner (the dominant) gets to have their way with the other (the submissive). If you want to explore sexual dominance or kinkiness in a more relaxed and playful atmosphere assume the dominant/submissive roles using any character of your choice.

However, role-play is not all about power exchange. You can choose to skip any role that tends to portray the dominant/submissive attributes.

### Start slow

As always, it is best to start anything new with baby steps. It may feel too unreal, ridiculous, or just plain silly to get all dressed up and act like someone else. But you don't have to dress up to start with. Playing pretend may seem like a childish thing to do, but if you let go and play along for just a little while, you may discover that you are actually turned on by the idea of picking up a stranger at a bar, for example (even if you've known this "stranger" all your life).

Even if you totally buy the idea of sexual role play, it is wise to start slowly. You can begin by sending a raunchy text or sext detailing your sexual fantasy to your partner. This can be another form of foreplay. If you are a shy person, you can use this medium to open up communication on potentially awkward or embarrassing sexual subjects.

### Let your character use dirty words

There is no movie director here; it's just you and your partner. So, you don't have to feel embarrassed if you get your first few lines completely wrong. Feel free to laugh about it if you fumble or make mistakes. No one is taking a score. Just let yourself ease into character and the words will flow naturally. You may or may not know how the fantasy will end. In any case, simply let your imagination guide you into what your character will say and

say them without reservation. Even if you don't like profanity or filthy words, your character may like them. Permit your character to say what they need to say to make the game fun and exciting.

## Sexual Roleplay Ideas

Here are a few sexual roleplay ideas to help stimulate your imagination and get the ball rolling. You are welcome to tweak them to suit you and create your own dirty dialogues along with it. You can use the dirty phrases in parenthesis as part of your sex dialogue.

1. Play the role of a firefighter who just rescued your partner and is rewarded with sex. (Dirty phrase: “You saved my life. The least I can do is to offer you my dick/pussy.”)
2. Play the role of a cop. Your partner is trying to get wriggle their way out of a speeding ticket. (Dirty phrase: “The only to get out of this is to please me.”)
3. Play the role of a prostitute who’s just having sex for the cash. (Dirty phrase: “Show me the cash and I’ll give you good pussy/cock.”)
4. Pretend you came for a sleepover at your friend’s and snuck out to have sex with your friend’s sibling. (Dirty phrase: “Shhh... come have a taste of this cock/pussy before someone sees us.”)
5. Pretend that you are a client getting a massage from your partner who is a masseur or masseuse and is willing to give you a happy ending. (Dirty phrase: “Could you go a bit lower... lower still, yeah... that’s the spot.”)
6. Pretend to knock on the wrong hotel room door but the stranger who opened up (your partner) invited you in any way. (Dirty phrase: “Never mind, I could use the company of someone as gorgeous as you right now.”)
7. Play the role of a landlord who’s come to collect their rent, but your partner can’t pay, so they end up paying in kind. (Dirty phrase: “I’m gonna fuck my money’s worth out of you tonight.”)
8. Play the role of a yoga instructor teaching your partner how to stretch and bend over. (Dirty phrase: “Nice and slow... that’s it. Now bring that sexy ass of yours over here.”)
9. Play the role of a boss who is about to have sex with his or her employee on the desk. (Dirty phrase: “I see you’ve been striping me naked with your eyes all day. It’s time to turn this office into our sex haven!”)
10. Both of you should assume the role of angry partners in a rough sex session.
11. Play the role of a tour guide with a strong accent. Let your partner listen to your dirty talk with a different accent.

12. Recreate the roles of your favorite porn stars from a porn scene or novel.
13. Play the role of a naughty maid trying to have quick sex with the house owner before the wife shows up. (Dirty phrase: "I'll be in the kitchen... I've got no pants on. Hurry!")
14. Pretend to be a dance teacher and seduce your student (partner) through your movements. (Dirty phrase: "Place one foot ahead of the other and move your hips this way. Gosh! You look so sexy in that pose!")
15. Play the role of a hooker trying to get a one-night stand. (Dirty phrase: "I'm free for the whole night. Would you like to do something fun and sexy?")
16. Play the role of a pizza guy who gets a blow job in place of cash. (Dirty phrase: "I'm sorry I don't have any cash at home. But I'm sure we can figure out some other more interesting way to pay?")
17. Pretend it's your first sex as husband and wife on your wedding night. (Dirty phrase: "I've been waiting for this moment all my life. I can't wait to finally be inside you / have you inside me!")
18. Play the role of an artist and paint your nude partner on a canvas. (Dirty phrase: "You have the curves of a god/goddess.")
19. Play the role of a shy virgin having sex for the very first time. (Dirty phrase: "Promise to be gentle with me tonight, would you?")
20. Play the role of an innocent person who is completely naïve about sex. Let your partner teach show you how to have sex. (Dirty phrase: "Is that what an erect penis/aroused vagina looks like? Oh... I see.")
21. Pretend you are a student who's trying to seduce their teacher for better grades. (Dirty phrase: "I might not be good at algebra, but I can tell from the way you look at me that you want to have a taste of me, don't you?")
22. Pretend that you are a hypnotist who has hypnotized your partner. Command them to do whatever you wish. (Dirty phrase: "You will suck my cock / eat my pussy when I instruct you. Nod if you understand me.")
23. Play the role of a nurse and bathe your "sick" patient (your partner). (Dirty phrase: "If you would step out of your robe. Good boy/girl. Now relax let me take good care of you.")
24. Pretend that you are a striptease and give your partner a lap dance. (Dirty phrase: "Do you like it when I bend over and shake my ass like this?")

25. Play the role of a cab driver and have sex with your client in the back of your car. (Dirty phrase: “Your destination is still a bit far. I suggest we stop here for a while, grab a quick bite and have a quickie.”)

## Exciting Dirty word reply

**I**n the room use terms like pussy and cockerel. Try not to utilize appropriate anatomical terms like vagina and penis. That would just make her chuckle. Undoubtedly don't utilize entertaining terms like Willy the One-looked at Wonder Worm.

Correspondingly in the family room utilize appropriate anatomical terms like penis and vagina, don't utilize rooster and pussy. That would be disgusting, everything in the setting. With respect to terms you call her in the parlor. Call her child or whatever. Try not to call her bitch. By any means. In the room I the setting of uplifted sexual excitement, call her your bitch or prostitute. Be that as it may, never under any circumstance consider her a cunt or whatever other term that she scorns or it will break her out of state.

There are many different thoughts for chances to utilize dirty talk. The remote-control egg is a phenomenal case of that.

Another model is taking her looking for sexy clothing. At that point while both of you are at the dance club and she is wearing the sexy clothing murmur a dream into her ear about how it affects her exceptionally sexy to be in that sexy clothing. And afterward get into a spot or position where no one can see it when you slide your turn in and begin contacting her while you advise her, "Everyone considers you to be being an extremely appropriate woman however I KNOW that within you are being an exceptionally shrewd young lady."

Again, the entirety of this must be finished with outright conviction. It must be absolutely credible and intentional. Presently we should talk about cushion talk. What you do and say directly after sex is significant. You should promise her that you consider her to be an excellent blameless animal and particularly that you regard her for the interesting person that



she is. This is significant in light of the fact that you don't need her to have regret for what has occurred.

It must be recollected in acceptable light with the goal that it tends to be appreciated once more. Express this to her, "Goodness infant you cause me to feel so near you. I can't hold you sufficiently close." At that point call attention to something about her that you truly venerate. Women love things that men call attention to in her that she prefers in her, that no other man sees, particularly horny men.

For instance, on the off chance that she has huge bosoms, don't reveal to her the amount you love her tits. Rather reveal to her how you worship how her waste bends in, in such a female way.

At that point talk about profound passionate sentiments that are essential to you. This tells her that now both of you have had mind blowing sex that you are available to be sincerely open. Women love that. It is the existence quintessence of an effective relationship.

Prize her great conduct by giving of your actual self. So, the inquiry is, "In case I'm with another woman I think that it's difficult to request a sensual caress, since I feel she will do it if she's agreeable and turned on. Also, if she's not starting it possibly, she's not happy with doing it. I would prefer not to put her on the game or make ungainliness. Based on what you're stating, I'm thinking about whether my conviction about this isn't right. What is the reality with regards to the woman who is bare in my bed yet doesn't start giving me a sensual caress?"

Presently I'd prefer to realize to what extent has he been going out with her. In the event that it's the principal second time in bed, don't be in such a major rush. Fourth or fifth time in bed, similar to I said it would be fitting ...

Not to ask however, just ...

Be that as it may, not to ask however, better believe it ...

You realize we talk about this in the talk. In a condition of extremely high sexual excitement he can simply say, "Suck my rooster bitch", and better believe it ... that is the finish of that.

Be that as it may. There is the chance you'd get a stomach muscle response. That is an entrancing term meaning, someone under mesmerizing you instruct them to accomplish something then they go ballistic. It might be that she would question and afterward you state, "Goodness alright", and move onto something different.

In the event that that happens later, not in the room, later when you're in the parlor talking you state, "Gracious uh, by the way when I requested that you suck me (... you know or whatever decent terms you use... ) did you article to that?", and she can most likely inform you regarding some experience she had when she was assaulted or when she nearly gagged or whatever. And afterward you will have the option to manage it.

In any case, at any rate on the off chance that she doesn't do it, it's essentially in light of the fact that she wouldn't like to do it. Be that as it may, you found a good pace, a woman doesn't do that after you've been seeing someone some time.

... You found a good pace her... It is valid, they were stating, an overview was done of undergrads and oral sex is in reality down on the rundown of things they would really have defensive intercourse some time before they would have oral sex. So clearly now, school kids are not as worried about moles on their private parts as they are about moles on their lip.

So, there's a ton of things going on there. Be that as it may, surely on the off chance that she doesn't do it, it doesn't mean she wouldn't like to. She may have a few reservations or she's simply hanging tight for you to advise her to do it.

Alright he had a reaction where he stated, "Truly I'm talking about the first or second time in bed."

Show restraint.

First or second time in bed hello. Better believe it. I don't have the foggiest idea; I mean a ton of folks get that. A great deal of the field provides details regarding the web are fewer lay reports but rather more BJ reports. So, there's a great deal of that that goes on. Possibly you need to set the edge for that. I don't have the foggiest idea. Be that as it may, no doubt first or second time. Try not to be in such a rush.

A great deal of women that give penis massages on the first run through, are not doing it for possessing joy or erotic nature, they're doing it to approve themselves as sexy women.

"I truly like the conversation. I can see where I've utilized talk this way and had an extraordinary reaction. I additionally observe where I have to accomplish a greater amount of this and it connects to conversations, I've had with my girl roomies. Thus, the inquiry is, how at an early stage would it be a good idea for you to utilize solid sexual dream talk with, preceding getting anyplace close to the room?"

Definitely like whatever else, you develop it. A tad at once. Somewhat more at once. There's just such a lot of you can do from the get-go in a relationship supposing that you blow it hard and fast early at that point it's simply indecent talk.

It undermines it and causes her to feel like a skank so you can't empty the entire thing. A smidgen at once. Unquestionably right off the bat in a relationship it's all romantic, unstable feely, that sort of thing.

So, you ready and waiting a smidgen at once. The amount to bring out and when. You know alignment, man, you're simply going to watch the woman intently. Indeed, even in a first discussion, there's only a tad of that going on. It gradually heightens and when the subsequent date, the third date. Unquestionably by the third date you ought to have a large portion of your forces out and surely by the fifth date have the entire armed force out doing it.

And afterward from the fifth date, the fifth sexual experience on, I'm simply putting numbers on this you know. It's totally founded on adjustment. From that point on, it's okay, you present something new every night.

I simply needed to state, that many individuals have been posing inquiries about the primary night. However, and genuinely for this stuff to super work it's to a greater degree a long-haul process. It isn't the main date or two.

Try not to expect that she will be your exceptionally devious horny little cum-whore screw bitch on the first night. Or on the other hand second night. It requires some investment. What's more, recollect excessively she's

just going to surrender to such an extent. It's the primary night. She's just going to give of herself of what you give of yourself. On the off chance that you need her to absolutely totally give up to you inside and out, for her to be bare to you all around, you will need to contribute some of yourself.

## Slowing Down In Sex

It's a great opportunity to close the climax hole.

**I** Have you at any point been amidst out and out sex, with everything going truly well, and similarly as you're going to climax your accomplice is done? They had a climax and you passed up a great opportunity?

Lamentably, ladies wind up right now often than not. The climax hole is impeding us women coming - and that is simply not reasonable.

The climax hole, clarified

It takes ladies a normal of 13 minutes longer than men to have a climax. That is a serious hop. I don't think about you, however getting off in a short time is just conceivable when only i'm with my Hitachi Magic Wand. "The climax hole is incorporated with our different male and female physiology," says Wendy Strgar, loveologist and author of the oil organization Good Clean Love.

We must locate a functional answer to this issue. Everybody has the right to have a climax during sex. It's an implicit understanding of copulation: You find a workable pace, find a workable pace, everybody is cheerful.

All in all, what do we do? We must back sex off.

Presently, I'm totally supportive of that immovable fast in and out, don't misunderstand me, however if mother is going to come, we need to decelerate speed to expand the chance of climax, shutting the hole unequivocally.

Sex starts the moment we enter the space

Sex doesn't begin the moment we get the P in the V. It starts the minute we choose to get spirited: from foreplay, to sexual contacting, to all out intercourse.

"Hindering the time, giving ourselves more opportunity to be interested and investigate delight, helps the two sexes," Strgar says. "Removing the center [to] surge toward intercourse facilitates the nervousness about sexual

execution. Infiltration ought to consistently follow [a] clitoral climax because the female blossom[s] with this sort of delight."

This implies ensuring you appropriately set up your S.O's. woman blossom before going all out.

Foreplay the entire day

To back sex off, you must back foreplay off. For a considerable lot of us restless oddities (myself included), foreplay can get disregarded without giving it much thought. One second you're kissing, the following second you have an entrance. It's OK - it happens to potentially anyone.

"Multiplying your [foreplay] time will change the peak, yet the relationship itself," Strgar says. "Give those additional minutes to [a] sexy back rub." You can likewise attempt a little light plume play with a tickler or some areola incitement. Remember the intensity of touch! Run your hands all over your accomplice's body with delicate tickles, scouring, even light scratching. Postponing the headliner will construct expectation... furthermore, excitement.

"Observe how it feels to simply rub the sanctuaries, the internal thighs, the sacrum," Strgar says. "Sexual delight spots exist everywhere throughout the body; and every one uplifts genital reaction."

Think carefully

Strgar says having great sex is tied in with having the option to quiet your mind and be at the time. "Divert your attitude about sex from execution (or accomplishment) to detecting and growing joy in the entirety of its structures."

The cerebrum is the most grounded sex organ we have. The capacity to fantasize and center our minds to open our bodies to delight can be the difference between climax and disappointment. Keep in mind, it's not about how you perform during sex - it's tied in with getting a charge out of the experience.

Improve your faculties

Another approach to improve foreplay is to concentrate on the entirety of your faculties, not simply contact.

Strgar encourages focusing on your accomplice's taste. It will keep you at the time and progressively drew in, the two of which make experiences limitlessly increasingly sensual. Tune in to the sounds being made, which are likewise profoundly enlightening while you delight one another.

Lastly, the sex

Indeed, the sex itself is additionally significant, individuals. When you've truly upgraded basically each and every nerve finishing known to man, you'll likely be reeling to get that penetrative circumstance moving.

One moment! In any event, during intercourse, you should be at the time. Strgar says' everything regarding the strokes - you need to change between full-profundity peen and exceptional, shallow jumps. "Hinder infiltration by utilizing different kinds of strokes, making designs that the two accomplices are following [both shallow and deep]," she says. "Space the profound ones as far separated as you can, for whatever length of time that you can."

This sort of adoration making isn't only extraordinary for delight, yet additionally your relationship in general. "It will amaze you and furthermore unite you during intercourse," Strgar says. Also, that, obviously, is useful for everybody - and their climaxes.

As indicated by late research American heterosexual sex endures just 7.3 minutes all things considered. What's the surge, individuals? If we contrast sex with eating, Americans are what could be compared to an inexpensive food joint-an In-N-Out, if you will.

Sex, similar to nourishment, should be enjoyed. It ought to be a four course dinner.

You don't simply stroll into an extravagant eatery and request your primary course. You take as much time as necessary. For what reason is that solitary 29% of ladies report continually arriving at a climax during sex contrasted with that of 75% of men? This could have to do with the span of sex. It bodes well that less ladies report arriving at climax if it takes somebody with a vulva 10 to 20 minutes to arrive at climax by and large, versus that of a somebody with a penis (For individuals with penises, the normal time between first infiltration and climax is two and three minutes.)

## **The Benefits of Slow Sex**

If you think about the normal term of sex and the differences in our particular climax times, somebody is plainly getting the great part of the bargain here and it isn't the individuals who have a vagina.

This could be clarified by the general absence of instruction in regards to the clitoris in the United States, or it could be because of the male-driven thoughts of sexual delight that ruled our way of life, however hindering sex could be the response to a considerable lot of our socio-social sex variations.

We at Good Clean Love have faith in equivalent joy, the idea that sex ought to be similarly fulfilling for all people included. Right now, joy implies taking as much time as necessary. What's more, prepare to be blown away. Hindering your sex life: being increasingly private, lengthening foreplay, differing your sexual positions, playing with toys and lube... it improves the experience for everybody included!

Equity among people is helpful for progressively constructive, satisfying and practical connections. In pretty much every investigation, the two people report wishing their sex kept going longer. In spite of destructive marks of disgrace, ladies can appreciate sex the same amount of men and men ache for sentimental consideration the same amount of as ladies.

Slow sex, as moderate nourishment, could be a piece of the development towards a more extended enduring, increasingly practical, comprehensive way to deal with living. Considering sex a greater amount of an encounter and less of a demonstration is significant in grasping arousing quality and sexuality. So we should take a little exercise from the tortoise and the bunny and transform this cheap food sex into a top notch food experience.

Keen on hindering your progressively close minutes? We've arranged a rundown of six stunts to help get you there.

### **1. Play with Scents**

For what reason accomplishes it work? Aromas animate the limbic cerebrum which is related to memory, sexuality, and feeling. The limbic framework seems, by all accounts, to be essentially answerable for our passionate life, and has a great deal to do with the development of recollections.

Easing back things somewhere near concentrating on fragrances previously and during sex could trigger excitement and make the experience



increasingly significant for you and your accomplice.

In spite of the fact that, be mindful of what aromas you are picking. In excess of 95 percent of the synthetic compounds in engineered aromas are gotten from petrochemicals. Maintain a strategic distance from artificial aromas and search for every single characteristic decision.

## 2. Use Lube in Unexpected Ways

Examination with elective uses for lube by placing it in unforeseen spots. For instance, look to the common bends of your accomplice's body – their neck, their lower back, hips, or inward thighs. These additional couple of moments of play will lengthen the span of sex and improve the experience.

## 3. Put on a show

There's not at all like adding a little tension to elevate the experience and moderate things down.

The exemplary round of putting on a show and making your accomplice hang tight for their peak is another stunt to having moderate sex. The act of "edging", or "climax preparing", adds more opportunity to your foreplay and lengthens the time paving the way to climax, prompting a more elevated encounter for you and your accomplice.

## 3. Look

Fusing eye to eye connection to your sex is another simple stunt to having moderate sex. Eye to eye connection is a motion of regard, comprehension, and intrigue.

Take a few minutes to bolt eyes and hold the eye to eye connection for sexier commitment. Not exclusively will this add some an opportunity to your daily practice, you can interface with your accomplice in a progressively significant manner.

## 4. Invest More Energy in Kissing

Have you ever known about a philematologist? Indeed, they are researchers who study kissing and they have discovered some truly cool science to back why everybody ought to invest more energy making out.

Kissing can diminish pulse, consumes calories and builds levels of your "vibe great" synthetic concoctions serotonin, dopamine, and oxytocin in your mind.

Stir up your typical everyday practice by investing more energy making out during sex. Discover fun approaches to upgrade your kisses for instance utilizing all common love oils all the rage on the body.

## 5. Concentrate on Your Breathing

Another tip on the most proficient method to have moderate sex is acing breathing systems in the room. This can be vital to lengthening the span of your sex because it can assist you with enduring longer.

Taking full breaths can improve your odds of having moderate sex because it expands oxygen levels in the blood which advances unwinding all through the body. Work on taking some full breaths whenever you become involved with the minute to pull together your vitality to keep away from untimely discharge.

A portion of the ladies I had the joy to address about moderate sex, voiced their anxiety in some structure, that in spite of the fact that creation love in a cognizant, careful, slow way sounds fascinating and promising, they are concerned that their accomplice won't see the advantage of rehearsing sex thusly.

## Dirty Talk and Fantasies

Talking through a fantasy (and playing it out) takes more practice than regular dirty talk. That being said, it can also be extremely invigorating for a relationship and unlock new feelings and passions between a couple. Most people have some kind of fantasy or kink, even if they've never tried it or spoken of it. Because of our backgrounds and other experiences, we're often told our fantasies are gross or bad, so we repress them. However, surveys have shown that both men and women have some things they really want to try, so if you're wondering about your partner, odds are they have a secret. By expressing your desires for a role-play, you are giving them permission to open up, too.

## **How to bring it up**

Bringing up a sexual fantasy isn't too different from bringing up dirty talk in general. Depending on the nature of the fantasy, however, you might be feeling more anxious. Maybe you anticipate your partner being very surprised by this idea and uncertain. This means you should only bring it up when it's just you two, in private, and you are feeling emotionally close and safe. After sex is actually a very good time, because sexy stuff is on both your minds already, and it won't be as jarring for your partner. Another example of a good time: you're watching a TV show or movie, and a couple onscreen role-plays. The idea is already floating in the air, so you bringing it up won't seem so random or startling. Once the time is right, what do you actually say? Here are some ideas:

(After watching a movie/show with role-play): Do you think that looks like it could be fun?

(After watching a movie/show with role-play): I've always wanted to try role-play. Is that something you would be interested in?

(After sex): Next time, there's something new I want to try, if that's okay. (Describe what you want.)

(After sex): Want to hear about my ultimate sexual fantasy?

(After sex): Can I tell you about something I've always wanted to try?  
Refer to a movie or book

If you find it challenging to describe your fantasy in your own words, you can show your partner what you mean using porn (if they're cool with it), reading erotic lit, or previewing a costume or toy. Many sexual fantasies come from porn, and there's no clearer way of showing your partner what you like than by pointing them to a reenactment. If you're both comfortable with it, watching the video together can be a very intimate experience, or they can watch it by themselves. Maybe your fantasy originates from a book or there's a book that simply demonstrates the fantasy really well.

Read it out loud to your partner if you want, or if you feel awkward doing that, have them read it silently. Both porn and/or erotica are great ways to clarify what exactly your fantasy is and gives your partner a good idea of the kinds of words/phrases you respond to.

### **Show-and-tell some items related to your fantasy**

If you know your partner responds best to visuals, you can show off an outfit or demonstrate a toy for them. If they aren't into porn, this is an especially helpful idea, because they get to see you acting out what you want. Tell them to sit back and take it easy while you model your maid/cop/professor/astronaut/whatever costume. Talk to them as if you were that character, so they get a clear idea of what excites you. Show them the toy and explain (sensually, of course) how to use it. If your fantasy doesn't involve a costume or accessories - maybe you want to have sex in a certain location - set the scene with your words or even take them there, pointing out where exactly you would like to get busy.

## **Easing into role-play**

Even if you feel comfortable with regular dirty talk, using it while role-playing can be tricky at first. You're using your imagination a lot more because you aren't just describing what you're feeling in the moment; you're embodying a character or personality that might be very different than your own. As an example, being dominated is a common fantasy for women, and their partners might feel uncertain about how far they should go. Even if an extreme persona isn't part of the fantasy, there's still anxiety about being convincing enough or just sounding dumb. Here are some ways to melt away anxieties and get comfortable with fantasy:

### **Talk it out**

Before you dress up or break out the handcuffs or whatever it is you're into, it's a good idea to just sit down and talk through the fantasy, play-by-play. Often times, the dirty talk is actually the most important part of the experience, especially if the fantasy is something the couple doesn't actually want to do (say, a threesome in the basement of an Italian castle); they just want to imagine it. Get comfortable and set the scene. Say what you want to do and what you want your partner to do. Go back and forth describing the sex. If you are describing a scenario that you plan on actually acting out at some point, be sure to only describe what you would be comfortable doing or saying. If you're narrating a more extreme scene you would never be a part of in real life, be sure your partner knows that. Ask questions to prompt your partner, like:

(Cop/criminal fantasy) "I'm holding the handcuffs and teasing you about arresting me. What do you do?"

(Dominating fantasy) "I've been a bad boy/girl. How are you going to punish me?"

(Cheating or threesome fantasy) "You see me across the room, whispering in a gorgeous woman/man's ear and playing with their hair. What do you want to do?"

(School or workplace fantasy) “You’re seeing me for the first time ever, I’m a new student/coworker/professor/doctor/nurse/etc. What do you notice first, and what kind of dirty thoughts cross your mind?”

(Extreme environments/apocalypse fantasy) “It’s so hot here in the desert and I’m begging you for your canteen. What are you going to make me do to get it?”

(Extreme environments/snowed in fantasy) “We’re all alone here in this freezing cabin and no help can make it through the snow for hours. What should we do to keep warm?”

### **Keep it simple**

Playing out your fantasies doesn’t need to be complicated. Sometimes just an outfit or a toy is all you need to create a sexy illusion. Your dirty talk can be the same as always, if that’s what you want. If you want to spice it up a bit and get more specific, try saying just one dirty thing that’s relevant to the fantasy per sex session. As an example, let’s say you’re pretending you’re a virgin. Slip in “I can’t believe it feels this good my first time.” Maybe you’re a student seducing their professor, so say something like, “I bet I’m going to get an A on tomorrow’s test.” As you get more comfortable, you can start talking more.

### **Establish clear boundaries**

If you’re getting into roleplay, you should have a safe word. That isn’t something limited to the pros. Since role-playing is all about pretend, this safe word will snap both of you back out of it, so you know when things are real and you are yourselves again. Communicate beforehand about the words/phrases you don’t want at all included in your role play. Maybe you’re usually more refined and want to feel dirtier during sex, so words like “slut” and “whore” are welcome during the fantasy, but you draw the line at “cunt.” Maybe you are the partner being asked to call your lover a word you can’t bear to slip past your lips, even when you’re pretending to be someone else. Let your partner know beforehand. Boundaries might change over time, they might not - both are perfectly fine.

## **Dirty talk ideas for different fantasy scenarios**

You're playing out your fantasy in a way you're comfortable with, and want to amp things up with some dirty talk. As we mentioned before, you don't have to say a lot or even say things specific to that roleplay, but odds are it will help really keep you in the moment and strengthen the fantasy. It would be impossible to cover every scenario, but here are some common fantasies and ideas on what to say:

Virgin + bad boy/girl

"I've been warned about guys/girls like you."

"I know I shouldn't do this, but I can't help myself."

"I'm going to make your first time unforgettable."

"Be gentle, it's my first time."

"I'm not sure how to do this. Can you show me?"

"Don't worry about anything, I'll take good care of you."

Cop + criminal

"I've been very bad, officer. What are you going to do to me?"

"I've always had a thing for men/women in uniform."

"That uniform looks awfully tight, officer. Maybe you could loosen up a little?"

"I'm going to need to perform a strip search."

"I'm going to need to handcuff you."

"If you do something for me, I may let you go with just a warning."

Boss + employee

"Is there anything I can do to improve this performance review?"

"If you're not busy, I'd really like to talk about that raise."

"I'm not so sure that skirt/blouse is appropriate for the workplace."

"I keep getting fired because I can't help sleeping with/fucking the boss."

"I hope you're not in the habit of fucking your employees, or I'm going to get jealous."

Student + teacher

"I know you're the professor, but I think there are a few things I could teach you."



“I hope you’re a lot better at fucking/sucking/other sex acts than you are at math/English/science/subject of your choice.”

“If I don’t get an A on the next test, I think I’m going to need extra help.”

“You did very poorly on that last assignment, so I think you could benefit from a little one-on-one time.”

“That lecture was really interesting. Can we talk about it more alone in your office?”

“Congratulations on doing so well on that test. I have an idea about how we should celebrate.”

Doctor/nurse + patient

“It’s time for your physical.”

“I’m going to need to take a real close look at you.”

“Well, you look like you’re in perfect shape. Let’s make sure everything works.”

“I’m having trouble with these buttons/zippers. Can you help me?”

“I’ve been having trouble getting hard/getting wet/getting aroused. Any ideas on how to fix that?”

“When I touch you here, do you feel any pain or something else?”

“It’s time for your sponge bath. It looks like you’re going to need a lot of soaping up.”

## Overcoming Shyness to Keep the Dirty Talk Going

Talking is easy enough most of the time. We've been talking ever since we could form the words and understood what they meant as a kid. Talking is easy, but dirty talking? Well, that's something else altogether. Even the most talkative, chatty, outgoing, friendly personalities hit a speed bump when it comes to playful pillow talk. Some words and phrases have a hard time even making it past your lips. There's bound to be a naughty word or two that can make even the most sexually confident person turn bright red with embarrassment. Why do we react this way? Other times we have no problem voicing our opinions, even when nobody else wants to hear them. Yet dirty talk can reduce you to a flustered, tongue-tied ball of nerves. That's because sex has always been more about "doing" and less about "talking".

Talking dirty is like stripping off your clothes in front of a new partner. You're nervous and wondering what they think or how they feel. Every word or phrase that you utter is like another piece of clothing being taken off, and all the while you're wondering if they like it. Are they turned on by it? Or worse, is it putting them off? Do they find it sexy when you do this? Do they want you to stop? With so much to think about it's no wonder building our carnal confidence verbally is not the easiest task. If you've never done something like this before in front of your partner, the sudden use of vulgar words might catch both of you off guard or even shock you.

### **Overcoming Shyness Step 1 - Practicing on Yourself**

Overcoming shyness is going to be tricky for a lot of people, so before you start trying out some of your newfound dirty vocabularies out on your partner, a better idea would be to practice on yourself first so you can get the feel of it and get comfortable with the idea of saying this out loud. Pick a couple of words or sentences to start with, and then practice talking dirty

to yourself as you masturbate. Don't worry about feeling silly, no one can hear you anyway. As you masturbate, talk dirty to yourself to heighten your arousal. Focus on the pleasure that you feel and blurt out how you honestly feel. Simple phrases like "Oh yes, that feels so damn good" is already off to a good start. It's better than staying silent anyway and the more you practice repeatedly talking to yourself, the less awkward it becomes with each practice session.

### **Overcoming Shyness Step 2 - Imagination**

Once you've become comfortable with Step 1, it's time to take it to the next level. The second step to getting over your shyness is to imagine you're now having sex with your partner while you masturbate. Do everything that you were doing in Step 1, except this time you're going to add an element of visualization into the mix. If you're the man, visualize that you are now sliding your hard penis into your partner's vagina as you slip it between your fist (don't forget to use lubrication). As you visualize and slide fist up and down your penis, imagine it's your partner on top of you and you're telling her "Baby, your pussy feels so good and tight". If you're the woman, visualize that your man is sliding his penis in and out of you as you use your fingers (or a vibrator) to do it. While you do this, imagine your man is on top of you right now and tell him "Your cock feels so hard inside me. That feels so good".

### **Overcoming Shyness Step 3- Honesty**

Now, words like "good" are considered basic level dirty talk, but it is a good place to start practicing with as you work your way up to the more explicit stuff. Dirty talk takes confidence, and if you don't have it, you need to work on it first or it's going to sound uncomfortable and forced when you try to do it with your partner. With dirty talk, the one rule you need to remember is this: The greater your description, the better the impact. Be as descriptive as possible to make it good for both of you. The easiest way to do this is to vocalize all the sensations that you feel. If her pussy feels tight, tell her how tight it is and how good that feels. If your man feels nice, hard, and thick inside you, let him know how good that feels. Describing the sensations you feel in an honest, raw way so that it hits home and doesn't feel like you're faking it. For example, don't describe your partner's penis

as “thick” if it doesn’t feel that way and you both know it. Honesty is going to be the best approach in this instance.

Think of the best way to describe each sensation that you feel with honesty. Think about your partner and what they like. What do they want to hear that is going to stroke their ego and boost their confidence. If your partner is worried about his size but you love the way he feels, then tell him you love how he fits you perfectly. Is your partner self-conscious about her body but you find it incredibly sexy? Tell her how just looking at her is enough to bring out the animal within you.

#### **Overcoming Shyness Step 4- Think Positive**

Most people are too hung-up over the notion that dirty talk is cheap. That it’s not something “good girls” or “good boys” would do. You might expect that from low-grade porn movies but that’s about it. If you’re hoping to become a lot more erotically eloquent, then you need to get over this idea that sex is dirty or unclean and so is talking that way. Sex is part of what it means to be human, and trying to deny that fact is like denying a part of yourself. Your sexual persona is only one part of who you are. It doesn’t define you. Just because you like it dirty in the bedroom, it doesn’t mean that’s who you are in real life.

Our bodies and our genitals are not dirty. Words like penis, breasts, balls, vagina, boobs, cock, and pussy, those are not words to be ashamed of. They are nothing more than terms used to describe the various parts of our bodies and treating them like a shameful thing is only feeding into the stigma around dirty talk. Take off your clothes, stand in front of the mirror and look at your body. Look at your genitals, touch them and say the words out loud. Describe what you like most about what you see. If you think your breasts are your best feature, then say that out loud in front of the mirror. Tell yourself “My breasts are incredible”, or “My nipples are perfect, small, perky, and just the right size. My breasts are a nice, big, generous handful and they drive my man wild.”. Focus on only positive body image talk when you’re doing this exercise. Learn to love your body for what it is. There’s no need to compare them to anyone else.

#### **Overcoming Shyness Step 5- No Judgment Zone**

The bedroom is the one place that should be free of all judgment. Couples should treat this as a safe space. They can be open and honest with each other about their innermost kinky thoughts without fear of being shunned or

judged by their lover. Remember, healthy sexual communication is good for your relationship and keeps you both on the same page. Refrain from criticizing your partner when they bare their thoughts, even if what they say happens to take you by surprise and absolutely refrain from rebuking your lover when they're trying to tell you how they feel. Be honest and respectful. If what your partner said maybe felt a little too dirty for you, let them know and work out a compromise you can both agree with.

Great sex involves giving and taking. Both partners need to be actively involved. Dirty talk needs to be reciprocal, not just one partner doing all the work and dominating the conversation. It's important to take turns vocalizing how you feel so there's an opportunity for both partners to get to know each other in a deeper sense.

### **Overcoming Shyness Step 6- Build Your Vocabulary**

As children, we were taught to read a lot to develop our vocabulary and this same principle can be applied once again to what goes on behind closed doors. There are more than enough words that exist today describing sexual experiences and genitals. Erotica novels, porn movies or video clips, slangs and sensual films should be treated as a source of information and give you an idea of the kind of words you would like to use yourself. If you want to describe intercourse with words other than f\*\*\*ing, alternative words include boning, shagging, screwing, bumping, grinding, and more.

Using the word vagina not your cup of tea in the dirty talk department Try alternative words like pussy, or cheery pop. As for adjectives, there's juicy, mouthwatering, succulent, moist, yummy, or luscious. As for the penis, words like cock, dick, jackhammer, love muscle, joystick and more that could be used as descriptors.

### **Overcoming Shyness Step 7- Laying Down the Ground Rules**

It's easier to come out of your shell when you feel secure enough to do it and that's what ground rules are for. If this is something, you're both new at and trying for the first time, setting some rules and boundaries helps to maintain a level of respect. Your partner may be open to the idea of being called a "naughty little slut" but you may not be open to being called a "cockwash" just yet. For couples who are worried about dirty talk sounding cheap, ground rules are going to help them get over those obstacles.

Be mindful of each other's boundaries as you acclimatize to this entire experience. Carrying out your sexual fantasies can be incredibly hot in bed, but only if you're both on the same page about it. Boundaries are not meant to serve as restrictions, but rather to give you a sense of security so you both know when not to go too far. It helps you keep the entire experience as enjoyable as possible. Boundaries are there for your benefit in the beginning. If you want to test them or push past them later once you've gained more experience, you can, but only if both of you are comfortable with the idea. Like sex, this is a two-way street and both parties must give equal consent or it's not going to be as enjoyable as it should be.

## The Relevance Of Dirty Talking During Sex In A Relationship

**Y**ou need not have the skills of a sex operator to spice things effectively with dirty talk in the bedroom. If we know it or not, we all engaged at least once in our lives in a little dirty talk during sex. Dirty talking can really be anything, ranging from soft sensual playing to intensely sexy chatting. One of the main advantages for most people who adopt this act is that it means that you get your partner's pleasure in bed. This article gives readers filthy tips and advice on spice in the bedroom.

It's really straight forward when it comes to men and gender. Not only is their area of stimulation very clear, but it is also easier to tell if they are happy or not. On the other hand, women are not so fortunate and most end up with less than stellar results at their bedroom than risk offending the dignity of their partner. The easiest way out is to dirty talk.

Many people don't know where to start when you dirty talk and more often than not have this totally wrong impression, that it implies disrespect for your partner.

The fact is that dirty talking is just a sensual way to say those words to make your partner grow into a state of carnal anticipation that can compete with the main act. The key is to know how relaxed your partner is and is not. The easiest way is to approach the subject carefully in advance.

Once a mutually beneficial agreement has been made, take it only gradually. The next time you're in bed with your friend, tell them in a seductive voice what you would like to do or what they want to do to you. Once, it's relatively simple when it comes to men-it has been shown that most, if not all men enjoy dirty talk.

Only start wearing something sexy and then taunt it to touch you the way you want with verbal details rather than physical. The man has to know what to say to women to get his lady going. Each female, however

traditional, has a naughty vixen in her. All it takes is a few well phrased words to lure her out.

Many people blush and shy when it comes to talking about gender or problems of a carnal nature. We don't pretend to know anything about it or want to be treated like doing it. Unfortunately, the result of this fact is that most people are dissatisfied in bed with their partners, who can lead to the end of even the best relationships in history.

When it comes to what turns us on or makes us warm, we are all special. Dirty talking (when right) is, however, one of the few guaranteed ways to ignite everyone's carnal appetites.

Knowing how to use dirty language in the bedroom simply means a willingness to learn, a creative mind and a sexy lover. The secret is that it plays on the imagination. You no longer only stimulate your partner by sight and touch alone, adding sound to the mix creating an aura of excitement that can be as thrilling as the main act.

Dirty talk is a kind of sexual game that uses sexual phrases that enable the imagination to take greater forms of pleasure. While practically everyone can use this, you have to know exactly what your partner likes. Using the 'false form' of dirty speech may lead to a negative result, far from the expected result.

As such, it is important to know some key things before you enjoy sexual activity:

1. Two different forms of dirty discourse exist; soft and harsh. Most people often use relatively tame sensual phrases to ignite their partner's passions before they become a sexually vulgar hard-core language. Nonetheless, you must be mindful of your partner's style.

2. Speaking dirty is more about what you do than what you say. You can use the most common sentence every day to turn your partner on by making it sound more sensual.

3. Note that it's not about disrespect to chat dirty. It's about spicing up your life by trying a little... special.

If there is no confusion or disagreement, it is best that you discuss the subject with your partner in advance and, unless possible, create boundaries. The aim of dirty talking in bed is to make both parties more comfortable during sex.

Dirty talk is one of the sure ways to make your partner completely mad about you. After all, you can only consider your partner dizzy and without



good pleasure and know that you are the one who took them to their top. If you have never tried to dirty talk before, this article will give you a few hints about what to do. When you play sensual games regularly, this will help you come up with new ideas on how your partner can impress you.

Dirty language can be used to seduce, thrill or add energy to a monotonous relationship. Some of the tips to ensure that your partner burns for you are:

1. Taking it slowly—Work up with gentle sensual whispers to render nervous or reluctant first timers until you step out of heavy weapons.

Each person likes dirty talking, when in a crucial moment you find your mind blank, just lean into your ear and whisper what you want him to do or what you want him to do.

2. Let it be normal—that simply means that you should use phrases and words that you say comfortably. If you're not used to thinking these words at least, they are stunned and confused and it isn't sexy. I'm sure we've all learned 50% of sexuality from confidence, well the same principle applies to dirty talk.

3. Role Play—This can make the whole process much easier for each party by adding a bonus to inspire the material. It's not just about telling your partner to "go faster, quicker, right there!" but also about building a psychological connection that stimulates your imagination.

4. Be innovative—Content is important, as described above. Though it may be that your man likes to hear you say how warm he is naked, or how challenging he is and how good it is within you, the new phrases will soon be worn out. The trick to understanding what your partner likes is to research them when it comes to dirty words.

5. Play a game—it's part of the dirty talking cycle in which you're both involved. It can include a word or a description of a favorite piece of the body, and then a sensual play based on the word or body part.

## The Psychology Behind The Language Of Lust

Perhaps the greatest appeal of dirty talk still lies in the idea that it's taboo. You're probably thinking: Taboo? You're kidding! We live in enlightened times... And yet even though we've emerged from the dark ages, the reality remains that sex is continuously censured. The human mind has been pre-programmed to perceive sex as a sensitive act, which is only done and spoken of behind closed doors. This is something that we won't be able to get rid of that easily. And so, despite our liberated front and our over-sexed culture, despite the accessibility of pornographic materials, even talking or reading about sex is still enough to bring about a little tingle of excitement or stir a secret shame within.

From the time we were kids, we were taught by our parents that saying bad words is well... bad. But now we're adults and somehow, breaking that rule with one's partner while in bed feels oh-so-good. It's like saying: "Fuck yes! I'm a grown man/woman and I'm owning it. I can say whatever I want to and no one's going to stop me or shame me for it." Sadly, not all adults are as free. Some are still subconsciously bound by the same old rules. And so, they strive to be good girls and boys even in bed. It's not to say that they're immature. Rather, it may be that the shackles of societal conventions bind them too heavily. But that's all part of the fun in dirty talking! The fact that you get to say what you can't in front of others makes the lovemaking more intimate, rawer and more real. The moment that bedroom door closes and the first nasty word pass your lips, that's the time you really strip in front of your lover.

In some ways, voicing out all the freaky things that are on your mind is more revealing than taking your clothes off. After all, in the latter, you only bare your body while in the former, you bare your soul.

Sex is first conceived in the brain. In fact, 80% of the sex we have in our lifetimes occurs inside our heads. These comprise of the carnal memories, the build-up of desire, and the conscious and subconscious fantasies. These

are the driving forces that influence all things that we do during the actual intimate act. By the time you slip into the sheets, your brain has been leading up to the erotic encounter. In other words, even before you start getting down and dirty with your lover, your mind has already fondled and fucked him/her a thousand times over.

Perhaps you've already read somewhere that the brain is the largest, most powerful sex organ that men and women commonly share. After all, the brain has a boundless reserve of sensual stimuli and it's where the sex drive originates. Each time you moan, scream, or whisper something into your lover's ear, his/her brain's hearing center processes it. It is also processed by the temporal, frontal, and occipital lobes. So, while this important sexual organ may not be touched physically, dirty talk before and during sex allows you to lick, caress, and fuck various parts of your lover's brain all at one time and all while you're pleasuring your partner's body.

Dirty words are, in a way, the quickest, surest way to fuck your lover's brains out.

True enough, the correct amount and type of carnal convo can titillate your lover's mind. Yep, you read that right. There is such thing as the correct type and amount of dirty talk. That's because women's and men's brains are wired differently. There's a huge difference in how male and female limbic systems work in the brain.

Scientific research reveals that the preoptic area, that is, the section of the hypothalamus, which is concerned with mating behavior, is twice as large in males in comparison to females. Moreover, it is made up of twice more cells. In other words, the male gender has a larger hypothalamus. So, what does this mean? Since testosterone production is triggered by the gonadotropin-releasing hormone from the hypothalamus, this means that men have higher levels of circulating male sex hormone. This consequently triggers their desire for sex. Conversely, in the case of the female, which has a smaller hypothalamus, the testosterone, and thus, the sex drive, is not nearly as high in comparison.

Women link romance with emotions while men link romance with sexual affirmation. While sex for a man is about confirming his vitality and his manhood, sex for a woman is about reassurance that she is attractive, accepted, and adored. Therefore, if you're a woman, a surefire way to bring your man to the brink of desire is to use dirty words that praise his manhood. Simply put, if you worship his cock, you worship him.

Conversely, if you're a man, a guaranteed way to get your woman in the mood for love is to compliment her body. In other words, make her feel like a goddess and she will indeed perform like a goddess in bed.

Dirty talk works by giving your partner exactly what he/she needs.

Per research, a lot of women who hold dominant positions in their careers prefer playing a more submissive role in the sheets. The woman may be the boss in the workplace. She may be the one giving all the orders. But in bed, in order to get excited, she needs to feel something that she doesn't get to feel in her everyday life: She needs to feel that she's vulnerable. When you command her in a dominant tone, this stimulates the amygdala aka the fear center of her brain. This snatches the control away from her hands and that's what makes it exciting for her. More importantly, you're lifting the weight of the responsibility off her shoulders. This allows her to just let go. Because for once, it's not her duty to be in control of everything.

In the heat of passion, it's easy to just focus on oneself and forget what the other is feeling. This is why a lot of lovers make the mistake of neglecting their partner's needs at a crucial moment in lovemaking. Dirty dialogue during sex enables us to be more open to our partner's immediate needs and desires so we can take care of those needs. To put things more plainly, dirty talk allows us to become more sensitive, more generous lovers.

At the same time, dirty talking during sex permits us to voice out our own wants and desires without sounding too selfish or too demanding.

Many self-help books on the topic of sex will urge you to maintain open lines of communication in bed. They'll tell you to be honest and informative and respectful. This way, you and your partner can both give each other what you want and need. However, what they fail to mention is that there is an art to it.

There are also some sex guidebooks that will tell you to just zip it. They'll advise you to minimize talk during intercourse because this can distract your lover and possibly kill the mood.

So, which of these books are preaching the truth? Here's a secret: Both are. While feedback is necessary for great sex, any words that come out of your lips can distract you and your lover's thoughts from the moment. Moreover, any spoken words during sex can easily be misunderstood.

Look at the example below:

"Honey, please don't come before I do."

Politely put? Yes.

Honest? Surely.

Instructive? Definitely.

Sexy? Not quite.

Distracting? Very.

In fact, such a statement may end up embarrassing your lover. So instead of being helpful, instead of improving the quality of lovemaking, you end up making your partner feel that he's selfish, or inadequate, or that his lovemaking style sucks. Moreover, such a statement will only reveal that you're nowhere close to achieving orgasm. While this may be true, this is not necessarily something that your lover should hear while he's figuratively (and literally) busting his balls trying to make you come.

Here you will realize that while dirty talk may be labeled by some as offensive, it is in fact, the most non-offensive way of communicating your wants and needs to your partner. Just take a look at this "filthified" version below:

"Oooh... That feels so good, hon. Keep doing that and I'm gonna come so hard!"

See? The thing about dirty talk is that it is completely congruent with your dirty deed. Thus, it allows you to instruct without having to distract. It enables you to honestly reveal that you're not yet close to climax without making your lover feel like a loser. Instead, it encourages your partner to perform better so he/she can reap the immeasurably gratifying reward of making you come... so hard.

Dirty talk allows you and your partner to be true to yourselves and to know each other in the most intimate sense of the word.

In daily life, there's this constant pressure to conform to society's standards. There are only certain things you can say. There are only certain things you can do. Dirty talk allows you and your lover to tap into your more primal, more creative natures. In other words, it brings out the animal within, all without fear or shame or guilt. This pertains to the wild and sensual part of ourselves, which is oft lost, oft forgotten, and oft allowed to wither and die. This part is frequently suppressed by our fear of being judged, of being called a freak, or of losing our partner's love. However, lovemaking will never be so great until both your inner beasts can face and embrace each other without anxiety and without embarrassment. When you and your partner can see through each other and accept what you see within, only

then can you truly call yourselves intimate lovers. Only then can you truly call someone the mate of your soul.

You can stand naked in front of anyone. You can kiss, caress, and make love to anyone. But to allow someone to peek at your thoughts while you're in a most vulnerable state? That entails trust. That entails a special kind of love.

If you're not sure if your partner is ready for your idea of fun, a great way to test the waters is through some dirty talking. Think of it as a lube to smooth the way before fucking your lover in a way that he/she has never dreamed of being fucked before. For instance, if your bedmate still cringes upon being called a slut, then chances are, he/she is not ready to be treated like one. If, however, your lover seems to respond positively to the word, then chances are, he/she is open to the idea. And we all know how easily words can turn into deeds.

## CHAPTER 20:

# Dirty Talk Mastery

**Y**ou've learned the basics and read the examples. Maybe you already applied some of the advice I've given you. If so, well done! If you haven't—no worries. I want you start taking serious action once you've finished this book. You're so close to earning your honorary "Master's Degree in Dirty Talk", let's see how we can put all the information together and create a sexual experience for him he'll never forget.

## **Know thy Man**

In order to master dirty talk, you need to know your man and what turns him on. The more you know him, his desires, fantasies, and preferences, the more you are able to cater to those needs and the higher the chances that you'll satisfy him fully, to the point where he can't get enough of you. In other blunter words, the more you know him, the harder he'll cum.

1) Know your man's triggers:

Does he get turned on by certain words? If so you want to use those words primarily. Does he hate certain words or are there any that just don't do it for him? Then don't use those words.

2) Know your man's preferences:

What sounds, expressions, phrases, and questions really do it for him? Does he prefer any of them? What is he not a fan of, for example, does he like to be asked questions? Does he like a lot of dirty talking, or should it be more complimentary?

3) Know when to use what:

Most people prefer the use of full phrases before sex and during foreplay. During sex you want to use expressions and noises rather than full sentences.



## **Make him Feel Manly**

What role does your man play in your relationship? And how does he want to be perceived? How does he see himself? Does he work a lot and wants everyone to recognize that he's a hard worker? Or is he a gym rat, big and buff and wants his body to be admired? Maybe he's a smart one and wants others to see how clever he is. Whatever makes your guy feel manly, use that to your advantage. How? Well, for example, if he loves working out and it shows in his physique, go up to him, touch his muscles, admire and compliment him on his body. Of course, it has to be sincere. Then simply integrate that into your dirty talk, for example, "Mmm, I would love to feel those strong hands all over my body."

As you probably already know but have not thought about in a while when it comes to your man, men are always secretly seeking validation in their masculinity. Every man wants to be perceived as strong, powerful, and potent. When it comes to how women perceive them and what role they play, they want to feel like they're the ones in control and with all the power. There are, of course, some men who prefer to be the submissive one in a relationship. Quite often people who are in a leadership position or have power and responsibility in their day to day life like to be submissive in the bedroom. It's up to you to find out if he likes to be dominant or be dominated.

Depending on what role resonates with him, a different set of words and vocabulary is necessary to really get him going. The goal is to personalize your dirty talk as close to his cravings as possible. That's the way to crack his code.

## **Build-ups**

We learned what to say and how to say it. The last step is to know WHEN to say it. This is about rhythm, flow, and timing. We can compare this whole “talking dirty to him” thing to playing a song. It’s essential in musical performance to know when to hit each chord. Throughout every song you will notice a certain progression, a build-up: most songs start off softer at first and then intensify toward the end until some form of climax is reached. We can use this basic structure and apply it to dirty talk, particularly foreplay. Thus you want to (1) start slowly, (2) work your way into it, “feel the groove”, and (3) ultimately build intensity to climax.

### **Dirty Talk Example**

Let’s say you’ve been home for a bit now but your man is just coming home from work. He walks through the door and starts his routine. For example, he goes into the kitchen and gets himself a glass of water. Take this opportunity to begin your seduction. Go up behind him, give him a kiss on the neck, and massage his shoulders a bit. The conversation could go like this:

You: “Hey baby....”

Him: “Hey honey.”

You: “You seem a little tense...?”

Him: “Yeah, it’s been a long day.”

You: “My hard working man.... Do you need someone you can take all that stress out on?”

Him: “I wouldn’t say no to that.”

You: “Yeah? You wanna take it out on me in the laundry room?”

Him: “Yeah!”

You: “Follow me.” (You would then go to the laundry room, close/lock the door, and start kissing slowly and take a little time before you go to next line.)

You: “You want me to put in my mouth, baby?”

Him: “Yeah.” (You unbuckle his belt, open his pants, and do your thing.)

You: “Yeah, you like that, baby?”

Him: “Yeah.”

You: “You wanna bend me over and f\*ck me?”

Him: “Yeah!”

You: “Mmm baby...”, “Oh god”, “Mmm”, “Oh my god, that feels so good!”, “I love when you f\*ck me like that!”, “Mmm, don’t stop, baby!”, “Yeah, don’t stop!”, “Oh my god, I’m gonna cum!”, “Oh my god, baby!”

This is just an example of a possible scenario (and of course you wouldn’t say everything one phrase right after the other, like a robot). The central theme here is the “release of stress” because he’s a hard worker.

Know how to “build it up slowly”

It’s a huge turn-on if you know how to step it up at the right moment. Tease him at the beginning of the day, send him one (or a few) sexy text message(s) throughout the day to build anticipation. This is also known as “sexual framing”. Once he gets home, whisper something sexy in his ear like “I’ve been thinking all day about touching you.” Then during foreplay take the opportunity to go all out when it comes to talking dirty. Let’s look at our toolbox and see when we should use what.

Before sex: Teasers + triggers

During Foreplay: Triggers + phrases + hypnotic questions

During: Noises + Expressions (+ maybe some phrases if you want)

You want to tease him first to build sexual tension. Build in triggers so that his mind picks up on what you’re trying to convey. During foreplay you can use phrases and questions to engage as well as hypnotic questions. During sex, you want to avoid long sentences and rather use noises and expressions in order to show him that you’re enjoying it. This is what a lot of people get wrong because they think they have to talk dirty the entire time. (If you are doing it right, you shouldn’t even have enough breath to say a full sentence anyway.) However, dirty talk is most effective when used throughout the day as teasers and during foreplay.

## Sex Positions

### Sex Positions to Enjoy

here are sex positions for every desire and mood.

**T**The Idler

The idler comes from the Kamasutra teachings and already reveals that you can relax in this position wonderfully. Here's how it works: The woman is lying on the bed with her legs up, her head resting on a soft pillow. He kneels in front of her and can easily penetrate her with slightly open thighs. Then he leans back slightly with his upper body and leans his arms backward.

Missionary position

If you do not feel like you are going crazy, choose the classic of all sex positions on a lazy evening: the missionary position. Boring? That is not guaranteed, because while the woman lying relaxed on her back by the bed, she can put on the legs a little so that the partner can penetrate even deeper. This ensures intense feelings of pleasure, without effort.

The side samba

Back to the magic of the Kamasutra: The lateral samba sounds exotic, but is especially for the woman very comfortable and optimal for sex after a hard day's work. She lies on the side of the bed and stretches her legs forward at right angles. So, the body takes on a kind of L-shape. It's best to put a large cushion in front of your upper body so you can stay in position without having to tense up too much. He then lies down over you, braces sideways and you're ready to go.

Spoons

Perfect for cuddly sex for two is the spoon positions. Both partners lie one behind the other and on the side of the bed, very close together. The man can then love you from behind. With his free hands, he also has the

opportunity to gently touch the breasts and clitoris - more pampering is not.

### Face to Face

The face to face position is very romantic and cuddly, and you can keep eye contact with your sweetheart. And this is how it works: Both partners lie facing each other on the bed. The woman then pulls up her knees - and wraps around her pelvis with her legs. In this position, he can penetrate you well and set the rhythm. If you have a little more energy, you can stroke your penis in this position, otherwise, you have to enjoy it.

## **Powerful Sex Positions for Male Orgasm**

You may think that you don't need the best sex positions to get an orgasm. It is well known that men can get an orgasm in any position, regardless of whether there is someone to share it with.

The positions we are talking about here, however, are the positions with which men can experience unprecedented, mind-blowing orgasms that they can share with a particular person. These positions offer the possibility to make your orgasms even better.

### **The Powerful Sex Positions for Male Orgasm**

#### **Position 1: Cowgirl**

The first on the list of the best sex positions for a male orgasm is called the Cowgirl. This is a classic, tried and tested position for men that promises maximum penetration and optimum pleasure. This will give you the best sex you have ever had. The woman does all the work at this position. Of course, the man can help, but she rides him while lying on his back and enjoys the view of her bouncing breasts. The maximum penetration ensures that the man is optimally stimulated. This position can also be performed in reverse when the woman faces her in the opposite direction.

#### **Position 2: Around the Bend**

Around the Bend is also one of the best sex positions when the man wants to experience an explosion of unparalleled proportions. For many men, deep thrust is a sexual urge. Unfortunately, with many of the traditional sex positions, it is not possible to push very deep, which means that men sometimes need something more. Around the Bend is a position with which the man puts the woman over the nearest piece of furniture and buries herself as deeply as possible from the first moment. By spreading her legs and raising her buttocks, the man can push deep inside without having to worry about hurting her. When she needs more intimacy, the man can simply bend over until his chest touches her back. This ensures that it feels more like a shared experience for her.

#### **Position 3: Inverted Rear**

The Inverted Rear is also one of the best sex positions for a male orgasm, simply because it makes bumping so easy. The man is lying on his back and

the woman is lying on top of him, facing the ceiling. He pushes her legs aside and grabs her thighs, bringing them into an upside-down stray position. Her freedom of movement is somewhat limited in this position, but the man can do almost anything he wants. With the Inverted Rear, the man can bump as deep and as long as he wants.

#### Position 4: Full Mast

If the woman is pretty limber, you can add the Full Mast to the list of best sex positions for a great male orgasm. The woman lies on her back and lifts her legs until they are at a 90-degree angle with her body. The man is kneeling in front of her. He lays her legs against his chest and holds them tightly together. The man is not only able to push deeper, but it also feels a lot tighter than normal because her thighs are tightly pressed against each other. The woman must have sufficient support in her back, in case the man becomes a little too enthusiastic while working towards his peak.

#### Position 5: Lotus

Lotus is also one of the best sex positions for man's enjoyment. That is because here, just as with the Cowgirl, the woman does most of the work. The man sits cross-legged on the bed and pulls the woman on his lap. She wraps her legs around his waist and lifts herself on his erection. If it is difficult to move up and down, it can swing back and forth. With this, she can reach just such an explosive end, while relieving her lower back. It is still easy when you lean against a wall or headboard.

#### Position 6: Doggy Style

It seems that the Doggy Style position is on all lists of the best sex positions, and this also applies to this. Doggy Style is not only the most used position in the porn industry, but it is also one of the most primitive scenarios when it comes to sex. This position is all about the man. It is a very easy position to perform and offers the man the opportunity to penetrate her deeply. Some women miss the intimacy of this position, but men can remedy that by stimulating other parts of her body while working towards their orgasm.

## **Powerful Sex Positions for Female Orgasm**

Research shows that it is the stimulation of the clitoris, not vaginal stimulation, which is the power of the "female orgasm."

Every woman is different when it comes to orgasm, but the next seven positions are those that tend to lead to success more often.

See which of these positions works best for you. Fortunately, there are many ways to increase your chances of achieving orgasm.

### **The dominating female orgasm**

When it is on top, the woman can control the speed and depth of penetration, driving the rhythm of sex. For women who like to have control in bed, this is the ideal position to leave your partner crazy horny, and so do you, since the power to dictate the rhythm of sex is yours.

With this position, the bodies do not stick together, allowing the partner to caress her breasts, thighs, and clitoris. This position is also favorable because the woman commands the clitoris rubbing on the partner's sex.

### **The opportunists- female orgasm**

With her upright, the penetration from behind greatly stimulates the woman in the area known as the G-spot on the front wall of the vagina. It is a position that the woman feels powerful when she realizes that it excites the man. The hand is free to stimulate the clitoris.

### **Cavalcade- female orgasm**

When she turns her back on the man, the couple gains a different angle and both can control the rhythm.

With your partner lying down, sit on him on his back and discover in that position the climax of pleasure.

The angle with which the penis enters is perfect for achieving the female orgasm. You will be more comfortable without eye contact with your partner and can stimulate your clitoris with more delicate movements. He, in turn, gains an exciting view of the scene.

### **"69" female -orgasm**

A great way for female orgasm is oral sex. This is a position of mutual stimulation. It is very intimate and pleasurable for the couple. The woman



gets aroused because the man can practice movements with the tongue on the clitoris smoothly.

69 is a great sexual position for preliminaries. Any couple can use oral sex as a way to have pleasure, even without penetration.

### Female Cowgirl-Orgasm

One of the best position for the woman to achieve orgasm. Your partner is seated and you sit up and face him, entwining your legs around your waist. The eye of the eye provided by the position excites and helps to spice up sex. For this reason, it is one of the preferred sexual positions between men and women.

In this position, the penis reaches the anterior part of the vagina; it is the stimulus of the clitoris by friction with the pubis of his companion, which greatly facilitates the female orgasm.

### On the side with female touch-orgasm

This is the famous shell. This position is capable of arousing hot and spicy sensations. There is no secret of fit and still allows for caresses of various types. Besides being one of the most comfortable sexual positions for the couple.

While your body is in contact with your partner, how about masturbation. What do you think? It is the perfect combo for you to reach orgasm without great difficulties.

### In the female orgasm chair

Sit on your partner's lap, facing each other. The main thing is that you can support your feet on the ground since you will command the joke. Experience up-and-down, shuttle, different angles, swing, and spin movements.

For the penetration to be very deep, your partner should hold it by the butt and pull it against the body, as if they were never to detach from each other.

## Putting it all Together

**B**y this point, you've learned the basics and read plenty of examples of dirty talk. Now it's time to put all that you've learned together and create a better sex life than you ever thought possible, and a deeper connection with your partner than ever before.

### Know Your Man

In order to cash in on the benefits of talking dirty to your man, you have to know what he likes.

The more that you know about his desires and fantasies, the more likely it is that you can cater to them and give him all that he needs – within the relationship!

### Find His Triggers

Is your guy turned on by certain phrases? Is he turned off by others?

Take note of what makes him hot and keep using it! Take note of what cools him off and ditch it.

### Discover His Preferences

Watch your man during foreplay and sex – what sounds, expressions, words, etc. turns him on?

You're looking for your man's "triggers" while in bed, just as much as you looked for them when you two were going over your lists of words or phrases that turn you each on.

If you pay attention, your guy will tell you all that you need to know to cater to his wants and needs with just his facial expressions and level of excitement.

### Know When to Use Your (Dirty) Words

Most men prefer the use of dirty talk phrases during foreplay or before you even make it into the bedroom.

Stick with single words, sounds of pleasure, and expressions of ecstasy once you're actually doing the deed.

### Make Him Feel Appreciated

All men, and I do mean ALL men, need to feel appreciated.

For many, simply acknowledging their particular strengths (buff body, super smart, hard worker, etc.) is enough to make them feel good.

When you take that appreciation into the bedroom, it really helps you to connect more deeply with your guy.

For example, if he works out a lot and is proud of his physique, tell him that while he's being intimate with you – "I love the feel of those big, hard muscles under my soft skin."

I can't tell you how many men have called me for phone sex and told me that their wife just didn't appreciate or understand them. And these are the decent guys that stick to getting their needs met on the phone, and not taking them to the streets to find a hooker.

Taking the time to tailor your dirty talk to include the things that he works hard for and finds the most important will pretty much guarantee that he will never look anywhere else for accolades and love.

Learning the Rhythm of Seduction

Knowing when and how to use dirty talk can be a huge turn-on for most men.

If you take the time to spread things out throughout the day, you will have him constantly thinking about (and wanting) you – guaranteed.

You want to tease, build tension, and then relieve it.

Think of it as "sexual framing" – you're getting your man set up to get what both of you want and need by following a formula like the one below.

Before Sex: Teasers + Triggers

Foreplay: Triggers + Full Phrases

During Sex: Noises + Expressions + Single Words

There's a definite rhythm to seduction, and if you take the time to learn it, practice it, and then master it, you will have one happy man!

50 BONUS Dirty Talk Examples

As a thank you for reading Dirty Talk Diva, here is 50 extra dirty talk phrases to try on your man.

These range from mild to wild, and everything in between.

Remember that it's all about having fun and deepening that connection – enjoy!

1. Tell me how you like to play with yourself.
2. Do you like it when I touch myself here?
3. No one has ever made me feel this good. Ever!

4. Kiss me right there...lick every inch of me.
5. Get over here and ride me hard!
6. I want you to use me as your own personal toy.
7. Fuck me! Right here, right now!
8. Touch yourself...I want to watch you.
9. Do you want more, baby? Then take it!
10. I want it in my mouth. Give it to me, please!
11. God, I love it when you look at me that way.
12. Where do you want to put it tonight?
13. You want to put in my ass, don't you, dirty boy?
14. Make me your dirty little whore!
15. I get what I want, and you're going to give it to me.
16. If you're a good boy, you can have any hole you want.
17. Listen to how wet you make my pussy, baby.
18. I want you to lick my pussy clean for me.
19. Oh, God! I love it! Don't you dare stop!
20. Sucking your dick gets me so fucking wet.
21. Put it inside of me right now...I need it!
22. Pull my head down on your dick and fuck my mouth.
23. I'm your sex slave for the night...what do you want?
24. I want you to fuck me up against a wall, baby!
25. Get over here, big boy, and show me who's in charge!
26. Tell me where you want to come...
27. I want your load, right now. Cover me with it!
28. Mmmm, I love it when you smack my ass!
29. Tell me how much you love my pink pussy.
30. God, I love being your naughty little bitch!
31. Tonight, I'm going to make the rules.
32. I want to see how many times I can make you come.
33. Don't you dare cum till I give you the permission!
34. I've been a bad, bad girl. I think I need spanked!
35. I want you to take all of my clothes off, piece by piece.
36. I love being down on my knees in front of you.
37. I love seeing your head between my legs, baby.
38. Do you like it when I spread my legs for you?
39. You're so bad! I love what you're doing to me!
40. I love the sounds you make when you're fucking me.

41. I want to be your slut for the night.
42. Fill me up and make me scream!
43. Faster! Deeper! Harder!
44. Do you like it when I talk dirty to you, baby?
46. I love the taste of you.
47. I want to come all over your cock/face!
48. I could spend hours just licking you...
49. I need you inside of me, baby. You're the best!

## Feelings With Partner

It's a lot simpler to share your considerations, the scholarly data that is in your mind, than your sentiments. Sharing the profundity of your sentiments that are in your heart faces enthusiastic challenge and fortitude. This causes you to feel uncovered and powerless, yet, it is the very thing that will make closeness and association in your marriage. By sharing what is in your heart with your companion, you can accomplish further intimacy.

Tips on Sharing Your Feelings With Your Spouse

Attempt these tips to assist you with working on imparting to your life partner.

Perceive the difference among considerations and passionate emotions. Thinking, otherwise called "perception" is a procedure that happens in our minds. It bunches what our considerations and convictions about something. Sentiments, then again, pass on our enthusiastic state and is often said to originate from the heart. Emotions can likewise be physical sensations.

Utilize the 'I think versus I feel' rule. If you can substitute the words 'I think' for 'I feel' in a sentence, then you have communicated thought and not an inclination. For instance, "I feel hurt" is right because you would not say "I think harmed," isn't that so? Somebody may state, "I feel that he is a jolt" is off base. You "think" he is a yank.

Name the inclination. Utilize a rundown of feeling words if this is difficult. Recall that sentiments are single word: tragic, irate, hurt, glad, thrilled, humiliated, etc.

Portray the inclination by saying it or composing it so that your life partner can encounter your inclination to a similar degree. One objective is to enable your accomplice to comprehend what it resembles to stroll from your point of view. You likely need compassion and comprehension as a byproduct of sharing your sentiments.

Verbalize these sentiments with your mate legitimately. Your life partner can't guess what you might be thinking. The person in question may get on your vibe, yet they have no real way to recognize what is in your mind except if you uncover it!

Acknowledge that sentiments are neither right nor wrong. The conduct results because of the inclination that is ethically judged. Because you are irate doesn't give you the option to be rough. Negative sentiments despite everything must be managed fittingly.

Acknowledge that sentiments travel every which way and change rapidly. This is different than a "mind-set" which is a supported time of a passionate state.

Attempt to not pass judgment on yourself or your mate because of emotions. If you need your mate to keep on sharing on this level, it is significant not to get disturbed or cautious about the inclination communicated to you.

Offer your more profound basic inclination, not simply the surface inclination. You may be communicating outrage yet underneath feel hurt or humiliated. This is substantially more pivotal to communicate to your accomplice to create closeness and closeness.

Practice makes a difference. If you are not somebody who is accustomed to communicating sentiments, this may feel cumbersome from the start. Rehearsing it in little advances will make it simpler.

Different Details to Remember

Dismissing an inclination is dismissing the individual inclination it. Try not to make statements like 'Don't stress, be glad' or 'You shouldn't feel that way.'

Try not to settle on choices dependent on sentiments. When dynamic, emotions will be a piece of the procedure, yet you should think coherently and objectively.

Offer your emotions with one another every day. You don't must have profound, genuine discussions about your relationship day by day, yet you do need to share your sentiments (not simply your contemplations) about what is new with you every day. Saying that you were 'late for a gathering' gives the essential data as it were. Be that as it may, saying you 'felt humiliated about being late for a gathering' encourages you to associate with the individual you are talking with!

This should be an equal procedure. You both must share on a cozy level with one another. It can't simply be one of you!

To be fruitful at sharing your sentiments you should be open, genuine, ready to set aside a few minutes for one another, and responsive to these discussions

Realizing how to communicate your sentiments is critical to having a sincerely satisfying relationship. Opening up and being helpless makes closeness. In any case, being able to share your sentiments goes past saying "I love you." Good correspondence additionally implies having the option to communicate when you're feeling feelings that are awkward like misery, dissatisfaction, or outrage. Having the option to impart your sentiments to your accomplice is something that doesn't come effectively to everybody. In any case, with some time and a little work, it is possible for anybody.

As Saba Harouni Lurie, authorized marriage and family specialist, tells Bustle, it tends to be difficult for individuals to state how they truly feel in a relationship for various reasons. For example, an awful involvement with a past relationship can make somebody less inclined to open up. Being brought up in a situation where weakness wasn't regarded can likewise make it difficult for somebody to be helpless in a relationship.

"Sound connections require a level of helplessness and transparency," Lurie says. "Regardless of what our beginning stage is, it's critical to advise ourselves that being helpless is an indication of solidarity. Facing challenges and sharing straightforwardly can possibly carry us closer to our accomplice. It can likewise open up an entryway for them to impart all the more straightforwardly, as well."

When you're so used to remaining quiet about things, realizing how to fire opening up can be hard. So here are a few ladies on how they had the option to open up and show signs of improvement at offering their sentiments to their accomplice.

#### 1. Wendy, 43

Setting off to a specialist can assist you with making sense of why it's difficult for you to open up and share your sentiments.

"Leaving a sudden separation and a union with a man where correspondence was poor was a provoking dynamic to survive. I was skeptical of men and realized I expected to deal with being a superior communicator yet didn't have the foggiest idea how. I was at that point in treatment and read numerous self improvement guides, however it wasn't



until I found life instructing that my reality changed. I had a life mentor as well as got one! It helped me to learn the craft of correspondence as well as tuning in, which is vital to having associations with anybody in your life. I additionally figured out how to remain in my capacity of voice, consciously."

2. Susan, 51

"I improved at offering my emotions to my accomplice when I had the option to identify what my sentiments and desires were, by trusting I was deserving of affirmation and exertion, and by having the option to define individual limits. Before having the option to open up and share my sentiments, I think I kept away from sharing for the most part because I was increasingly worried about satisfying my accomplice, maintaining a strategic distance from showdowns, or accidentally adding to a frailty he may have had. I would not like to 'cause trouble.' But now and then causing trouble is the best way to receive the water in return and abstain from sinking."

3. Jo, 33

Making sense of why it's difficult for you to open up is vital to rolling out positive improvements.

"The primary concern that made it difficult for me to open up was my codependency. I expected that if I indicated my actual self — every one of my emotions, the great, the terrible and the monstrous — that I'd be less adorable. I believed I expected to veil my emotions, make light of them, or locate an 'elective path in' to sharing them, for example passionate control. I began going to Codependents Anonymous gatherings and taking a shot at getting more beneficial in my own specific manner of relating. When I began to mend from codependency my marriage separated and I was allowed to work on opening up and sharing my emotions in the entirety of my connections in a progressively open and develop way. Presently I'm in an organization with an individual who has given me that it's protected to share my emotions, and I do likewise for him. We have a substantially more satisfying and associated relationship because of it."

4. Ebonie, 36

"I was familiar with pleasing as opposed to understanding that my voice made a difference in the relationship, so I kept my emotions and assessments optional to his. When I did some self-revelation through contemplation and self-care, I comprehended that I was just frustrating the

development of our relationship by dying down my emotions. You additionally can't consider one responsible for what you anticipate that them should know. You must be certain they know by being vocal. It was a modification, however once I got happy with making some noise, I found that there was a longing for my accomplice to know my contemplations and points of view."

5. Marion, 27

Perceiving that your sentiments are substantial will give you the certainty you have to impart to your accomplice.

"Being powerless and uncovering my actual sentiments isn't simple, yet it got simpler. What's been useful is jumping on a journey to know myself and acknowledge my sentiments in any case. I'd thoroughly consider for what reason I'd feel a specific way (the appropriate response often lying in my past connections and adolescence), and afterward take a shot at approving of that. The hardest piece of uncovering my sentiments was figuring my accomplice wasn't going to acknowledge or get them, and that some way or another I'd be judged. Be that as it may, by pulling for myself, by saying, 'Okay, this doesn't feel good; however they're my sentiments and they're substantial,' it got simpler to fear this judgment less. It's likewise gotten simpler with time. It takes practice. Having an accomplice that I have a sense of security with truly makes a difference. When I'm sharing, I'm not feeling judged or looked downward on. He will get me and me clarifying things truly makes a difference."

6. Sarah, 24

"My beau and I moved in together two months prior, so there have been parcels progressively 'sharing' going on than previously. The principal thing I've begun doing is that when I get steamed about something, I attempt to make sense of if there's a greater motivation behind why I'm miserable. For instance, he guaranteed me he would take out the waste while in transit to work a day or two ago (I know, extremely local here). In any case, when I returned home, he hadn't done it. I was at first disturbed, not because of the waste truly, but since he disclosed to me he'd accomplish something and he didn't. So I pulled him aside and serenely clarified. Growing up, there were significant grown-ups in my life who might make guarantees.

## Sexual Rights and Responsibilities

The sorts of sexual experiences that every individual favors are one of a kind and can change after some time.

•It is your entitlement to pick if and how you express your sexuality. You reserve the privilege to have power over your own body: it is your entitlement to pick whether you need to be explicitly dynamic, when, with whom, and in what way. It is additionally your entitlement to adjust your perspective and stop whenever during any sexual movement, under any conditions.

•It is your obligation to regard the privileges of others. Just take an interest in sexual activity with an accomplice who is uninhibitedly, intentionally, and eagerly consenting.

### Consensuality

Consensuality alludes to the procedure of co-making commonly pleasurable, safe, and satisfying sexual encounters. Consensual sex is sexual activity that the two individuals plainly want and expressly consent to.

Consensual sex can happen when one individual requests to start a specific sexual act, and the different person(s) reacts with a free and knowing "Yes." Ideally, it ought to be eager also.

•Free: Without the nearness of risk or pressure.

•Knowing: Aware and comprehension of the sexual demonstration. Utilization of liquor and additionally, different medications debilitates one's capacity to set up assent. If somebody is oblivious (e.g., resting or dropped), they don't know and can't give assent.

•Enthusiastic: Expressing a true, dynamic, and energized, "Yes." Silence or lack of involvement doesn't suggest assent.

Assent is a continuous procedure all through sexual communications. This implies:

•Consent must be gotten for each sexual movement. Agree to one thing doesn't suggest agree to whatever else. It doesn't make a difference whether

somebody has assented to any sort of sexual movement before. Assent can't be surmised from the reality of an earlier or current colleague or relationship.

- Consent can be pulled back whenever.

Tips for chatting with your accomplice about assent

- Think about your wants and limits

- With a receptive outlook, inquire as to whether they are keen on being sexual with you

- Make explicit solicitations

- Speak up if you are uncertain

- Speak up if you adjust your perspective

- Check in with your accomplice

- Ask if you need to accomplish something different

Ask without fail, and be available to any reaction; acknowledge a "no" as promptly as a "yes."

Contemplations for easygoing sex or snare ups and assent

While assent is legitimately required for a wide range of sexual experiences, it might look somewhat changed with regard to easygoing sexual experiences. These experiences may include somebody you don't know quite well or have never been sexual with previously, so understanding their sexual preferences notwithstanding their limits may be precarious. Notwithstanding, paying little heed to your relationship type, assent is ALWAYS obligatory for any sort of sexual movement. So as to guarantee everybody is having a good time, here are a few recommendations for exploring easygoing sex or snare ups.

- Engaging in easygoing sexual experiences may require progressively verbal versus non-verbal assent, and explicit correspondence to guarantee assent is available. While it might appear to be cumbersome from the outset, it is constantly a smart thought to unequivocally build up assent.

Just because your last accomplice enjoyed a specific demonstration doesn't mean your next accomplice will likewise like that demonstration.

In expansion to asking your accomplice what they like, make certain to impart your wants and limits too.

Refer to the area above "Tips for chatting with your accomplice about assent" for thoughts on the best way to speak with somebody you may be sexual with effectively.

Positive and amicable sexual collaborations are conceivable when accomplices balance their capacity and control. A few different ways to do this include:

- Listen effectively (check your comprehension and request explanation).
- Speak decisively (not inactively or forcefully).
- Consider your accomplice's contemplations and emotions as significant as yours.
- Participate similarly in dynamic procedures.

Be aware of how your benefits (e.g., age, sexual orientation, class, race, height) impact your contemplations and activities and influence your accomplice.

- Openly examine regard, force, and control in your collaborations. Sexual connections can be unsafe and dangerous when there is a lopsidedness of intensity and control between accomplices. Outrageous or inconspicuous strategies used to control or overwhelm incorporate, however, are not restricted to:
  - Criticizing, annoying, corrupting or embarrassing
  - Intimidating or compromising
  - Minimizing or overlooking your accomplice's contemplations and emotions
  - Not being aware of how your benefits sway your accomplice
  - Physical or lewd behavior (e.g., undesirable contacting or getting)

These are, likewise, indications of a harsh relationship. If you figure you might be encountering or executing misuse, we urge you to look for help from grounds assets.

### Sex and Alcohol or potentially Other Drugs

If you are affected by liquor or different substances, you are as yet liable for acquiring assent for any sexual activity you start. If somebody has devoured liquor as well as different medications, you can't make suspicions about their ability to give assent. So as to give assent, one must be free, knowing, and mindful of the sexual act(s). They additionally should have the option to participate, which is beyond the realm of imagination if they are

genuinely crippled because of liquor or potentially medicate utilization. Liquor and different medications decrease one's mindfulness and capacity to comprehend the circumstance. That implies a "yes" impaired might be invalid, and any sexual lead that you start could be rape. There can be a slight line between being sloshed yet lucid, and being inebriated to where your or your accomplice's thinking is adequately weakened. The measure of substance one has expended anything but a solid marker of how inebriated one is, as everybody has various degrees of resilience. There are likewise numerous different components that can strengthen the impacts of a substance, for example, association with different medications, lack of sleep, and having an unfilled stomach.

### More secure Sex

If you think you or somebody you know may choose to be explicitly dynamic, if it's not too much trouble, recollect the accompanying data to help guarantee that sexual encounters are sheltered, solid and pleasurable. Numerous explicitly transmitted contaminations (STIs) have no manifestations, which implies they can be transmitted without either accomplice's information. Thusly, it is critical to:

- Get tried every year STIs and look for treatment if important.

Use a condom or boundary technique accurately every time you have oral, vaginal, or butt-centric sex.

Consider taking Emergency Contraception (otherwise called EC or Plan B) if you have had unprotected sex or if you presume condom breakage.

## How To Overcome Increase Pressure

Pressure sometimes comes from your job, family and other areas of life that you simply cannot do without. It is inevitable and must be experienced at one point in our lives. When you feel so much pressure is on you, what do you do? What steps do you take? How did this happen? Answers to these questions will give you a head start towards finding a solution in handling increasing pressure. It is sometimes very frustrating and you feel you are carrying the weight of the whole world on your shoulder. You feel like giving up on life or you just running away from the whole situation to an unknown place to start afresh. But you need to understand that for any challenge you face you are capable of finding a solution to it. Below are some tips that will help you overcome this pressure:

### Don't Blame Others

Whenever you face pressure on my situation avoid playing the blame game. Blaming others will not help your situation rather it drains the energy which you would have been using to finding solutions. Blaming someone for what is happening to you will draw all sorts of negative energy towards you making you sad and feel frustrated. It also limits your thinking capability since you have not yet decided to take full responsibility for what has happened and think forward.

Take full responsibility for what has happened or what is happening to you. Once you do this, your mental state will be stable and clear, giving enough space to think ahead and overcome this pressure. It will help you to make correct decisions with clear head and gives you time for proper planning and arrangements in order to take you out of your present situation.

### How to Remain Calm under Pressure

Pressure sometimes comes as a test to know the kind of person you are and what you can do in those situations. When you are going through too much pressure, take a deep breath and then get away from the environment for while to think properly. Do not react spontaneously when the pressure starts

getting to you as you might do things that you will regret. Think properly before acting so you won't make wrong decisions.

Remember people are around you watching as you live and they see you as their role model. Every action you take without proper assessment can not only come back to hurt you, it might affect other people around who look up to you for motivation. People often forget this and they live their life anyhow the want. Well it is not a crime to live however you want and make whatever decision you want to make as an adult but when we talk about morals you need to think otherwise.

GET the Facts

This step is a positive step towards understanding why you are going through this pressure. Instead of over reacting, keep yourself as calm as you can be and talk to other people involve or cashing the pressure. Be optimistic about their answer and also be patient as it might take time for you to actually understand this whole occurrence. Once all the facts you need to know about the pressure is known, then you will know exactly the button to push so that all this will just go away.

Ask Questions

Nobody is an island in the world we are connected to one another to make this world a better place. If you are going through too much pressure from people about a particular thing, then you can turn to a more experience person on that field to seek for solutions. Before you get a solution from anybody through asking you must already know exactly what you want to find out so you will make it easy for the person in question. There following questions below can assist you in your findings.

What situation are you in? You need to be able to explain well the situation you are facing so the person can understand better.

What are the occurrences?

You need to explain to the person things that happen that led to the sudden pressure.

How did the pressure come about?

Here you will give detail explanation of what you did or didn't do that resulted to the pressure.

When did this happen?

He needs to know the period the event occurred.

Where the event took place?



The location where the event took place either in the office or at home or in church.

Who are the people involved in this?

Asking these questions gives you time to think, keeps you calm and the answers help you to follow the right path so you won't make mistakes.

The more facts you have about the event the higher your chances of making a good decision and the stronger you get in resisting the pressure.

Write it down

Writing things down is a first step towards planning properly. If you are alone in this and want to handle it by yourself write down a clear statement of the problem on a book or a piece of paper. This will give you the time you need to analyze the situation and come out with a good solution. Also write down every solution that comes to your head while thinking in order not to forget them. After doing all this and making all your findings, you can also write down the decisions you have taken and ensure you implement them.

Try Something Different

Trying something new is also a good approach towards a problem. This is necessary when a particular problem has been reoccurring and each time you solve them they resurface and make things more difficult. By taking a different approach and correcting the mistake you made the previous time you will come out with a new and lasting solution to that problem.

Sometimes you might need a whole new energy to handle the problem. Motivational quote and inspirational images can recharge your energy which allows you to return to the problem at hand with full vigor.

Communicate With Others

Solutions sometimes come from the least expected places. Talking to a close friend or a spouse about the problem you are going through can help spring out solutions. Take a walk and think about your problem seeking solution with the right mindset. Examine the problem from different angles and from different perspectives and seek for possible solutions. Always be optimistic about what you are facing knowing that one day it will be over.

In every situation there must be something good about it. Look for something positive you can bring out of the problem you are facing and dwell on it. It will help you feel better and keep you calm. Sometimes what might look like a major setback can be an opportunity for you to learn

Make a Decision

Decision making can be tough especially in situations that you are new to or one which involves people close to you. When face with the pressure the next thing you need to do is decide whether you want to continue feeling this way or eliminate it completely. This decisions can sometimes affect people close to you but you have no choice. Have it in mind that for every problem you face, there is a greater thing you about to unlock that will change your life for good. The problem was to prepare you for that particular break through. Never be frightened when you are facing pressure from work, home or anywhere, be optimistic.

#### Get Busy Solving the Problem

Never spend your time blaming people for the cause of your situation or even hating yourself that you brought this upon yourself. What has happen has happen you just need to be very focus and concentrate more in solving the problem rather than complaining. For years now I have been living with the belief that whatever happens in my life was already plan. This life is both spiritual and physical and the spiritual realm controls the physical. Direct your energy towards seeking for solution for your problem using every technique you can knowing that after this problem better things awaits you. Never doubt your ability in handling any situation and when it happens to be more than you then seek help from people who are more experience than you.

## Working on Your Carnal Candor

### How do I talk dirty without feeling like a fool?

**T**he thing about dirty talk is that it can be quite challenging even to the most verbose people. Some words may come across as sexy on paper but when said out loud, they might sound absolutely ridiculous. Even those who are completely confident in the sack might think: “OMG, I can’t imagine myself saying that.” After all, for most couples, sex has always been about action. So how does one get the words to fit in? Furthermore, how do you stop yourself from feeling like a total idiot?

#### **First, work with yourself.**

It’s normal to feel weird at first about talking dirty during sex, especially if you’re not used to vulgar vocabulary. Try masturbating and while you’re doing it, talk dirty to yourself. Imagine that you’re making love with your partner. What do you want to say to him/her? Describe the sensations that you’re experiencing while you’re pleasuring yourself and try to find the exact words to describe them. You may begin by talking dirty in your head and then eventually start speaking it out loud.

#### **Develop a positive outlook.**

V-v-vagina... There are some people who are uncomfortable with their sexual organs being the subject of any conversation. However, you need to understand that mentioning one’s genitals is not dirty in itself. Stand naked in front of the mirror and look at your body. If you’re a woman, take a mirror down there and spread your legs wide open. Touch your body parts and say their names out loud. Observe them and describe what you love most about them.

Example:

Touch your breasts and say: “My boobs are full and beautiful. I love how pink my nipples are.”

Always concentrate on the positive. If your penis is short, then focus on how easily it fills with blood and how quickly it gets hard and ready for action. If you have thick thighs, refer to them as your thunder thighs.

Before you are able to appreciate your partner's body, you must first be able to appreciate your own.

**Develop an open mind.**

Understand that it's all sex play. Dirty talk does not cheapen you, your partner, or the relationship. Talking dirty is not about disrespecting your lover or devaluing the act of lovemaking. Some women may love being called a bitch, a slut, or a whore in the sack but that doesn't mean that they want to be treated that way, especially out of the bedroom. Likewise, a man may love being called a slave behind closed doors but that doesn't mean that he has a weak character.

**Enrich your erotic vocab.**

There are a hundred words that you can use to refer to sex and to your genitals. Therefore, there shouldn't be any reason not to find one that does not offend you or your partner. Search for current sex slangs on the internet, read erotica, and watch sensual artistic films with your hubby/wifey. Then together, determine which words work for the both of you.

Look at these alternative names for fucking and examine how you feel about them:

- Boning
- Bumping uglies
- Shagging
- Bonking
- Nookie
- Getting it on
- Screwing
- The lust and thrust
- Bump and grind

Which of these would you use?

Other names for the vagina:

- Honey pot
- Fanny
- Kitty
- Vag
- Pussy
- Cunt
- Snatch
- Beaver

- Juicebox
- Poonany
- Bikini bizkit
- Cherry pop
- Honeysuckle
- Passion fruit
- Jewel box
- Altar of Venus

If you want to describe the pussy, how many positive adjectives do you have up your sleeve?

10. Juicy
11. Succulent
12. Yummy
13. Moist
14. Luscious
15. Mouthwatering

Explore these other terms for the penis:

- Cock
- Dick
- Trouser snake
- Pole
- Joystick
- Cum gun
- Dipstick
- Dragon
- Fuck rod
- Love rod
- Jackhammer
- Love muscle

Which of these turn you on? Which words are funny? Which ones are offensive?

How many words can you comfortably use to describe your orgasm to your partner?

Out-of-this-world

Amazing

Fantastic

Cosmic

Earth-shattering

Bone-shaking

Incredible

Soul-moving

Magical

Spine-shivering

Otherworldly

Crazed

You don't have to be a verbal gymnast to please your partner but dirty talk can quickly turn stale when you run out of synonyms for "good" and "hot".

### **Talk about sex.**

Introducing dirty talk into the relationship becomes easier when you and your significant other are able to discuss sex openly with each other. After making love, make it a point to talk about how you felt, the love moves that you enjoyed, the things that you want him/her to do again, etc. The more specific you are, the better.

Example: "It felt really good when you slipped a finger up my ass while I was coming. I'd love it if you do it again next time."

Find out how your lover feels about dirty talk. Break it to him/her gently. For instance, watch together a film with lots of racy talk. Then, later, ask your lover how he/she feels about it.

Turn your bedroom into a judgment-free zone.

One of the greatest obstacles for introducing dirty talk in the bedroom is when one is afraid of being rejected by his/her lover. When your partner suggests something, fight your initial urge to laugh or to burst out indignations. Instead, listen with an open mind and an open heart. While in the midst of making love and your lover says something that you don't particularly like, don't reprimand your partner on the spot. Instead, talk about it later.

Example:

"I want to talk to you about when you called me a little whore earlier. I'm down with the "whore" part. But maybe next time, we can drop the "little"?"

Establish ground rules together and respect them.

To prevent dirty talk from being just plain filthy, establish your rules. Negotiate about the words that you're willing and not willing to use.

Example:

“You can call me a slut but I don’t think I’m ready to be called a cockwash.”

### **Start with dirty writing.**

Begin by sending each other naughty texts or emails. Writing down sexy words is less embarrassing than telling it to someone face-to-face. You can start with a brief note.

Ex: “I keep thinking about making love to you.”

Then, you may progress to racier texts.

Ex: “Such a shame you’re not around. Now I’m going to have to touch myself.”

### **Start with simple sexy phrases.**

Unless it’s used to hit the G-spot, pressure can be bad for sex. So, start slow. Begin by paying attention to what your lover is doing to you and then describe how it makes you feel.

Example:

“Your tongue feels so good on my nipples.”

Experiment with various voices to find your own.

Are you a screaming goddess or a sighing flower? A roaring animal or a grunting beast? Experiment from high-pitched howling to clear whispers. This way, you might even get to unveil a previously undiscovered side of your personality. Make yourself unpredictable. Dirty talk can get dull when your lover can tell exactly when you’re going to open your mouth. One of the most powerful tricks in naughty talk is catching your partner unaware.

Dirty dialogue is a two-way street.

It’s necessary to prevent a more loquacious lover from dominating the dirty talk. As a matter of fact, it would be good to urge the quieter person to speak up more during lovemaking. Use it as a means to learn more about your partner. Generally, couples must take turns with being on the giving end and on the receiving end. By being able to experience the roles of a talker and a listener, you’re able to develop a balanced perspective. Everything about good sex is a result of successful give and take.

Make your own love lingo.

Just because “driving up the Hershey Highway” is a modern slang for anal sex, that doesn’t mean that you have to use it. Especially, if it makes you think of feces. Naughty talk is meant to titillate, not to disgust. If you feel that the current coital colloquial does nothing to stir your desire, feel free to invent your own language of lust. Sharing a secret language which only the

two of you understand is another way to deepen your intimacy with your partner.



## Most Common Dirty Talk Mistakes People Make

**W**hile there is nothing more sizzling than some super-hot dirty talk, there is also nothing more terrible than wrong inappropriate awkward dirty talk. So in the event that you'd prefer to ensure you never make a humiliating circumstance for yourself by saying an inappropriate thing at an inappropriate time than dread no more in light of the fact that here are the most normal messy talk botches individuals make:

4. Too much too soon
5. Not enough
6. Poor timing
7. No believability
8. Too muddled
9. Trying to retain lines
10. Not posing enough inquiries
11. Making the other individual awkward
12. Talking to an extreme
13. Too unclear

### A lot of Too Soon

With dirty talk, you can't simply go from zero-to-saint unexpectedly, particularly on the off chance that you've been seeing someone for a little while. It's not common.

Start off moderate, and don't do anything abnormal (e.g. swearing/getting TOO frightful).

### Not Enough

Have you at any point prepared a feast for somebody than watched them eat it without making a sound? I haven't, however, I envision it smells. You invest all that exertion and they don't even uumm or yyaaahhhh.

Sex is something very similar. In case you're a quiet in the sack chances are your accomplice doesn't have a clue whether you are being fulfilled or not. Also, that is Unsatisfying.

### Poor Timing

There's a spot and a period for everything. Also, on the off chance that you get discovered saying an inappropriate thing in an inappropriate spot, thing will get cumbersome FAST.

Spare the attractive talk for hot occasions and you'll be okay.

Brisk tip - don't utilize pet names for one another before others. You will humiliate your accomplice.

### No Believability

"You are such a terrible kid/young lady. I will rebuff you."

A few people like this sort of filthy talk (and it's dependent upon YOU to make sense of that), yet it's about the conveyance. On the off chance that you attempt and pretend this way and you aren't really amped up for, it will appear.

The most ideal approach to maintain a strategic distance from this is to just do things that you feel great with and appreciate. Act naturally.

### Attempting to Memorize Lines

You may have the option to locate some old-fashioned grimy talk expresses that sound energizing and work for momentarily. The most serious issue with this technique is that when your accomplice needs more (and they will) YOU will come up short on comments. Also, there's nothing more terrible than being seemingly out of the blue and your mind freezes up.

In the event that you really figure out how to talk filthy you will never come up short on comments. Remembering lines is an easy route that will at last lead to humiliation.

### Not Asking Enough Questions

You're not a narrow-minded sweetheart, right? Obviously not! So, quit offering single word responses and responding.

This doesn't go for everybody, except more often than not grimy talk is started by one gathering (either the person or young lady) at that point the other individual attempts to fulfill that individual by giving them what they need. In any case, if your accomplice is posing inquiries, AVOID simply offering single word yes or no responses.

Be explicit and ask them inquiries. This will ease the pressure off you and get their creative mind shaking!

### Making the Other Person Uncomfortable

There are sure words that ought not to be said in the room, and in spite of what you may hear or see, most of individuals are not cracks in the sack.

Abstain from being excessively profane or terrible with your words except if they start or inquire.

### Going on and on

Many individuals talk when they get anxious, so if this is you, ZIP it.

Recollect what makes filthy talk so energizing, the creative mind! A great deal of times toning it down would be best, and once you figure out how to get their creative mind going out of control, you're going to begin having a ton of fun.

Being too talkative is a mood killer, so on the off chance that you notice you are talking far more than your accomplice, quit talking.

### Excessively Vague

"Goodness truly, I like that!" "It feels so great."

Everyone has most likely said something like the above models one after another or another, particularly when beginning. In any case, being excessively dubious with your words is, well, exhausting!

### Be distinct

So, a superior method to state precisely the same thing is "Gracious (embed hot moniker here), I love it when you (action word) my (thing).

For the most part specific should you are as much as possible! Not exclusively will this assistance you get what you need, yet your accomplice will realize you are having a fabulous time on the off chance that you get into it and that will turn them on!

Keep in mind - Dirty discussion is tied in with having a ton of fun

It's alright to commit errors, everybody does! However, ideally, with these tips, you'll have the option to have MORE energy in your sexual coexistence while agonizing less over making a nitwit of yourself.

### How You Can Spice Things Up with Dirty Talk in Your Love Relationship

Is it true that you are hesitant to begin messy talk in your caring relationship? Why? Speaking profanely in a relationship, even a caring relationship will just flavor things up. Try not to feel timid. You love each other, your adoration is unequivocal and that implies you acknowledge each other for what your identity is.

With regard to your needs and wants, you ought to never be reluctant to enlighten your accomplice concerning them. Consider it, what is the most exceedingly terrible thing that can occur? Your accomplice won't have the option to satisfy it. If so, at that point you will have the option to figure out how to function around it so that the both of you are cheerful.

### Ever Tried Dirty Talk Before?

In the event that you have never attempted to speak profanely with your accomplice previously, at that point you might need to give them an expression of caution before you simply bounce in on them. There are a few people out there that are not happy with grimy talk and will never be. On the off chance that you appear unexpectedly and start speaking profanely, you may wind up killing your accomplice and it could put a stop to your relationship. In any case, on the off chance that you realize that your accomplice is into speaking profanely, at that point don't be reluctant to unveil it to them.

### Examine Talking Dirty First

Before you speak profanely, you should initially check whether it is something for the both of you. Converse with your accomplice and perceive how they feel about it. You and your accomplice can think of certain guidelines before you bounce into it. There ought to be no decisions between the both of you as of now. This is your opportunity to chuckle and be senseless with each other.

### Move Slowly

As you are speaking profanely with each other, you ought not to hop directly in and start tossing those short letter words in there and believe that it is fine. There is a great deal more to filthy talk than simply utilizing those short four-letter words. First of all, you should commend each other; at that point proceed onward to that rough language. Whatever strikes a chord at the time, simply state it, it doesn't make a difference how graphical it is, the length of you is alright with talking it to your accomplice, state it. Before you know it, you and your accomplice energy will begin to develop, and you will need to take things quicker.

### Flavor Up Your Life with Dirty Talk

In the event that you are hoping to zest up your affection life somewhat, at that point you should speak profanely with your accomplice. By speaking profanely, you and your accomplice will remain intrigued and have an incredible sexual coexistence together. In the event that there is something you truly need, at that point tell your accomplice and put it all on the line.

### Instances of Dirty Talk - Where to Say What You Need to Say!

On the off chance that your sexual coexistence is inadequate with regards to, at that point consider including some uncouth talk into the foreplay and furthermore during sex. New connections can likewise profit regardless of whether despite everything you can't keep your hands off one another. By beginning grimy talk at an early stage, you will both become OK with it and will never have the restraints that can create inside longer connections if neither one of the partners has occupied with filthy talk.

Speaking profanely should be possible whenever, anyplace. Why simply spare it for the room? Shouldn't something be said about every one of those other squandered hours? Consider what other places you can speak profanely to your adored one and be inventive. You don't need to be available with one another to appreciate it! So here are a few instances of where you can messily converse with making it much progressively boorish and energizing:

### In Public

Terrified of indicating friendship in broad daylight? Try not to be! In the event that you are somewhat modest, simply murmuring unseemly words into one another ears can be unfathomably sensual in an open spot as you probably are aware you can't do anything there yet you really wish you could. What an encounter! Everybody around you will consider what's so energizing.

### At the Cinema

Watching an exhausting film? Regardless of whether it's not exhausting, playing with one another and speaking profanely is an astonishing method to zest up the night. In case you're fortunate and have the film to yourself you can even go somewhat more remote than simply talk! Attempt it and see why this is viewed as perhaps the raunchiest method for drawing near to one another.

### While Shopping

Have you at any point thought about how to flavor up those shopping for food trips? Speak profanely! Nobody can hear on the off chance that you are murmuring in each others ear. What an approach to get in the mind-set for when you return home!

### At Work

No, you don't need to be cooperating! Calling each other at lunch or while the other is working is an extraordinary time for grimy talk. For whatever length of time that you have a private spot to talk, go wild! Mention to him what you intend to do to him today. This makes certain to energize him and get him in the state of mind when he strolls in the entryway that night.

## Tips to Make Him Eager and Hot for You

### #1 Tip

Make him like you naked.

There are women who have often expressed how unlikely they find it that any man would like them naked. There are also some who say that it is awkward having to undress before a man, even if he were to make love to them afterwards.

Well, Sugar, here is the deal; men are easily aroused through visual triggers. If they are attracted to you and choose to be with you, the fact is that, amongst other things, they find you physically attractive. To make a man eager and always hot for you, you need to exploit that thing that draws him to you – your naked body!

Fortunately, the first step to make any man like you naked is to like yourself naked. Walk around the house, half or fully naked sometimes. If you can get a revealing nightgown or any sexy matching bra and pant, wear them! And while you do these around the house, make sure he notices you. Sometimes, play with your nipples and smile seductively at him. Hug him whilst you are naked and place his hand on your butt. Also whisper into his ears, telling him how your nipples and warm thighs tingle at the thought of his touch. Unconsciously, you are keeping a sexual image of you burning in his head. Even if your partner isn't with you, there is every possibility he will always think about you naked and get turned on by it.

### #2 Tip

Add a few thrills

Adding a few thrills to your sexual relationship can also keep the man consistently webbed in sexual fantasies that involve you. To start with, challenge your partner sometimes. You may tell him, "Williams, what do you think about fingering me so fast, I will squirt all over the bedroom



walls.” Express how you would also like to try a new sex style with him and see how long he can keep both of you moaning through the night.

Another way to add thrills to your relationship in order to create a sexual tension that will keep him eager for you is by sextexting him. Text him those explicit words that ought to express your desires. Text him how much you crave his touch or his dick and get him to respond by asking about his desires too. With a nude picture ready as well, express how horny you are and send him the picture to drive him nuts. Days after the exchange of text messages, be rest assured that he would consistently read your words and get turned on by them.

Other thrills you could add include whispering your desires into his ears in public places or trying on new underwear and sharing the experience with him. Adding these few thrills will keep him engaged with the thought of you, especially the thought of how irresistible you always are to him.

### #3 Tip

Tell him how to turn you on

This is where talking dirty or being expressive can be a string to pull. It isn't time to pull that card out of the equation. To get your man irrevocably lustful and hot for you, choose to tell him everything he could do to turn you on. This, in turn, keeps an image of pleasing you or having sex with you active in his head. More so, it makes it impossible for him not to attempt to do it again – that is, make you so wet and readily squirming for him.

You can start with “Baby, smoothing my thighs with your fingers turn me on every damn time” or “I like it when you rub the tip of your hard cock against my clit; it makes me cum even before you thrust hard inside me” and then proceed from there. The goal is to keep him excited about the prospect of turning you on again or better still, having to make love to you again. You will have to be explicit in order to create a sexual imagery he can't part from in his head.

### #4 Tip

Turn chores into foreplay

It isn't a surprise that this is on the list, is it? As a woman, you are most likely doing one chore or the other in the house. He is helping too, isn't he? Or perhaps he is checking by once in a while to keep you entertained? Well,

that is one ticket to get him so aroused and hot for you and you aren't even seeing it!

Turn those chore hours into foreplay with your partner. Wear something kinky, and instead of being too serious with the laundry, get some water onto your cloth and let him see your nipple through the wet fabric. Get him to also cuddle you from behind as you prepare dinner or you might even snuggle close to him as he fixes the bulb or the pipes and let your hand graze the length of his thigh and crotch.

The goal with turning chores into foreplay is to ensure that he is thinking about you, or you are thinking about him, when you could both be doing things that may distract you from attending to each other.

#### #5 Tip

##### Talk Dirty

This is the tip every woman should take serious. Expressing your sexual desires shouldn't be awkward or off-putting. It automatically helps you to reach into your partner's imagination and fill it with everything about yourself, ranging from inches of your body to those things you could do with them to irreversibly get him aroused.

Telling your partner during sex that you would love him to pound you hard, for instance, teaches him the pace you desire to make you orgasm. You could share secrets about those sensitive areas in your body and the way he could make them tickle. Consequently, this creates a sexual tension, enabling your partner to look forward to a thrilling sexual activity. More often than not, dirty talk is also another way of having virtual sex, whenever you and your partner are not together.

#### #6 Tip

##### Touch him unexpectedly sometimes

Starting off with dirty talk in order to get your partner sexually tensed might not be ideal in some cases, and this is where physical touch can be very useful. For instance, there are some men who may get uncomfortable with very explicit speech, so an alternative means to get him wrapped up with the possibility of making love to you is to touch him when he least expects him.

Touching your partner doesn't necessarily mean groping him. You can slowly let your fingers caress his hands when you talk to him or maybe even place his hand on your hips when you are both dancing. The goal is to

get him drawn to you as much as his mind will be tempted to weave sexual images of you. If you can get close enough, also let your breath settle on his shoulder or chest and watch his reaction. Instinctively, men become comfortable around partners who are intimate with them. With a bit of physical touch here and there, they are left constantly with the thought of her.

#### #7 Tip

Work on your scent

Many women have confessed that they are easily drawn to men because of the pleasurable smell of their cologne or aftershave. Well, here is a secret – most men are drawn to women who smell nice too. There have been cases where he told you he could still smell you on his sheets after you had left, haven't there? Even if that hasn't occurred before, how about those days your partner complimented the smell of your hair or that of your new dress? It isn't a myth that needs unravelling; men are drawn to appealing smells of women. If you can smell good every single time for him, it would be hard to forget you even if it had been days since he last set his eyes on him. To keep him eager for you, you can also keep him eager for your scent. Get a beautiful perfume; also take time to shop for nice-smelling body lotions and hair creams. Keep him so enticed to the whole of you and it would be difficult to keep him away from you.

#### #8 Tip

Give him a sensory flashback

It is a great thing to successfully keep him enticed with the thought of you before sex; it is a far greater feat to keep him continuously enticed with the thought of you after sex. To focus on the later, you need to sometimes talk to him about how he made you feel during the last time you were together.

“I can't stop thinking of last night” is a good place to start but what could be more effective is to recount, through dirty talk, what he did to you and how you felt about him. Tell him “Having you deep inside of me almost drove me nuts” or perhaps you could say, “I don't think there is anything more pleasurable than the groans you made when I was sucking your cock” – either way, recreating the sensations of the sex you both had could go a long way to make your partner hot and ready for another sexual activity. Giving your partner a sensory flashback helps to communicate the

pleasurable sexual activity you had with him the last time, and your willingness to be with him once again.

#### #9 Tip

##### Compliment him

Complimenting your partner also has a way of making them eager and hot for you. Think about it; one of the reasons you are wearing that red bra he likes so much is because he told you it was beautiful or that it aroused him. Similarly, when you compliment your partner's hair, dressing, or even his smell or breath, he looks forward to doing much more to impress or please you.

Tapping into this, you can consistently flirt with your partner while you express how much you love his tie, or his smile. You could say, "You smell so nice, I can't wait to be in your arms" or "You look so sexy, staring at you alone makes me wet." With these expressions, you could have succeeded in making him eager to look good for you again. More so, this effectively creates a mental image of what you desire to do to/with him. If there is a clear path to effortlessly keep your man eager and lustful for you, it is by those little complimentary comments involving him.

#### #10 Tip

##### Change your routine

Physical sex activities can get pretty boring with time. One of the ways to avoid this is to always change your routine – how you seduce him, or the efforts you make with him before, during or after sex.

## CHAPTER 29:

# Practice



It is time to put what you've learned so far into practice.

8. Reduce any awkward feeling beginners to dirty talk may experience.
9. Help you discover the types of erotic words that are most comfortable for you.
10. Increase your comfortability with hearing and saying gross words during foreplay and sex.
11. Stimulate your creativity to come up with your unique love talks and phrases.
12. I strongly recommend completing the first two exercises before attempting the rest in any order you choose.

### **Exercise 1: Build a List of “Safe Erotic Phrases”**

Erotic talk can be very challenging for many people especially if you don't know the words to use. This exercise helps you to choose “safe erotic phrases” that are not vulgar but very titillating. Choose phrases that are at your tolerance level. You and your partner don't have to use words and phrases you both consider off-limits. You can complete this exercise alone and ask your partner to do the same or you can do it together.

1. Get a pen and paper.
2. Make a list of phrases and words you find comfortable and sexually arousing. For example:
  - “I can't wait to feel your hands all over my body.”
  - “I've been fantasizing about you inside me all day.”
  - “Touch me here on my (body part) softly.”
  - “Your (body part) feels so delicious.”
  - “Go slower/faster.”
  - “Be gentle/rough with me tonight.”
  - “Get on your knees and beg for it.”
  - “I love your (body part) when you (action).”
  - “Kiss my (body part) with your warm lips.”
  - “Keep doing that... yes, that's the spot.”
3. Now, say them out loud to yourself and gauge your mood as you hear yourself say these words. Do they make you horny? Or do they sound repulsive? Exclude any phrase that turns you off.
4. When you are done with your list, exchange them with your partner.

## **Exercise 2: Make an “Off-Limits” List**

Since everyone has a different view of what is offensive, it is important to let your partner know your definition of offensive. This exercise helps you and your partner know each other’s off-limits words. You need to be honest when you do this exercise. Don’t settle for a term just to make your partner happy. Setting personal boundaries is crucial for your happiness and sexual satisfaction.

1. Begin by writing down a list of off-limits words and phrases. For example:

- Cum, slut, fuck, cock, pussy, dick, cunt, whore, bitch, and so on.
- Good girl, good boy, little girl, slave, daddy, prisoner, and so on.

2. You don’t have to explain why you find these phrases or words offensive (unless if you choose to). Simply let your partner know that these phrases turn you off or you find them disgusting.

3. Exchange this list with your partner. You can send your list to your partner through text or email and get them to do the same.

### **Exercise 3: Working Your Way Up to “Dirty” Words**

In this exercise, you will write down short phrases that you find comfortable. They don't have to be vulgar or contain profanity at first. You are going to work your way from seemingly innocent terms to graphic terms. Here's what to do:

1. Get a pen and paper.
2. Write down a sensual or romantic phrase you think you can comfortably say during foreplay or sex. For example, “Let's make love.”
3. Think of another way of saying that phrase such that it doesn't lose its meaning and yet, not too difficult for you to say. For example, you can go from sounding romantic to using official terms. “Let's make love” could easily become, “Let's have sex.”
4. Now tweak the phrase a bit to sound more street-like. For example, “Let's shag.”
5. Finally, find a graphic term that can convey the same meaning. For example, “Let's fuck!”

You don't have to use the graphic or vulgar term with your partner just yet. Keep on building your list of comfortable vulgar words and saying them to yourself when you are alone. You can look in the mirror while you practice. Practice switching from sensual to official-sounding terms with your partner for a while. Gradually introduce street slangs. And when you think you can use graphic words without feeling like dying, go ahead and use them with your partner.



## **Exercise 4: Sound and Whispers**

It is easy to think that talking dirty usually means talking like a porn star – screaming profanity at the top of your voice during foreplay and sex. You don't have to wake the kids or disturb your neighbors with your gross talks. One of the most effective ways to say these things is by softly whispering them. This exercise will help you to perfect your whispering skills to get your partner all fired up and ready to go!

1. You will need your partner for this exercise. Get comfortable beside them.
2. Breathe in deeply and let your body relax.
3. Think of something sensual and connect with that feeling.
4. Make a low sound – moan, groan, or even a soft giggle.
5. Inhale a bit loudly and when you exhale, let the air out of your mouth with a soft moaning sound.
6. Now, softly whisper one of your practiced phrases in your partner's ears. You don't have to be coherent or loud. It doesn't matter what you say, so long as you whisper it, it will sound sexier. The fainter and sexier your voice, the closer they'll have to listen. This removes any awkwardness you may feel from hearing yourself say filthy things. And even if you get a few words wrong, it wouldn't be so apparent since you are only whispering. The tingling sensation your partner feels in their spine as your breath and words softly caress their ears increases the sexual effects of your words.
7. You can stop when you've practiced this exercise for a few minutes. Laugh about it or consider it as foreplay. It is okay if things "get out of hand" during the exercise and you end up having hot, steamy sex. It only goes to show that you used your sounds and whispers effectively.

## **Exercise 5: Stay in Character**

This exercise helps to build your sexual confidence using roleplay. You will need your partner and a timer for this exercise.

1. Think of a character that is completely different from you in real-life. If your partner likes they can also choose a different character or simply watch your performance. For example, a naughty teacher, a vile warder, a sex-starved nurse or doctor, and so on. Whichever role you choose, your partner can play a role that goes with it. For example, teacher/student, warder/prisoner, nurse/patient or doctor/patient.
2. Set a timer for five minutes (you can increase the time when you get the hang of this).
3. Now, talk like the character you have chosen for the next five minutes or whatever time you have set. Remember to stay in character. Talk like a naughty teacher or sex-starved nurse would (or whatever role you have chosen).
4. You don't have to screen out words that you consider offensive when playing the role of your character. After all, it is your character talking and not you. So, don't feel shy or refrain from saying curse words or using profanity if it suits your character.
5. When your timer goes off, step out of character and ask your partner for feedback. If you both participated in the roleplay, you should also provide your partner with feedback.
6. Remember to make this exercise as fun as you can. Think of it as foreplay.

## **Exercise 6: Rehearse and Record**

This works especially well for improving your erotic talks on the phone. For this exercise, you will need a recorder to record what you say. You can use the audio recorder on your smartphone for this.

1. Get comfortable on your bed preferably where you will not be disturbed for about five to twenty minutes.
2. Pretend that you are talking with your partner on the phone and you want to initiate phone sex. It is helpful if you hold your phone to your ear to give you a sense of actually talking to someone on the other end.
3. Press record and begin talking. Talk and imagine that your partner is responding to what you say. Let your imagination run wild and say exactly what you feel and want. Remember, no one is watching or listening, so don't be shy or reserved.
4. It is possible to get very aroused during this exercise. But if you feel nothing, it is still okay. The important thing is to go with the flow of your imagination and express what is on your mind as if you are actually having phone sex.
5. Stop the recording when you are done talking. Now playback your solo conversation and learn how you sound when you are not worried about what anyone thinks. This is exactly how you want to be sounding when you are having actual phone sex.
6. Also, listen to uncover areas where you think you could improve.

## **Exercise 7: Codify Your Sex Talk**

Sometimes you may find it awkward or embarrassing to use words that are too strong, especially if you are new to the concept of using gross bedroom language. At other times, you may find that you are stuck with only a few overused or outdated phrases. To avoid these situations, it is a good idea to develop some of your own unique codes or phrases that tell your partner what you want to say without actually saying them.

To do this:

1. Get a pen and paper.
2. Think of potential awkward statements and write them down. For example:
  - “I want to ride your cock.”
  - “Suck my hard cock while I lick your wet cunt.”
  - “I need your warm, sexy mouth around my hard dick”
3. Think of a phrase that can replace each of these potentially embarrassing words and write them beside the first statements. Using the above examples:
  - “I want to ride your cock” could become, “My turn.”
  - “Suck my hard cock while I lick your wet cunt” could become, “It’s time for my favorite thing.”
  - “I need your warm, sexy mouth around my hard dick” could become, “Please me.”
4. When you have put down as many potentially embarrassing statements as you can think of, show you partner your list and ask them to do write theirs and share with you.
5. Even when you get comfortable with talking dirty, you could turn this into a game where you both come up with different codes that are unique to two of you. You could have a sexual conversation in the presence of people without them knowing what you are up to. This is a fun way to keep your things spiced up between you.

## Conclusion

I hope these various examples have offered more than enough ways to get you started, not just by thinking about the subject, but by imagining how best to blend it with your life. These are by no means the only things you can say, nor are they perhaps the phrases you would use personally, or even the spelling you would typically use. Still, they should have served as a means and a way not only to get you to start thinking about the different things you want to say, or the different things you want to hear. You can even show your partner this article and use it to bring them up on the subject! When looking at the reasons why these things work, you will be able to go through it and find out more about the type of person you are in bed and what you want, which would not only increase your enjoyment but also increase the satisfaction of your partner. Many people prefer the tamer variants on various things they might say, while others prefer the crude, the better; the more offensive, the better; the course, the better. Regardless of whether you prefer tame, or whether it is the dirty, gritty talk that rings your bell, either version is acceptable and perfectly healthy, either way. There is no positive or lousy way to make your partner dirty. The important thing is that it is natural for you to say that as a result of the things you say you do not get embarrassed and that you are working to incorporate the phrases and methods you want to use in your life in the way that works best for you. Some people will not want to take it to text messages or emails.

In contrast, others can keep it in text-only and never utter a word out loud, but whatever the tool used, whatever the medium used, and whatever the volume used, it is all acceptable. Sex is a taboo subject in our society; it is used to sell anything, but it's never addressed openly, and that's why many different people is being addressed. So long as you are at ease with the amount you're using, the words you're using, and love how it makes you feel, then you're doing it right. What can flat out do it for one person can be completely unrealistic and stupid for another, and that is okay too? Any single person has different kinks, interests and desires concerning their sexuality, and their partners' sexuality, as long as you're both fulfilled and

have a happy and safe sex life (and remember not to give them dirty or inappropriate).

Every single individual will have an alternate type of dirty talk. A few individuals lean toward the tamer minor departure from various things that they can say, while others lean toward the obscene; the more disgusting the better; coarse should be as much as possible. Whether or not you incline toward tame, or if it's the in-your-face dirty talk that truly rings your chime, either form, in any case, is totally alright and impeccably normal. There is nothing more than trouble or a terrible approach to speak profanely to your partner. The significant thing is that it is normal for you to state, that you don't get humiliated because of the things that you state, and that you work to fuse the expressions and techniques that you need to use into your life in the way that works best for you. A few people may not decide to take it to content messages or to messages, while others will keep it just in content and never articulate a word for all to hear, yet whatever the technique utilized, whatever the medium utilized, and whatever the force utilized, it is all totally satisfactory.

Sex is an unthinkable subject in our general public; it is utilized to sell everything, except it is never talked about transparently, and thus, a wide range of individuals are worried about, or then again uncertain of, how to begin bringing dirty talk into their sex lives. For whatever length of time that you are OK with the level you use, the words you use and appreciate how it causes you to feel, at that point you are doing it right. What may level out do it for one individual might be totally mushy and crazy to another, and that is alright as well. Each unique individual has various crimps, characteristics, and inclinations concerning their sexuality, and the sexuality of their partners, as long as you are totally fulfilled what's more, have a cheerful and solid sex life (and you recollect not to send mischievously or what's more, have a cheerful and solid sex life (and you recollect not to send mischievous or undependable for work messages to your partner's organization email address) you ought to be more than set. We wish you good luck in spicing up your sex life and expectation this has been useful and instructive for you.