

SEX

Games



The Practical Guide to Sexual and Erotic Games to Improve Couples Complicity, Rekindle the Spark by Play Through the Senses With Hot Quizzes, Sex Positions, Sex Toys, and Much More, Making Sex Fun and Enjoyable Again, and Not a Job!

SHYLA K. CARTER

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Introduction

First off, I would like to thank you for choosing this book, and I hope that you find it helpful and informative. Throughout this book, we are going to discuss different ways to spice up your sex life with sex games.

We have to get the important stuff out of the way first. In the first chapter, we will go over what sex games are and how they can improve a couple's relationship. Then we will move into talking about the dos and don'ts of sex games. The biggest mistake that you can make when it comes to spicing up your love life is not to talk with your partner about what they do and don't like.

Next, we will move into mental games to get everybody ready. People forget how much sex has to do with the mind. Sex becomes a lot more fun when every part of the body wants to participate.

After that, we will go over sex games that will help to reignite the passion between you and your partner. It is natural for long term relationships to start losing their heat and passion, but there are things you can do to reignite that passion.

Then we will discuss foreplay. Women often struggle with sex simply because there isn't enough foreplay. This plays into the mind games as well.

Then we are going to look at some sex positions. These sex positions will range from interesting but easily doable to advanced for adventurous couples. Sometimes the position has the biggest effect on how good the sex is.

Next, we will look at more advanced games for couples who are looking to kick things up a bit further. These will be doable by any couple, but some of the games can call for a bit more than some couples may want to try, at least for now.

After that, we will start our discussion about sex toys. Sex toys tend to be a taboo subject for couples because neither one knows how the other feels about them. But sex toys can improve sex, so we will look at how to bring up the subject, as well as some of the best sex toys for couples. Then we will look at games that you can start playing with all of those new sex toys you have picked out.

Then we will look at BDSM. Now, this is a beginner guide, so it will discuss everything the beginner needs to know. Unlike what most people will assume, BDSM has different levels. Maybe you aren't interested in being tied up and taken advantage of, but you could still be into getting spanked, and all of that falls under the umbrella of BDSM.

Lastly, we will discuss how you and your partner can start coming up with your own games. Coming up with your own games can help to spark creativity between the two of you, which brings you two closer together.

Before we get started, I would like to ask that if you find any part of this book helpful, please leave a positive review.

Chapter 1: Improving Your Sex Life With Games

When you get intimate with your partner, you want it to be fun. Why in the world do we have a hard time with our relationships? If you would like to figure out how to fix a specific problem or maybe you just want to put some spice back into your sex life, just know that you aren't alone.

Research has shown that all men will routinely orgasm when having sex, but most women won't. Other studies found that around 18 percent of all women who were studied were able to have an orgasm from penetration alone. This is just one problem that most couples face. Other problems might include overly tired, not being able to agree on when to have sex, low sex drive, and being bored in the bedroom.

When you get into serious relationships, sometimes the sex is less than sexy. Both partners are busy, and there just isn't enough time to get everything done. You would rather pop some popcorn, pour a glass of wine, and watch television. Your sex life has become that boring.

You don't need to feel ashamed because you aren't alone. There are lots of solutions out there. It might seem too difficult to tackle sexual problems, but the results are worth some embarrassing and awkward conversations.

No Stimulation

A problem with intimacy is that one or both partners just aren't being stimulated like they need to be to get excited about having sex. Being mentally aroused is as important as being physically aroused.

There are ways to fix this. Most people get excited about jumping into bed with someone that they normally go from zero to 60 in a couple of seconds. This doesn't leave any time to build anyone up mentally, so the sex won't be exciting. If you want to have mind-blowing sex, you have to have some sort of stimulation.

Erectile Problems

This is a common problem, and most men are very embarrassed about it. It makes their partner feel undesirable or unattractive. Erectile dysfunction or ED happens when a man can't get or keep an erection.

Don't worry there are ways to fix it. If you are having a problem with ED, you need to talk to your doctor immediately. They will work with you to find a solution to this problem.

Stress is the most common factor in ED. If you are stressed and anxious, you need to deal with this problem with therapy or some exercises to help relieve stress.

Atherosclerosis and diabetes can cause a problem with a man's ability to get an erection because these problems can block the blood's flow to the penis. This is needed to get and keep an erection. Your doctor could also prescribe you a stimulant that will force an erection.

Won't Compromise

You might be in a relationship with someone, but this doesn't mean that each of you is going to have the same sex drive or want sex as often as your partner. If you or your partner aren't able to compromise, it could cause problems in your relationship, especially if one or possibly both doesn't understand the other person's position.

There are ways to fix this. Every couple won't want sex as often as their partner, that is a given. If you want your different sex drives to work, you have to work together.

If your wife is too tired to have sex, you could ask to see if she would like to have sex in the morning since both of you will be rested. You could also help her with her household chores or take care of the children, so she isn't getting so tired right before bedtime.

If you have a husband who wants sex all the time and you just don't feel the same way, you could give him a massage or help him masturbate. Compromise is the main key here.

Bedroom Boredom

After you have been married for a couple of years, your sex life might become routine or even mundane.

This can be fixed, too. If you feel bored in the bedroom, make sure you don't just give up. If you find that you have become complacent in your sex life, you have to mix things up.

Add some toys to your sexual activity, entice and tease each other by sending text messages during the day, do some role-playing, act out your fantasies, or do different things on different nights. Maybe Saturday is about trying some exciting, new things in the bedroom. Sunday is about foreplay. Make Wednesday all about kissing.

If you can break up your routine, you will become more excited about being sexually intimate with your significant other.

Can't Reach Orgasm

One huge problem happens when one partner can't reach an orgasm during sex. Most of the time this is going to be the female partner. Not being able to reach orgasm can make her feel frustrated or embarrassed.

Don't worry. This can be fixed. If you have a hard time reaching an orgasm, you need to be honest and let your partner know. Don't "fake it" to make them feel better. If you do this, they won't ever learn how to please you. They are just going to keep doing the same things over and over again.

The first thing you need to do is get to know your own body. Most women need to be clitorally stimulated to reach an orgasm. Don't be afraid to add toys or other stimulants into your sex life. Make sure you use a lot of foreplay. Take as much time as you need to and give your partner instructions if you need to. If your partner truly cares about you, they will be eager to help you reach an orgasm. They won't get irritated by it.

Different Sex Drives

Normally one partner will want to have sex more often than the other partner. This person might be happy with the amount of sex that they are having, or they might want less.

The person who has the lower sex drive needs to search themselves and see if there is anything that their partner can do to help them increase it. The partner who has a higher sex drive needs to learn to be patient and learn how to manage their expectations about sex.

The person who has a higher sex drive will take on the role of a predator, and this isn't at all healthy. The couple can try snuggling, but the partner with the high sex drive has to refrain from initiating sex.

Too Tired for Sex

After you have worked 40 plus hours in one week or you have taken care of children all day, it can easily take the excitement out of your sex life. Feeling fatigued or exhausted is the most common problem in the bedroom.

There are several reasons someone might be too tired for sex. You might be having health problems, don't get enough sleep, or are dealing with a lot of anxiety or stress in several areas of life. This can become frustrating for both of you.

This can be fixed. If you are just too tired to have sex, there are some solutions that you can use. First, try to get in bed earlier. This will help you get more sleep. Next, make a schedule and be sure to stick with it. This means when you walk in your door, you leave anything that has to do with work outside that door.

When you can spend less time on your phone or computer handling work problems when you are home, the less stress you are dealing with. Another bonus of this is you will have more time to give to your spouse.

Every couple will go through valleys and peaks during their sex life. Just remember that sex should be pleasurable and fun but never stressful. You need to communicate about your needs and wants and change your routines so you can begin making fireworks once again.

No Sex Whatsoever

Some couples aren't even upset about this problem. They feel like they should do something about the problem but don't know where to start.

At this point, the couple needs to begin "digging" to see if they can find the root of their problem. They need to think about what their sex life was like when they were first dating. They need to ask themselves these questions:

- How much sex did you have during that time?
- What types of sex did you have?
- How was your sex drive then?
- How did sex feel then?
- Do you see any patterns?

If you used to have an active sex life, you need to figure out what has changed. It can be numerous things. You might be feeling stressed, you might have become too familiar with one another, you might be repressing your sex drive, or you might have gone too long without having sex that you are now shy around each other. Could it be possible that someone in the relationship is having an affair?

Sometimes you might just need to have more sex. You might be surprised by your partner telling you that they had a lot of fun and you need to do it more often.

There have been some studies done where couples who were going through sex therapy were told to double the amount of sex that they were having, and they didn't get any happier. The key to better sex is most often quality and not quantity, even though this strategy might not help a couple who aren't having sex at all.

Not Being Open to Sexual Fantasies

There might be times when one partner has sexual fantasies that they feel embarrassed about and won't share them with their partner. On the other hand, they might have tried to share their fantasies with their partner and was told they were "crazy and perverted."

Another problem is that one partner likes to watch porn, and the other doesn't. If one partner gets caught watching porn, it makes the other partner feel very uncomfortable.

Isn't Passionate Anymore

There is going to be an inevitable decline in passion during a relationship. People who lived thousands of years ago didn't live long enough to need to keep a relationship passionate for 30 plus years. Nowadays, most of us do.

To keep the passion alive in your relationship, you have to get creative. A good way to do this is to schedule sex dates. This is very helpful if both of you live busy lives at work, have small children, or if one of you goes to bed earlier.

Don't automatically go to the worst-case scenario and think that there is something wrong with the relationship if you don't have passion. It does take a lot of work to create it and then maintain it.

A study that was done between a couple who married for love and a couple who had an arranged marriage found that the couple who had an arranged marriage had a more passionate relationship. The amount of passion might fluctuate, and this doesn't mean that something is wrong; you just have to keep the faith that the passion will return and have some willingness to get the passion back.

Having an Open Relationship

Sex therapists have reported that more couples are coming to them with this problem. They are trying to see “if it is something they should be thinking about or doing.” They also want to talk about setting some ground rules for their open relationship.

You might be wondering what an open relationship is. There are two kinds of open relationships: polyamorous and swingers. Polyamorous people will have romantic relationships with more than one person. Swingers are a couple who go out together and have sex with others.

Just one word of caution if you are thinking about entering into an open relationship, you need to set lots of rules. Prepare yourself for feelings of a lot more jealousy than you ever imagine.

Some people who ask a sex therapist about open relationships don't want to have one; they just don't know how to talk to their partner about one. They just want someone safe to talk about things.

Libido and Age

Losing sexual desire can be a sign of other problems within the relationship, but it doesn't mean there is something major wrong with the relationship. Many things can change a person's sexual desire like aging, hormones, drugs, alcohol, illness, medication, stress, and tiredness. It can also be different for each person, and it will ebb and flow through life.

Overcoming the Loss of Sexual Desire

After you have been in a relationship for a long time, you might realize that your sex drive for each other has dwindled. Some people say that the surge of sexual desire will only last between six and 18 months. This is normal, and there is some science to back up this statement.

When a couple gets together for the first time, their bodies and brains produce a cocktail of reactions and chemicals. This is why new couples have racing hearts and feel a rush of excitement. When they get together, all they want to do is rip off each other's clothes. During the early days of dating, there is an air of mystery about your love interest. The surprise and newness that is experienced while you are getting to know each other fuels the dopamine system in the brain. This is why you crave each other.

Let's fast forward a couple of years, add in a family, work, chores, bills, and things won't be looking as exciting or sexy. Even though settling down with someone might be rewarding in lots of ways, familiarity and routines aren't a recipe for creating sexual desire.

Couples get so comfortable with one another, it is like wearing your favorite pair of sweat pants, but old sweats don't hold a lot of aphrodisiacal properties. That craving for each other during the early stages of the relationship is what gives spark to your sexual desire. Behind the grabbing, there is also a longing to know about and be with this person. Once you have accomplished all of this, there won't be any more longing or mystery, and this causes the desire to disappear.

Increasing the Sex Drive in Men and Women

Even though it isn't always the case, it has been suggested that women have a harder time getting into the mood for sex than men. A big reason for this is men produce more testosterone, and this gives them more of an urge for sex, you might realize that when you start a sexual activity and get into foreplay, your desire begins developing from this point. If you wait on the return of spontaneous desire before actually having sex, you might have to wait for the rest of your life.

Here are some ways to help you increase your sexual desire:

- Try to indulge in some sexual fantasies and learn how to enjoy touching your body. You don't have to share every sexual fantasy and thought with your partner. These can be used to help start your sexual feelings. You can stimulate yourself as if you were with another person. This can help you build your sexual confidence.
- You have to talk to each other about what will help you get in the right mind frame to have sex. You have to know yourself. You need to know what can help relax you and make you feel closer to your significant other. You also need to know your dislikes and likes. Find out if there is something that your partner can change about them that can help you and vice versa.
- Put sex into your schedule. This is so not spontaneous or sexy when you do this, but you might be surprised about how much it can turn you on to planning your sex life. If just thinking about sex puts a lot of pressure on you, try to plant it without actually engaging in sex. This gives you the freedom to try new things and explore together.
- Get out of your comfort zone. Try some new things together, and I'm not talking about sex. Look for areas in your life where you can learn something new. Once you are able to see that your significant other has different and new aspects of them, it will show you that there is more to learn about them. This can spark a

lot of desire. In order for your sexual desire to get out of hibernation, there needs to be some balance. You have to combine comfort and security with excitement, mystery, and newness. This sounds like it contradicts itself, but logic doesn't belong here.

- Take some time and be apart. Absence does indeed make the heart grow fonder.
- Make an effort and do fun things together. Go on a date or take a weekend away from all the routines and chores to get yourself away from your mundane life. This allows you to tap into playfulness.

Losing your sexual desire can be a distressing and complicated problem for couples. There are some cases when it might be worth finding a psychosexual therapist to talk to about your problems. Losing your desire could be an indication of a medical problem or hormonal imbalance. You might want to talk to your general practitioner about your problems.

Chapter 2: Safe Gaming

Being in a relationship is great. You know you've picked your partner for life. You have a companion always by your side. You have a teammate for the rest of your life. Everybody knows that even the most wonderful relationships aren't free of challenges. Some obstacles you don't have any control over like family dynamics, loss of jobs, or health problems, but some can be avoided if you know what to be aware of. In this chapter, we will go over the common mistakes that couples make and how to avoid them.

You Aren't Honest With Each Other

This happens more than people think it does. One partner will get into debt without telling the other one. They try to hide the debt or unnecessary spending, but it is always found, and then this leads to a fight. You have to be open and honest with each other and talk about any problems you might be having whether it is financial, health, or other before it turns into a big problem.

You Take Your Phone to Bed With You

This is going to be the hardest habit for you to break but it will be worth it. You have to be present at all times and take time to look at each other and talk to each other rather than looking at your phone all day long at even at night.

Don't Appreciate One Another

This sounds very basic but it is a lot more common than most people think. This is a very common complaint from couples who find themselves in crisis. Even if it is a simple act like putting wet laundry in the dryer or taking the dishes out of the dishwasher, wives and husbands have to remember to show each other appreciation for the small things that you do to support the family, home, or one another.

You Put The Children First

Most couples get surprised when they are told this isn't a good move to make. This shouldn't ever happen. You always need to put your spouse first, and your children come next. When you put your spouse in the number one position, both of you will feel like you are taken care of. This allows each of you to be present in your children's lives together and fully.

Thinking That Date Nights Aren't Needed

This might seem weird to continue dating after being in a relationship for many years, but going on dates can lead to a better connection and intimacy. When our lives get busy, and routines have been set, planning some spontaneity seems like an oxymoron when you are in a committed relationship. Make sure you create special and unique experiences during a designated time, along with having special dinners just to catch up.

Making Decisions Without Talking It Over

Partners in the best of relationships will function at a team. This means that there will be a “we factor” rather than “me factors.” This needs to happen with the smallest of decisions like what to do on your next weekend off or huge ones like buying a new car or quitting your job. When you talk things out with your partner, show them that you value their opinion. You genuinely care about their feelings, and you have their best interests at heart. Most of the time, the conflict will stem from expectations that are different. This is why it is necessary to sit down and talk things through so you can both agree on your expectations when it comes to making decisions to stay away from conflicts in the future.

Waiting Until You Are “In the Mood” Before You Have Sex

If you constantly wait until you are in the mood before you have sex, you might not ever do it again. This happens because most of us don't experience a spontaneous desire for sex. You work all day, come home, make dinner, clean the house, help the children with their homework, help them with their baths, tuck them into bed, answer the phone and talk to your friend who is having problems with her boyfriend, and then you jump into bed with a burning desire for sex. Get real; you fall into bed, exhausted and begging for sleep. Couples who have been together for many years realize this. There is going to be a time when you need to be aroused before you are able to experience any desire, and this is perfectly normal.

No Boundaries

It might be your best friend or your mother-in-law who keeps interfering. It doesn't matter, but you have to set boundaries early on in the relationship. Most of the time, the couple will just ignore them and go on. These problems will only get bigger and will be harder to address later on.

You Forget There Is a Difference Between Like and Love

These feelings play a huge role in healthy relationships. You might have times when you have to be reminded that you still love each other. It is perfectly fine not to like each other every minute of every day. You just need to remember that the relationship began with both of you being in love.

Marriage Isn't Going to Solve Any Problems

Many couples feel like if they just get married that all their problems will go away, but the bad news is this might make things a lot worse. Constantly being with a person won't solve your problems, and if you want your lives to be transformed radically, you are going to start subconsciously or consciously blaming your partner for all the things that were brought into the relationship that doesn't have anything to do with the relationship.

You Don't Have Each Other's Backs

You might not agree with your significant other's behaviors or opinions. You must approach any barrier, and people who are threatening you as one unit. You make a team, and this means you have to support your partner when they are feeling down or are in pain. One major problem happens when one partner feels like they have been hurt or slighted by their significant other's family or friends. You don't have to choose between your significant other and their family or your family. You do need to have your significant other's back and address any disrespectful behavior when it happens.

You Just Don't Care

This may be easier than trying to explain the way you feel about things, but saying “I don't care” too often could cause a lot of damage. People use this statement too much, and what most people don't realize is that it can subconsciously erode the relationship's foundation. Instead of relying on this simple but very complicated statement, couples need to tell each other how they feel about any given problem or situation.

You Forget Relationships Take a Lot of Work

At the beginning of most relationships, everything flows easily. This happens because there aren't many expectations. The longer you are in a relationship, the more expectations you are going to have. Why does this get harder? Simple, if remaining together was super easy, everybody would do it. When a couple realizes it is perfectly normal to have to work hard at the relationship, they will be able to get settled and do whatever is necessary to help the relationship grow.

Not Solving Your Problems

You just ignore your problems, but these will just get larger and get harder to address. You have to deal with your problems as they come up, so they don't get completely out of control.

Try to Make the Other One Change

Many people realize that getting into a relationship while hoping that your partner is going to change is only a dream. This happens a lot. The only one who can change is you. This includes how you react to your partner and the way they behave.

You Have to Always Be Right

This quickly drives a wedge between couples. Being in a relationship is about being vulnerable and compromising. You have to let go of that ego and admit your mistakes. If you don't, it could derail your entire relationship.

You've Stopped Listening

There are numerous distractions in the world today, and this makes it extremely important for partners to listen to one another. Turn off the television, get off your computer, put down your phones, and give your significant other your complete attention. You have to take in each word, nuance, and the way it was said. Not listening could creep into the marriage, and then abandonment starts, or they begin to resent each other. Listening is the key to everything.

No Sex

Many experts say when you stress about sex too much, it can cause a lot of problems, but when you aren't having sex at all is a bigger problem. Sex is a healthy and normal desire and a crucial way to bond emotionally. This needs to be continuously renewed. The bonding that sex can produce isn't just on a conscious level; it is unconsciously through the brain's limbic system. It gets mediated by neuropeptides, neurotransmitters, and pheromones like oxytocin, endorphins, and dopamine. If you don't think you have to have sex to be closer to your partner, in all reality, you do.

Cheating

Everyone knows that cheating is bad, but many couples think that they can just forgive their partner and forget everything that happened. When there has been a betrayal in the relationship, it can be hard to heal the relationship, and it is going to take a lot of time. Most couples can't get their sense of trust and safety back in the relationship.

Things Have Gotten Boring

Things may not be as exciting as your first few dates, but you have to keep things fun, or you will be doomed. Be sure you have things to look forward to. Set up a date night once a month or plan an annual vacation. Just make some plans and stick to them.

Don't Spend Any Time Alone With Each Other

It is possible to spend too much time together. It is common to neglect your time together as a couple when life gets hectic. Most of the time, couples get so lost in their hobbies, children, or careers that they completely forget to take some time to just be together. Once they have stopped playing tennis, the children have gone their own way, and they have retired, they have to nothing to do but look at each other, and then they wonder who they are. You have to remain involved and do stuff together. You have to spend time alone but with one another. It is a great way to show your children how important it is to focus on each other to make a strong relationship and be better people and parents.

One Person Stops Working on Themselves

Self-improvement doesn't need to stop after you have moved in together. You have to get to know yourself very well. What things trigger an emotional response? Are there parts of your body or yourself that you don't like? Are there areas in the relationship where you could be happier? You can find somebody to help you or you could do it by yourself.

Letting Others In

It isn't ever a good idea to allow other people to get involved in your relationship. It is fine to get some advice every now and then when you need it. There isn't anyone who has more say so, knowledge, insight, or power in your relationship than the people who are already involved. Couples need to communicate with each other and make the decisions that will work the best for them and only them.

Never Go To Bed Angry

This old saying about relationships just isn't true. Sometimes couples don't want to go to bed angry, and they just "make up" without truly making up. They need to take a break for the night and talk things over the next morning. This will allow them to talk when they are more alert, awake, and not as emotional.

Chapter 3: Get Mentally Ready

Sexuality has become very “medicalized” in that sexual problems are often seen as medical problems that have medical solutions. For example, the introduction of Viagra, which is an erectile dysfunction medication. It came about because people saw that a lack of blood flow to the penis as a medical problem that had a medical solution with the use of a little blue pill. Instead, sex is a complex interplay of the mind and body, which erectile problems use to be viewed as.

While Viagra does help many men, but some men don't find help through drugs and find help through sex therapy. This example is only one part of a larger question that people have: How much does sex have to do with the body and how much with the mind?

Both play a very important role in a person's sexual experience. Let's take a moment to look at the orgasm. We have learned a lot about the female orgasm, and it has been found the anatomical structure of a woman's genitals play a part in how easy she can have an orgasm. Her personality, which is partly caused by genetics, is also linked to how easily she can have an orgasm. Both aspects support the “body” role in sex. However, the way in which a woman feels about her genitals is a factor, as well as her ability to let go, relax, and feel aroused, which is the “mind” role.

Oftentimes, it seems as if men can go from one thing straight into sex without a moment's notice, while a woman is sitting in bed thinking about everything she has to do the next day. This is because the male and female brains work differently. The female brain does a lot of multitasking, while the male brain will switch from one task to the next with ease. Women often need a transition time of around ten to 30 minutes. This is why we need to make sure that the brain gets involved when it comes to getting ready to have sex.

That's where mental games come into play. Now, some of these mental games aren't just all mental. Some will have a physical aspect to them as well, but the one thing they all do is make sure you are mentally turned on and tuned in to what is going on. This will make sure that every part of you is ready when the time comes.

Watch An Erotic Movie Together

This is a great way to learn what turns your partner on. In some societies, porn is seen as wrong or shameful. However, it is able to help unlock new and exciting sexual intimacy in your relationship. For example, when you show your partner that you are comfortable enough to watch porn with them, you are letting them know that you aren't self-conscious about your sexuality. There are also many different couple-friendly porn sites out there. If you would like a site that offers couple-friendly, female-friendly, and queer-friendly alternatives, you can try Sssh, Crashpadseries, and FrolicMe.

If you want to take a walk on the wild side, you could take a weekend sex convention. In nearly every city in the US, there is a sex convention year-round. They will offer different sex classes, and you can observe sex play without being a participant. You can get some ideas about what you would like to try once you get home. You can find sex conventions on sites like FetLife and Kasidie.

Whisper

Whispering your sexy thoughts into your partner's ear is a lot like sexting but in real life. At first, you might feel awkward doing this, but it will get easier the more you do it. Nothing is sexier than being spontaneous about this either. The next time that you are out with your friend lean over and whisper in your partner's ear about how badly you are craving their touch. What you say may not be all that subtle, but it is definitely going to get both of you in the mood.

This works because some people like being secretive and creating some excitement of their own, even if it isn't what they usually do. It lets your partner know that you want to push your comfort zone to show them how badly you want to be with them, and that is a turn on as well.

Give Games a Sexy Twist

There is a good chance that you have some board games lying around the house. With a little bit of sexual brainstorming, you can change up the rules on those games. An easy one is to play Twister naked. You can also write sex “rules” on Jenga pieces. With a bit of imagination, you can turn a lot of G-rated games into r-rated ones.

Games are a great way to get competitive juices flowing, which will lead to necking and teasing, which is a great way to get things heated up. There are also adult board games out there that you can buy and play. Love dice is a very common one out there, and it provides you with fun and entertaining ways to try out different things that you may not have thought of before.

You can also take things back to high school by playing Truth or Dare. You can try asking something like, “What’s on your sex bucket list?” If they choose dare instead, you can have them wear a blindfold, and they have to lick whatever you put in their mouth, or have them use a sex toy on themselves for one minute.

Sex-Fact Finding Night

This isn't as boring as it sounds. You and your partner should set aside some time where the two of you have an open and honest discussion about what you do and don't like sexually. You can also take the time to explore some new moves and talk about fantasies you haven't expressed. You shouldn't pressure yourself or each other into being sexy. Simply experiment to see what you say like and then figure out why you avoid certain things.

To take this a step further. You could take a sex class together and then use your weekend to practice what you have learned. A sex class can open you up to a new avenue of sex play. You can find these one-night classes on Facebook or Eventbrite. In these classes, you can learn about new positions, toys, techniques, and props in a learning environment.

Use Mirrors

Many people enjoy looking at themselves while having sex, and a mirror is able to give you a few extra angles that you likely wouldn't be able to see. It might be a good idea to invest in a couple of mirrors to put in your room in a strategic manner. Before you add in mirrors, you should make sure that you and your partner are okay with having mirrors in your bedroom. If you or your partner has problems with the way you look, a mirror may end up being a distraction instead of a pleasure enhancer. It also doesn't hurt to remind your partner how sexy they are.

If you think mirrors will work for you, here are a few places you can place them:

1. Moveable Mirror

This might be odd, but there are some who like to have a handheld mirror that they can bring up close to get extreme close-ups of what is happening. The only problem with this is that it can add focus onto the mirror rather than each other.

2. The Closet Door

You can get a full-length mirror to hang on your closet door. They also aren't going to arouse suspicion, and they tend to be a cheap, easily installed option.

3. On The Ceiling

One word of warning before you decide to call a carpenter, having mirrors on the ceiling can create certain connotations, such as meaning that you are a player. Ceiling mirrors could mean that you are a bit too into watching yourself have sex, so you may want to leave those for motels.

4. Dresser Mirror

While this one might not help with angles when in bed, it can help with foreplay. You can begin seducing your partner while they are standing in front of the mirror. Come up behind them and undress them and see where things go.

Role-Playing

We've covered a lot of games, but in my opinion, I've saved the best for last. If you have ever felt like you would want to be someone different behind closed doors, role-playing is for you. Have you ever felt the need to change up the power dynamics in your relationship? Have you found yourself fantasizing about being a robber, school teacher, or police officer? Does it make you feel like you're gross or weird to feel that way?

It shouldn't be. Roleplaying within a relationship is actually very healthy. Despite what you may have been told growing up or what might be said in early morning bad cable shows, sex isn't something that is dirty, and role-playing isn't a sinister act that only deviants and sinners indulge in.

Role-playing is a healthy practice for couples, married, or otherwise, that can help you to improve and strengthen your connection with your partner. The desire to pretend to be somebody else doesn't have anything to do with dissatisfaction with your partner or sex life. It has to do with safety and trust.

Role-playing is simply the act of acting out your or your partner's fantasies, and this act of playing out fantasies often happens when you feel secure and safe in your relationship. Role-playing is a great indicator of feeling physically and emotionally safe with your partner.

Roleplay can be a healing experience and can help to strengthen the relationship of the individual. It is a great way to express your desires or yourself. While movies and porn may make you think that women and men already have their fantasy roles laid out, that isn't necessarily the case in reality.

For example, if you are the woman in a heterosexual couple and your boyfriend is a high-powered financial analyst, and he wants you to spank him and treat him as a "bad boy," he could be hinting at his need to not always be in control. The two different roles, the submissive and the dominant character in this type of sexual exploration can change the bonds between people. It can enliven, deepen, and strengthen the relationships,

whether you switch between a submissive and dominant role or remain static.

The fantasies you have are a lot more common than you believe. There are three common fantasies:

1. Bisexual fantasies
2. Public or spontaneous sex
3. Dominant and submissive

Chances are, you have had one of these fantasies before.

For the dom and sub fantasies, it gives you the chance to have an unequal power distribution in a controlled and safe situation. It gives you the chance to release your inhibitions and to be taken over by pleasure and either a gain or loss of control.

Humans have a subcortical circuit for submission and dominance. The majority of us will display these two sides several times throughout the day. A partner who would like to be dominant might have, or currently, feels weak and helpless during certain points of their life and benefits from getting to feel as if they are in control in a certain area.

With a bisexual fantasy, simply wanting to role play in a bisexual role, doesn't mean that you actually have homosexual tendencies. This, in no way, means that everybody is bisexual, but a lot of people have experienced sexual interest towards a person of the same gender.

With the spontaneous fantasy, it is one of those "just can't wait to have you" type things. This is something that we have all heard about and thought about, if not, already gave it a try. The thought of having sex in a public setting can be quite invigorating because of the danger behind it.

There is no need to be afraid of the idea of role-playing. It doesn't mean that you feel unhappy in your relationship, and it doesn't mean that you

think your current sex life is boring. Simply wanting to be another person during sex doesn't mean you are going to hurt your relationship and the life that you both have outside of the bedroom.

The key to having a healthy and successful role-play is trust. Without trust, boundaries may end up being crossed, and your lines can be destroyed. It is all about having mutual respect and a good understanding that this is simply an exploration of fantasies, and the most important element of it all is consent.

Through this act of self-expression, there is an opportunity for validation and acceptance from your partner, which could lead to an intimate and emotional connection. The lowered inhibitions and sexual confidence that is needed when you role play, can only be reached through safety and trust in your relationship.

If you are able to engage in role-playing with confidence, you aren't being some sexual pariah. Instead, you are proving that you have faith in your lover and partnership with them. If you can comfortably open yourself up to that level of vulnerability, you are reaffirming your connection.

Roleplay equals communication. When you are in tune with your sexual self, you are traveling an enlightened path. You want to feel relaxed enough in your relationship to feel like you can ask your partner for whatever it is that you want without feeling shameful.

In order to have good communication, you have to be in tune with yourself. Having a good understanding of what you desire and being aware of the level of openness and comfort you have to act out that desire is going to help you talk to your partner. If you have a solid relationship, then this communication should be fluid. So what should you do if you think role-playing is for you? Here's where to start:

1. Think About What Your Fantasies Are

The first thing you have to figure out is what you want. In your head, what turns you on? Is it a teacher you had in college? Maybe you have always wanted a massage therapist to take things one step further. You might have

even fantasized about being your favorite book character. Your only limit is your imagination. Think about any type of scenario that turns you on, even if it is something as simple as a first date with a person you have lusted over. Your dirty thoughts are the best inspiration for role-playing games.

2. Be Kinky or Not

Some fantasies are all about power, such as officer and criminal, or student and teacher. One of you is going to have to have power over the other in some way. This is a great way to explore a power exchange dynamic playfully. But not every scenario is going to have the power play. Pretending to pick them up in a bar, or acting as if you are on a blind date gives you the chance to be somebody that you don't think you are, such as overtly sexual, aggressive, or bold.

3. Talk About It

Some fantasies can happen spur of the moment, like pretending to meet them for the first time. Others are going to need some prep work. If it is something really kinky that involves whips, leather, or some type of costume, you are going to have to give your other half a heads-up.

You can start things off by saying: "I can't stop fantasizing about..." Then you can gauge their interest in it. If you notice they perk up a little or get into it, then you can take things to the next level.

4. Dress Up or Not

Imagination is extremely powerful, so costumes aren't always needed. If you aren't interested in buying costumes and the like, then skip it. If you aren't sure if you need the costume or not, try it with and without the costume to see which you prefer.

There are a lot of places to buy costumes online. There are adult stores that you can buy things from, and you can also try Halloween stores, especially when they have their sales after Halloween has passed. You may even find some things in your closet that will work.

5. Start Slow

For some, role-playing is going to feel silly. You may feel uncomfortable or awkward “playing pretend” even if it is something that turns you on. This is why it is best to begin slowly and with something small. You may try sexting about your fantasy at first. This gives you the chance to be imaginative without having to look at the other person or speaking. For some, this is all they want or need. For others, after they get comfortable with typing things, it is going to be easy to say their “lines” as the scene plays out.

6. What Do I Say?

The first few things that you say as your character may seem silly or awkward, and that is okay. This is something new, and nobody expects you to be perfect when you first start out. It is okay to fumble and laugh. If the fantasy has a strong connection for you and your partner, then the words will come, and you can follow each other’s lead.

You might know how you would like things to end. If you do, you need to tell your partner. But you might also want to be surprised; in which case you should imagine what your character would say and go with it. There isn’t a critic in your house that is going to tell you what you should and should not do. If the role play ends with you both naked, sweaty, and satisfied, then you have done well.

Now that you have plenty of options for getting your mind into sex, give some, or all of these a try and see what works for you and your partner.

Chapter 4: Light The Fire of Passion

All romantic relationships need to have two things, an emotional connection, and a physical connection. If you have found that your sex life isn't what it used to be, there are lots of different ways to bring that passion back, and there are certain activities and games that help you with that process.

Passion is often the difference between loving a person and being in love with the person. Passion is the difference between a happy and long-lasting relationship, or a soul-sucking and slowly dying relationship. But passion is often fickle. Passion is often very apparent at the start of a new intimate relationship. It comes from all of the chemicals and hormones that cause us to feel excited and tingly inside whenever we see the person that we are dating.

Then you hit about the 18-month mark, and the passion will often get lazy. The hormones have died down, and the chemicals return to normal levels. The mind and body start to get comfortable with the relationship. Then, all of a sudden, we have to work to find that spark. If we don't make sure that we put some time and effort into the relationship, passion is going to disappear completely.

The brain ends up getting used to what is on repeat, and its need for whatever is on repeat will start to go down. This means that sex is no longer something that you start thinking about, but this does not mean that you no longer like it. All it means is that at that moment, you just don't want to.

For some, the thought of sex games can bring to mind scenes from *50 Shades of Grey*, but that is not always the case. There are many different adult games out there that can help a couple to bring the passion back into their relationship. Some of them could be considered BDSM play, but most of them are less intimidating and can help increase your passion and sexual pleasure.

Bring the Passion Back

The great news is, bringing passion back is not hard, but it is going to take daily action from both of you. As you will notice, the first few of these tips aren't sexual, and that is because to bring passion back into your relationship, you are going to have to do more than just focus on sex.

Meditate

When you are calm and centered, people are naturally drawn to you, and this includes your partner. Take 15 to 30 minutes every day to relax and meditate. You and your partner may want to do it together.

Hug Them

Some studies have proven the act of hugging your partner for at least 30 seconds three times a day will increase your passion and intimacy fivefold. Hugging is able to increase your oxytocin levels and lowers your blood pressure and stress.

Appreciate and Admire

Start looking to find the good. Let your partner know about the things you appreciate and admire about them. The more that you do this, the easier it is going to get. Try to find at least eight positive interactions for each negative interaction you have with them.

Change Things Up

Try doing something a bit different today. Get out of your ho-hum, boring routine, and change things up. Choose one thing that you will do differently each day. This is going to spice up your relationship, and it is going to improve your mindset.

Separate Sex From Routine

Make a plan for intimate time and then make sure that you avoid talking about any problems you may have or household chores during this time. Sexual arousal will plummet when you become stressed and distracted.

Quit Criticizing

Sometimes you may just need to bite your tongue. Let your partner do things their own way and don't start offering them unsolicited "advice."

They are going to feel more accomplished and empowered, and you are going to reap the passionate rewards.

Improve Communication

You have to be careful about the things you say. Belittling, name-calling, nagging, and complaining is a passion extinguisher. Make sure that you are always aware of how you speak to your partner because that may be why the two of you have lost your passion.

Write Things Down

Get some paper and a pen, and then set yourself a timer for two minutes. Take that time to write down all of the reasons that you love your partner. You can share this with them and take some time reminiscing about it with them. In fact, this would be a great thing to do with them, and at the end of the two minutes, you would exchange your lists.

Let The Tension Grow

The brain will often experience more pleasure when the anticipation of the reward occurs a long time before we get the reward. This means that you should make sure and take your time during foreplay. You can try sharing your fantasies and changing up the location so that you can make sex more romantic.

Get Some Thrills

Choose to do some adrenaline-pumping activities with your partner, like scuba diving, hang gliding, sky diving, watching scary movies, or rollercoasters. There are studies that have discovered that couples who share exciting experiences like these grow close to each other.

Give Them a Massage

Offer to give your partner a massage. The massage can be as simple as just rubbing the back and shoulders. Affectionate touch is one of the best ways to rekindle the passion in relationships, and it is an amazing way to show your partner that you care. This is especially true if you tend to not be all that touchy-feely. Your message can be as long and as intimate as the two of you would like.

Nookii: A Game For Passionate Lovers

This is one of the most bestselling card games that give you the chance to play your way around your partner's body. It has three different tiers that will increase the intensity of what you do. The "Mmm" cards will help warm the tow of you up through teasing and touching. Then you can move onto the "Ooh" cards, which will provide you with some mini role-playing scenarios. To finish things off, you will move onto the "Aah" cards. The game also comes with a blindfold, and a do not disturb sign. To up the intensity, each action has to be completed within a certain amount of time.

Erotic Dice

Now we're getting into some sexual games that can help to reignite your passion. One way is to pair a pair of erotic dice. This is great for couples who are new to sex games. They typically come with two dice. One die has words like lick, touch, suck, and so on written on it, while the other has body parts listed. The dice decide your fate and decide what you and your partner is going to have to do next. All of your attention is on each other, and nobody is on the losing end. Things are going to heat up quickly. It will also help to push you and your partner's comfort zone, which can help to get you both in the mood.

They are also super discreet and can be easily packed away in your bag to take on a trip with you. Plus, you can also make your own erotic dice if you have some regular dice laying around the house. You just have to decide what each side means.

Striptease Darts

If you and your partner are into a game of darts, then you will really love this magnetic bottle cap version. The dark board is focused on striptease. Whatever the bottle cap sticks to when thrown will determine what article of clothing has to be taken off. Both partners must play, so get competitive until... well.

Give Each Other a Sex Discovery Quiz

Something else that you and your partner can do is to take a sex discovery questionnaire. There are lots of different ones online. The purpose of using these quizzes is so that couples can open up to one another, and possibly to

themselves, about what their fantasies are and what they would like to try. Both need to take the test, and then you can compare the results.

Change Up Your Pattern of Initiating Sex

It might be that you have denied your partner, or you could be coming on too strong. Try to quit criticizing each other and quit playing the “blame game.” That game does nothing for sex. Change things up further so that the power struggle stops. For example, the person who often is distant may want to try initiating sex more often, and the one who has been doing the initiating may want to find a way to let their partner know “you’re sexy” in a more subtle way without being demanding.

Strip Poker

There’s a good chance that you already have a poker set at home, but even if you don’t, you can buy one, and it will serve a dual purpose. You can use it for poker, and you can use it for your sex life. Adding this stripping twist to a classic game isn’t all that intimidating. The reward is getting to keep your clothes on as you get to watch your partner strip off their clothes, but it is going to be a win-win in the end. This can help to liven up date night. If you don’t know how to play poker, you can add the stripping element to any card game that you know how to play.

Use Chocolate To Write On Each Other

Another erotic activity the two of you can try to heat up the passion with is to use chocolate to write on one another. They even make edible chocolate playpens. This will give you the ability to write all over one another, and then you get to eat the chocolate off. Write out the most intimate desire on your partner or ask your partner to write what they would like you to do to them next. Make sure that you are romantic and creative, and the act of licking it off is great fun, tasty, and sexy form of foreplay. Even if you don’t use chocolate pens, chocolate is still something you should add to your sex life to make it more fun.

Dirty Charades

This game will provide you with a spicier version of charades, and it is guaranteed to get some laughs. This dirty version of charades is focused on suggestive innuendos that will help to get things going between you and

your partner. The games come with 100 cards, and there are six charades and each of the cards. You can also play this game with your friends, up to four to be exact, so you can invite in another couple or person.

Talk, Flirt, Dare

Talk, Flirt, Dare is a card sex game that can turn date night into something more exciting. The game comes with three different levels: talk, flirt, and dare. That means you have a choice as to how close you two want to become. Talk is a deck that can be pulled out at parties and gets other people involved. All they will have to do is share a bit of personal information. Flirt can help to take a new relationship up a level so that they can get closer. Dare is the ultimate level and will help to reignite the connection that you have in a long-term relationship.

“Would You Rather?”

Would you Rather...? The Naughty Conversation Game for Couples is a book that's aim is to help get the conversation going between couples. It will provide you with questions, such as “Would you rather... Watch your partner have a shot and heavy make-out session with someone you don't know or listen to them have loud, wild sex behind closed doors with somebody you do know?” This will give you two the chance to tap into desires that the two of you may not have known you had. Here's another example of questions you might find, “Would you rather... Have sex with a screamer, or have sex with a biter?” You will definitely get to know each others' deepest and darkest desires real quick.

Sex Questions

You have two different options for this one. You and your partner could write down a bunch of sexual questions, put them in a bowl or hat, and then draw them out at random and answer them. The second option would be to buy the book *469 Fun Sex Questions*. The point of this activity is to make sure that you will never run out of ideas for making your sex fun and to reignite the passion. The questions in the book are made to help couples open up and talk about sex. The concept behind this is that the more comfortable you are with talking about sex with one another, the more you are going to enjoy sex later on, and the closer the two of you will become.

Don't think that these games can only be used by couples who are lacking that spark in their relationship. They are great for any couple that wants to get closer or to change up their date nights.

Chapter 5: Foreplay

What does foreplay mean? Foreplay is any type of sexual activity that takes place before having intercourse. With that said, there is no requirement that says intercourse has to be on the menu or the grand finale. Foreplay is able to be hot enough when done correctly. Most women call it “the whole point of having sex.” It doesn’t matter if all it is are quick texts, back rubs, dirty talk, dry humping, spanking, fingering, oral sex, neck kisses, touching one another while spooning or making out, foreplay is everything sensual that gets done for the “big dead,” whatever this means to you.

What is the importance of foreplay? There are a lot of reasons why foreplay is important. It is very important for women to feel turned on and excited enough to enjoy sex. Jumping straight into sex without some sort of lead up to it can end up being painful, uncomfortable, and boring. Even if all you have time for is a quickie, there needs to be some type of lead in so that it can be fun for everybody.

You don’t just head out the door for a job before warming up first, do you? All of the talking, kissing, touching, and rubbing before sex is just as important as sex. It is able to help get the blood pumping to all of the right places, boost the libido, get everybody turned on, and relaxes you. If things are done correctly, you are going to get your partner well primed for an exquisite orgasm.

This definition makes it seem like penetrative intercourse is the only definition of sex. It is best to call it “arousal activities.” There are LGBTQ couples who don’t actually penetrate each other and they consider things such as oral sex to be the main event. So, when you call oral sex foreplay, it can be a noninclusive way to look at sex. When you look at foreplay as an appetizer and not the main meal can make it sound like it isn’t as important as the man’s orgasm.

You should think about foreplay as any activity that can build up arousal whatever they might be. Sex doesn't need to be a linear experience that begins with a kiss and ends with sex.

As long as everybody involved consents to it, there is no right or wrong way to do foreplay. If oral sex is your main event, then rubbing and touching that happens beforehand is what will get you aroused. Any activity that can get a person aroused enough to have fun with other things is considered foreplay.

The following are some classic foreplay activities:

- Tell her you like reading her poetry
- Tell him you love watching him play his guitar
- Play with your partner's testicles
- Spank them
- Finger their vagina or anus
- Caress them all over
- Kiss and lick your partner's anus
- Stroke her clit
- Stroke his penis
- Squeeze and caress your partner's breasts
- French kissing
- Sucking and licking nipples
- Bite and kiss your partner's neck
- Nibble on their earlobes

Feel free to focus on certain body parts like the back of their neck or their pubic bone. The main thing is to remove the pressure off of yourself and making sure your partners has an orgasm. If it feels good to everybody, then you are doing the right things. Foreplay is able to trigger physical and physiological responses that will make sex possible and enjoyable.

Their Physical Response

Foreplay is able to get all of the juices flowing because it ups sexual arousal. You should not confuse this with sexual desire, but it has the ability to do that as well.

Sexual arousal can create several different responses in the body, and this can include:

- Lubricating the vagina. This is what makes sex more enjoyable and pain-free for women.
- Will make the nipples hard, and will make the breasts swell.
- Blood will start to flow to the genitals, which are going to cause the penis, clitoris, and labia to swell.
- It will dilate the blood vessels in the genitals.
- It increases blood pressure, pulse, and heart rate.

Their Physiological Response

Foreplay does feel good, but it goes a lot deeper than that. When you engage in foreplay, it can help build emotional intimacy that makes you and your significant other feel connected both in and outside the bedroom.

If you aren't in a relationship, no need to worry. Foreplay can lower your inhibitions and this makes sex even hotter between virtual strangers and couples.

If stress halts your libido, foreplay just might take care of this problem. When you kiss, it releases serotonin, dopamine, and oxytocin. This cocktail can lower your cortisol levels while increasing your feelings of euphoria, bonding, and affection.

Foreplay Means Different Things To Everybody

When it comes to talking about sex, foreplay has been defined as an erotic stimulation that precedes sex. If you remove sex from the equation, foreplay will become defined as the actions or behaviors that precede events. Whatever your event, it may not look like the same thing to somebody else.

You don't even have to place intercourse on the menu if you aren't interested in it. Foreplay is its own thing, and maybe all you need to reach orgasm. In fact, there is research that has found that women can't reach orgasm by simply having sex.

As long as everybody agrees, foreplay could be anything that you would like it to be. You can start things before it gets heated. You have to start somewhere, but why should it be during sex. You both don't even have to be in the same room to begin things.

Foreplay can be used to prolong your playtime. If you know that you are going to be getting together in a few days or later in the day, you can use foreplay to get things started and to keep it going. Below, we are going to go over some foreplay tips. You can either find one that you like on this list and try it out or start getting adventurous and give them all a try. The time that you are spending on your partner's body before penetration is going to increase their pleasure along with your own when the main course happens.

- **Sexting**

Foreplay doesn't have to begin in the bedroom. It can begin when you wake up. This is so easy, and you can do it anytime and anywhere. A text telling them what you want to do to them or how hot you get just thinking about them. You can also tell them certain things they can do to get you all hot and bothered. This shows them that you are thinking about them, and everyone loves that. Send them a text that says: "Can't wait to get naked with you later" can get your significant other excited before you ever get into the bedroom. If you are careful, you can even send them a nude picture of you to show them what they can expect later.

- **Leave notes**

You don't have to be creative to get your partner going. You can just leave them a note. Put it on their pillow or hide it in their bag. This shows that you can't wait to be with them later.

- Roleplay

Foreplay can be turned into opportunities for the two of you to live out your fantasies by doing some roleplaying. You may want to pretend to be strangers who are having a one night stand after you meet each other in a bar. You could go for the tried and true Catholic schoolgirl and priest. The main thing is to just have fun.

- Meeting for drinks or dinner

When you and your partner go out for drinks or dinner, before going inside, have a quick make-out session in the parking lot. Once you get inside, sit on opposite sides of the table and play footsies under the table, sneak into the restroom for another make-out moment. You may even "drop" your fork to take a peek at what your partner is wearing. These are just a couple of different ways to make dinner foreplay.

- Kiss them like never before

Don't greet them with a chaste kiss on the cheek. Lock eyes with them, press your body against theirs, and kiss them deep and long. Use your hands and tongue and be use to moan enough to make them excited about what is about to happen. Don't forget to end the night with another fabulous kiss.

- Light it up

There isn't anything like candles to set the mood for all the sexy things you want to do. Tea lights don't cost a lot of money, so stock up and light them when you want to get busy. Plus candlelight makes your skin look great.

- Tell them it is game time

You don't have to be coy when all you want to do is get them naked and make wild passionate love to them. Tell them as graphically as you can that all you want to do is get them hot and wet or hard and keep them there all night long.

- Turn up some tunes

Everybody has that song or songs that just gets the juices flowing. You have to figure out what song does that for your significant other, as well as yours, and then create a playlist that will help to get them hot and bothered. Some good options are:

- The Weekend – Earned It
- Nine Inch Nails – Animal
- Barry White – Let's Get It On
- Donna Summer – Love to Love You

- Dance

There's nothing hotter than two bodies that are pressed against each other. Feeling your partner's hot breath rush across your cheek while you sway to the rhythm of the music can help to heat things up.

- Striptease

I'm not talking about swinging around a pole. You don't even need to have moved. Just dim the lights put on your playlist and slowly take your clothes off. Make sure your expression doesn't show any signs of fear or uneasiness. Be completely confident in your actions. Since foreplay is not at all a sprint, you need to slow things down. Rather than just quickly pulling off your clothes, taking them off slowly. Once an article of clothing is off, wait a bit before you remove the next article. Do this until you are completely naked. You can do this with your partner if you want. If you take off your partner's clothes, focus on their skin as it is revealed.

- Sexy underwear

These aren't just for women. If you can find the right one that fits perfectly, you can really turn your partner on. Low rise briefs are always a good choice.

- Have a sexy picnic

Place a picnic on your bed that is full of sexy goodies that are meant to be shared. Juicy cherries and strawberries along with some chocolate sauce and whipped cream to dip them into can make for a fun night. You can feed each other and then lick each other clean. Chocolate is a natural aphrodisiac, too.

- Massage

Human touch is a very powerful thing and a massage will work wonders on the mind and body. Light candles and get some of those massage oils out. There are also some massage candles that you can use.

Begin at their feet and move up their body. Make sure to hit all their sensual points and linger in those special places when you feel like it.

You can begin by massaging your partner's legs from their upper thighs to their ankles. Now, focus on their feet, kneading their heels and all the parts of their feet. Now, work on their toes. Pull on each of them separately. You get bonus points if you suck them.

- Make out time

You can also kick it old school and simply make out for a while. To take it up a notch, press them up against the wall, get them in the back seat, or simply fool around on the couch.

- Erogenous zones

There are lots of erogenous zones across the body, so have some fun nibbling and licking your way across your partner's body.

- Skin to skin

Dry humping might be something you haven't done since you were a teen. Well, it isn't just for teens. The anticipation of two bodies rubbing together in different states of undress is the hottest thing ever.

- Tell them what you want

Talking about the things you would like to happen during sex isn't just great foreplay. This will also help to ensure that your needs get met. Tell them what you want them to do to you and what turns you on.

- Find out what turns them on

If you have any doubts, just ask them what they want. Most women really appreciate it when their partner makes sure that they are satisfied. If they see that you are trying very hard to please them, they will return the favor.

- Toys

There are a lot of different options in sex toys out there than just those that look like a penis. There are vibrators out there made specifically for couples. We will discuss a lot of these and more in the sex toy chapter.

You can also find nipple and finger vibrators that can take foreplay to a whole new level.

- Soapy shower

Hot wet hands and skin sliding across one another's bodies while you are lathering each other up with soap can take showering to a new level. You might not even want to get out of the shower, ever.

- Quality not Quantity

If you can improve the quality of foreplay, she won't ever bug you again about quantity. If you just act like you are going through the motions to have sex with your partner, they will notice, and it is going to take longer to get them excited.

Basically, do what you would like to do and enjoy it. If you like her calves, stroke them. If you love how her butt looks in those jeans, kiss it, or give it a smack. When a man loves what he is doing, it will show, and this will turn her one even more.

- Sensory play

All that dry humping and kissing is probably going to get the job done but you can take it even farther with some props. Put a blindfold on your partner and then tease them with various temperatures and textures by using your tongue, ice cubes, feathers, etc. You can use whatever you find at home or buy a seduction kit online.

What If They Don't Want Foreplay?

There are a few people out there that aren't interested in foreplay. Being a selfish or lazy lover could easily be the problem, but it could be that they don't have the skills or the confidence in foreplay, or they just don't have the information about the whys and hows.

It is not very easy for people to talk about what they want to get from them, especially if you are worried about hurting their feelings or offending them. Try these things to make it a little easier.

- Show and tell

There could be times when you or your partner will need a bit of encouragement. The next that you kiss or hug them, hold them for just a bit longer. You can also start to move their hands over your body as you tell them how amazing it feels. Watching some tantric sex videos might give them a little nudge, especially if they don't want to do foreplay because they don't think they know-how.

- Start with a positive note

Instead of mentioning what they aren't doing, start to tell them what they are great at and that you would like more of that. You may say something like: "I love it when you kiss my neck before we have sex. I could let you do that to me all night long."

- Don't start blaming them

Make sure that you tell them what your body is craving instead of telling them that what they are doing isn't turning you on. This is going to boost their confidence.

- Tell them why foreplay is important for you

You may need to put it all out there and help them understand why you need foreplay. Here are some points that you can mention:

- It helps me learn about pleasure zones
- It helps me feel closer to you

- Everyone doesn't get aroused at the same time and pace as others
- It helps me have stronger orgasms
- It helps me get hard or wet

- Find out what they would like you to do

Let them know that whenever you make them hot, it makes you hot, too. You can ask them if there are certain things that they want you to do more of. This is one of the best ways to open up a dialogue between the two of you so that you can share the things that you like.

Basically, what foreplay will look for you doesn't have to be the same as what you might see in the movies. You don't have to follow a certain agenda or order to enjoy things. It will be great as long as you do what you like.

Chapter 6: Sex Positions

Staring deep into each other's eyes and matching your breaths for passionate, deep sex can be one of the most mind-blowing things you can experience. But what if you are looking for some new positions? What if the moves the two of you have been using just isn't working for either one or both of you? Maybe you would like it to be deeper, kinkier, or more sensual. That's what we're getting ready to go over. This chapter will provide you with lots of different positions that you can bring into the bedroom. Keep in mind, most of these are written as "you" is one of the receiving ends, but these positions can be assumed by anybody.

Kama Sutra and Tantric Positions

If you ask any open-minded person about how to shake up your sex life and they will likely suggest Kama Sutra or Tantra. The Kama Sutra is an ancient Sanskrit text that is packed full of sex positions that help to promote emotional intimacy between partners through physical connection and touch. It also teaches men that they need to prioritize the woman's pleasure and not just their own.

That being said, the positions that the Kama Sutra explained are not necessarily beginner-friendly, especially if you consider yourself to be not very flexible. Just try to pick out some moves based on you and your partner's skill level so that you don't pull a hammy or anything else for that matter.

Amazing Butterfly

The key to this move is to find a flat surface that you can lay down on that puts your pelvis about a foot lower than his. You will lay down on your partner will stand in front of you. Raise your legs up and rest them on your partner's shoulders. You will then tilt your pelvis up so that your back creates a straight line that angles up to your partner. Your partner will hold onto your hips so that you can keep your hips at just the right angle while thrusting.

The pelvic tilt of this position gives the penis full access to you and will help to build up some nice friction. When the thrusting is done slowly, it becomes dreamlike.

Hot Seat

This tantric position is great for G-spot access. It also adds pressure on your partner since your butt will be snuggled into their groin. To get into this position, your partner should kneel behind you and lean slightly backward. With your back to them, kneel so that your legs are between his. Your bodies are going to be squeezed tightly together. They can wrap their arms around your waist, and you can place your hands wherever they feel comfortable. Once inside of you, start to move up and down or swivel your hips.

Stand and Deliver

This is an easy, adventurous Kama Sutra position. Both of you will start out standing, and you will be facing away from your partner. You will bend over at the waist and they will enter from behind. Your partner should hold onto your wrists. If you feel worried about falling over, you can hold yourself up using a chair or table for support. If you want deeper penetration, you can take this one down to the knees instead of standing.

G-Whiz

For this Kama Sutra position, your partner will sit on their knees as you lay back and rest your legs on top of their shoulders. They can then grab hold of your hips and enter you. If there is a big height difference between the two of you, you can place a pillow under the other person.

Submissive

This position is a take on doggy style. You will start by getting on your hands and knees. Your partner will kneel behind you. Move your right leg so that your foot is flat on the bed or floor and then stretch the other leg back between your partner's legs. Then lower yourself down onto your forearms. This will allow for deeper penetration, but will also require some flexibility on your part.

Crazy Sex Positions

You have tried all the basics, and you have a good idea of what you like, but you want to kick things up a notch. That is where these crazy sex positions come into play. These are advanced sex positions, so they can get pretty difficult to achieve. Try them only if you are certain you can do them without hurting anyone.

Spider

Both you and your partner will get into the crab walk position. Your legs will be on either side of your partner's body, and theirs will be on either side of yourself. Your pelvis will need to be slightly higher than theirs. You are both going to be able to control the movements in this position, so start rocking back and forth until you get into a satisfying rhythm.

The X Factor

For this position, you will lay on your back, and your partner will sit facing you. You two will then move your legs so that they create an X. This position, which is also known as “crisscross,” is a position that will require slow and intimate movements. You can also help them go deeper by holding onto their hands as they thrust.

Snow Angel

This places an upside-down twist on the regular missionary position. You will lay on your back and your partner will straddle you as they face away. Raise your legs up and wrap them around your partner as they lean forward and enter you. You can grab hold of their butt to help them slide up and down.

In this position, you will have free access to explore your partner’s body. It will also allow your partner to grind against your clit. Be careful, though. It does require the penis to be bent backward, so make sure you don’t force this position because it can hurt the penis.

Butter Churner

This isn’t a good position for anyone who has back or neck problems. You will lay on your back and raise your legs into the air. You will then let your legs drop back so that your ankles are on either side of your head. Your partner will then penetrate you from above. This position will allow for deep penetration and will provide you with some amazing sensations. Be careful with the thrusting. Too hard of a thrust can hurt the person’s neck who is lying down.

Waterfall

This is a variation of the girl on top. Your partner is going to lay down with their torso lying off the edge of the bed, and you will straddle them. You will both get amazing views, and it places you in complete control. Plus, since all of the blood is rushing to your partner’s head, it will be creating an amazing sensation during the climax.

Bridge

If you’ve ever taken a yoga class, then you know what the bridge pose is. You will lay on your back with your feet flat on the floor or bed and then

push your hips up into the air. Your partner will kneel between your legs and enter you. They can help out by holding onto your butt so that you aren't holding yourself up all by yourself.

Table Top

Find the closest flat surface that you can lay on top of when the mood strikes, lay down, bring your knees together, and then twist to one side. Your partner will then come up and enter you. This position will place both of you at the same height, so it is great for couples with height differences. This is also great for the “I need you right now” quickie.

Positions for Deep Sex

Some people like deep sex, and there are certain positions that are simply better suited for some serious penetration. Try some of these hot moves whenever you are in the mood for some intense action.

Cowgirl

For this position, your partner will lay down, and then you climb on top of them. You can push off their chest or your bed to help control the movement. This works a lot like Face-Off because it positions your legs wider for deeper penetration. It will provide a lot of G-spot action.

Face-Off

For this position, the person doing the penetrating will sit down in a chair or at the edge of the bed. Then their partner will sit in their lap while facing them. Since the legs will be positioned wider in this position, it opens you up to receive all that your partner has to offer. This one will also place you in control of the pace and how deep you would like to go. It is also a hands-free position, so the two of you can explore each other's bodies.

Flatiron

For this position, the one being penetrated will lay face down with their hips slightly elevated. A pillow placed beneath the hips works well for this. They will spread their legs out straight. Your partner will then penetrate you from behind.

The lifted hips help by providing a low barrier to entry. This position also offers great G-spot stimulation.

Assisted Cowgirl

This position works just like the cowgirl position, but the main difference is that your partner will hold onto your thighs or hips to help support your weight and will rise to meet your movements. Again, there will be some great G-spot stimulation, and you have the ability to take things as deep as you want to.

Seashell

For this position, you will lay down with your legs up and out. This position works better for people who are fairly flexible. The goal is to get your ankles back as far towards your head as you are able to. Then your partner is going to enter you just like with missionary.

This position places your legs wide apart, which leads to more depth. Also, your partner's pelvis will also be stimulating your clit, or your hands are free to do that yourself.

Doggy

For this position, you will get on your hands and knees and your partner will kneel behind you and enter from behind. The angle this position puts the two of you in will allow for deeper penetration, as well as G-spot stimulation. It also frees your partner's hands to explore your body.

Spooning

For this position, you and your partner will lay down side-by-side in the spooning position. Bend your knees just a bit so that your partner will be able to enter you. This gives your partner more support and leverage, so they will be able to move in a way that will provide you with maximum depth. Plus, they can wrap their arms around and stimulate the clit as they thrust. This is also a good position if you are both tired but in the mood.

The Caboose

This is a simple position in that your partner will be seated wherever, and you simply back onto their lap, facing away from them. Since this isn't a common position for couples, the first time you do it will feel like you are entering a whole new world. The newness will make the penetration feel a lot deeper than what it is. Plus, not getting to see your partner as you have been can be very sexy.

The Om

To begin this position, your partner will sit down, cross-legged, and you will sit in their lap, facing them. Next, you will wrap your legs around them and pull one another closer. You will then simply rock back and forth.

The goal of this position is to open yourself up, especially the hips and legs. With this position, you are able to get deep in more than just the physical sense. You and your partners can lock eyes as you climax for more intimacy.

Leapfrog

This position is a lot like doggy style, but instead of resting on your hand and knees, you will lower your head and arms down onto the bed. Your partner will enter you from behind. This position will raise your hips higher for super-deep penetration and G-spot stimulation.

Wheelbarrow

This position will take some balance and strength to perform it safely, so be very careful. Begin by getting on your hands and knees. Your partner will come up behind you and will pick you up by your pelvis. You will then wrap your legs around their waist. Since your legs will be locked around their hips, you will be creating amazing deep-penetration.

Pretzel

For this position, you will lay down on your right side with your left leg raised slightly so that your partner can kneel, straddling the right leg. They will carefully curl your left leg around their left side and enter you. With this position, you will get emotional and physical depth. It will give you a deeper penetration than doggy and will give you the ability to maintain eye contact. This is also a prime time for extra clit action.

The next time you and your partner head into the bedroom, or somewhere else, try out one of these positions. You will have to “play” around some to see which ones will work best for the two of you.

Chapter 7: Advance Sex Games for The Adventurous Couple

Maybe you and your partner have already been dabbling in sex games and are looking to kick things up another notch, or you simply want to try out some more adventurous games. Well, we've got you covered. There is research that has found that couples who regularly indulge in new activities like sex games have higher satisfaction levels than couples who don't. Sex games are able to help couples have more fun.

The games that we will go over will be a mixture of completely free options that will only require your imagination, while others will require you to buy something. As always, make sure that you have your partner's consent before trying something new in bed.

Sexy Retail Therapy

For this one, you and your partner will head out for some shopping. You can do this in person or online. You can both pick out something that you would like to see the other one in, or one of you can pick out clothes for the other, whichever way works best for you. Once the clothes arrive, have some fun watching their jaw drop as you get dressed up.

Drive and Dare

We've already talked about how a lot of people find the idea of doing something kinky outdoors or in public is hot. So this game lets you get freaky al fresco. To play this game, both of you need to put on some skimpy clothes. It could be a little black dress or some flimsy shorts and a simple t-shirt. Then head out for a drive. You will take turns suggesting places to go along the way that you will stop at. When you make a stop, the person who chose the place will be dared by the other person to get out and do something naughty.

Keep the dared low-key to make sure you don't draw a lot of attention to yourself. Then when you start to make the trip back home, start to move your hand up your partner's leg to let them know what you want to do together later.

Tear It Up

Have you ever fantasized about having wild, rip off your clothes sex, but didn't want to mess up your own clothes? Then you are going to want to try this game. All you have to do is head out and buy some super-cheap clothes. A secondhand store may be a good option. Wash them up, get dressed, and then let your partner know that they are free to rip them to shreds.

There is a lot of other ways to tear it up. You can both unleash your carnal lust and have a rip-fest, or you incorporate the ripping into a points-based game. It is all up to you. If you love having rough sex, then you are going to love this.

Would You Rather: Dirty Version

This game places an adult twist on a classic game and will bring the two of you closer by exploring your most intimate desires. The questions you ask each other can go from simple to extremely dirty, depending on just how kinky you want things to get. The answers your partner gives will give you plenty of ideas for new ways to spice up your love life.

All you have to do is take turns asking one another “would you rather...” questions and then offer them two hypothetical situations, and your partner has to choose one. This game can sometimes start feeling weird, but after a couple of questions, you will start getting comfortable. Remember, the questions can be as tame or crazy as you want.

Some good options for getting things started would be: “Would you rather give or receive oral sex?” or “Would you rather have sex in the kitchen or the bed?” If you want to kick things up a notch, you could ask: “Would you rather sleep with my brother or your brother?” and “Would you rather kiss my boss or watch me kiss my boss?”

Strip Pong

This takes beer pong to a whole new level. Clear off your dining table and then place six plastic cups in a triangle on either end. Fill up the cups with beer or your favorite alcohol and then take turns trying to toss a ping pong ball into the other person's cups. When a person scores, their partner has to down what is in the cup that the ball landed in and then take off an article of clothing. The first person who gets a ball into all six cups will get to ask for something special.

Toy Tease Time

While retail therapy is all about looks, this game gives you the chance to try out the toys you have fantasized about. Again, you can go to a sex store in person or shop online, but purchase some sex toys that you have always wanted to try out. Don't worry if you don't know where to start. The next chapter is all about sex toys. To add more fun to this game, make a list of what you have always wanted to try and give it to your partner. They can then buy whichever ones they want that are on that list. Once the items arrive, you can play a little game. You will be blindfolded and on the bed, and your partner will pull out the toys, one at a time, and gently tease you with them. If you are able to guess what it is in three guesses, then they will bring you to orgasm with it.

Position Challenge

If you would like to have a game that will also make sex last longer, this is the best game. The main objective of the game is a simple one, see how many different positions that two of you can do in one sex session before you both reach orgasm. This game will improve the more often you do it, as you can try to top what you did last time. You can use the sex positions we talked about in the last chapter, and you can also get the iKamasutra app that will teach you many more sex positions.

Seven Minutes in Heaven

Have you ever gotten to enjoy the excitement of trying to squeeze in a quickie before somebody comes in and finds out? This is the game that will help you to recapture that thrill of having only a certain amount of time to do it. Get a timer and set you and your partner a limit of seven minutes. Then find yourself space, like a closet, and see if the two of you can bang out a quickie before your time is up. This can be a thrilling and fun game to bring the two of you closer together.

House Party

The party is all about holding off an orgasm. Nobody can climax until you have banged in every single room in your house. That's all you have to do is try to have sex in each room before you both climax. You can also use this game as a form of foreplay.

The Oral Master

If your foreplay game seems to be lacking, then you could try the oral master game. All you need to do is set a timer for four minutes and see who is able to initiate the most oral sex positions before time is up. Make sure that you keep score, and then you can swap roles to discover who is the master of oral sex. This also gives you the chance to learn a few more oral sex positions, especially if your knowledge has been limited to a kneeling blow job.

Orgasm Race

This game is all about mutual masturbation and is the best game to try to help bring you and your partner closer. Since most people masturbate by themselves, doing that in front of somebody else will heighten your sense of vulnerability and will help to increase your intimacy. This will also allow you to show your partner exactly what it is that you like and how you want it.

In order to have an orgasm race, you will lie beside one another and start pleasuring each other. Whichever person climaxes first is the winner and will continue to pleasure their partner until they climax. You can also set the stipulation that the winner gets to request a sexy little treat the next time you do it.

Name The Letter

This is another game that can spice up your oral sex and foreplay. Name the letter is a great way to explore your partner's body. All you need to do is have them lay down, blindfold them, and then pick your favorite spot on them, like their genitals, breasts, or tummy. Then you will gently trace a letter onto their skin, making sure you keep the movements teasing and light. If they name the letter, they receive one point. Once they get ten correct answers, they get an orgasm, and then you will swap places.

If you want to make this even hotter, try making your tongue cold by holding an ice cube on your mouth for a few seconds. The coolness of your lips and tongue will ramp up the desires of your partner. You can also sip something warm to create a contrast of temperatures.

Not Too Fast

This is a great game to help bridge the gap between getting naked and getting things heated up. Start by lying naked in bed and then have your partner stand in the doorway. Then you will start to ask them questions about yourself. If they get the question right, then they can take a step forward. If they answer wrong, they take a step back.

If you want this game to end quickly so that you can move onto the next step, make the questions simple, like: “What’s my favorite position?” If you want to drag it out, ask harder questions like: “When you go down on me, which do I like better, your fingers or your tongue?” This is a great game to build intimacy and up your passion. Once your partner gets to you, you aren’t going to be able to keep your hands off one another.

Mirror Game

This is a great game to show your partner where and how you like being touched. All you do is lay down or sit facing one another. Start to touch various areas of your partner's body. The rule of the game states that they will have to simultaneously touch that same spot on the body in the same way.

If you are both really great at mirroring actions, then this game can be super-hot, especially if you start to try kissing and licking. After you have done this for a while, you can switch roles, and your partner can show you where they want to be touched. This is a guaranteed way to get to know one another.

Put It In My Mouth

If you are really looking to up your desire levels, nothing beats the combo of sex and food. In order to play this, get naked, blindfold your partner, and then they will feed you some delicious foods. You can pick out any of your favorite foods, but sweet foods are typically the best when paired with sex, such as strawberries, yogurt, ice cream, cake, or, the classic, chocolate.

Since your partner is blindfolded, the spoon is going to wind up in several places. And there is one simple rule, whatever gets spilled on you, they have to lick it off. You can guide them toward the right spots. This is an amazing game for trust-building, and you are going to love the sensation of having the food licked off of your body.

Chapter 8: Bring Sex Toys Into The Bedroom

People either love sex toys, or they are afraid to use them, and thoughts of bringing sex toys into a relationship can terrify some people. But the thing is, it shouldn't. Sex toys use between couples is actually fairly common, and more and more couples are getting comfortable with the idea of using toys during sex. This is also sometimes the only way a woman is able to have an orgasm.

A study that was published in 2009 in the *Journal of Sexual Medicine* found that out of 3800 women between the ages of 18 to 69 that 41 percent of them have used a vibrator with their partner during foreplay, and almost 37 percent have used them during intercourse. Sex toys have become so popular that Forbes said in 2016 that what was once a “niche” market is now a \$15 billion industry.

Even though sex toys are popular, using them is still an uncomfortable topic to talk about. The main people who have the hardest time talking about sex toy use during sex are men over 50, or those who are from more male-centric cultures. This is because they are afraid that they will be “replaced” by the sex toy. This misconception comes from what they believe sex to be. A lot of the times, couples won't have a common idea of what sex means for one another, and this is where the concern happens. For example, people often want to feel as if they are good at sex. They want to know that they are able to please their partner. So if a man sees his partner getting off by using a toy, he may end up feeling useless.

On the other hand, there are some women who can feel embarrassed about bringing up the subject. This is because the culture has conditioned women to feel embarrassed about expressing their own sexual needs, especially in the case of masturbation.

With all of this stigma around toys, it is no wonder that a survey performed by the adult toy retailer Adam and Eve found that 41 percent of men and 47

percent of women waited a year before they introduced sex toys into their relationship. But you shouldn't be embarrassed because they can do amazing things for a relationship.

Introducing Toys

The hardest part about bringing sex toys into a relationship is the initial conversation you will have to have. Don't be surprised if some people are really put off by the idea of bringing in sex toys, but that is no fault of yours. You shouldn't feel bad for wanting to because it is perfectly natural. That first conversation exposes you to judgment, so you have to be open-minded, honest, and start small.

Sometimes the first conversation can come up out of the blue because the two of you see something that peaks your interest. The media is a great conversation starter. Maybe you are watching a show or movie and use that as a way to open up the conversation without it being just about the two of you.

If you are already into toys, make sure you broach the subject without your partner before simply whipping them out. Start by expressing your interest in exploring things together and suggest using some simple toys that the two of you could enjoy together.

Picking Out the Right Toy

Just like with any new sex technique or position, sometimes things work, and sometimes they don't. But that doesn't mean you should stop experimenting with things. Your first try might not work out, but you may find something else that works for both of you.

There are a lot of different types of toys out there, so there is a good chance that you will find something that fits your taste. Some couples have a wide variety of toys that they use during sex, while others have just a few. Women tend to like having clitoral stimulation, which a lot of women need to climax. You also need to know each other's limits when picking out sex toys. There are anal toys out there, but make sure you both are open to the idea. A lot of couples suggest that you should try anal because it tends to be one of those things that are more fun than you would expect.

You can also find extreme toys that are used for bondage and impact play. Toys can also add a little more fun to your foreplay by telling the other person to use a certain toy. At the adult website Ella Paradis, their We-Vibe Sync is one of their most popular purchases. You can even start out with some flavored lubes. Not all toys are just for women. There are just as many toys out there to help please a man. It's best to do the research together so that you can find things that you both like.

Benefits of Using Toys

From learning how to reach orgasm to finding new erogenous zones, toys are able to be a catalyst to growing sexually. Also, if you are looking to improve intimacy with your partner, then using a toy can be a great solution.

Taking the time to explore the needs and wants you to have is a very important part of being sexually confident. When you use toys in your relationship, it allows you to have more enjoyable sex and will allow for more intense and quicker orgasms.

The act of stimulating your partner with a toy can be a very erotic experience, but getting to watch them touch themselves can be even hotter. You should not view sex toys as a replacement for human contact, but simply as a way to help people learn more about themselves and what they like.

What You Should Know Before Buying a Sex Toy

Buying your first sex toy can be very exciting, but it can prove to be frustrating as well. To help make the experience less frustrating and more exciting, we are going to go over some things that you should consider when you are shopping around.

1. Check The Label

One of the main rules that you need to follow is to make sure the toy is made of body-safe materials. Body-safe materials include wood, glass, and non-porous silicone. There are many body-safe toys out there, but there are just as many phonies too. Do some research to make sure the product is actually safe for use. Toy manufacturers have figured out that people want body-safe materials, so they have started to brand them as “safe” even when they aren’t.

Jelly and rubber can end up being harmful because they are porous and hard to clean. This means that bacteria may end up lingering on them and can end up giving you a yeast infection. They also have phthalates, which is a substance that has been banned from children’s toys because it can hurt their health. Glass, silicon, and metal toys are safe because they are easily cleaned.

2. Take Some Time and Do Research

This moment of buying a toy is all about you and your partner. Don’t feel like you have to settle for the first thing you see. There are some classics such as the rabbit vibrator, and while they are popular, there isn’t a universal “magic bullet” for everybody.

Suction vibrators? Cock rings? G-spot toys? Think about the things that excite both of you and where you feel it inside of you. If you find something intriguing, then explore it. Don’t ever be afraid to explore something new. Trust me, with the options you have, there is something that is going to make you sing.

3. Don’t Look For a Dick

I'm not telling you to avoid anything that looks like a dick. You should try those too, but also feel free to explore design-centric toys that may not necessarily look like a fleshy appendage. These types of toys are designed while thinking about anatomy and tend to be more comfortable.

4. Pick Out Some Lube

Lube is amazing, whether you are new at sex toys or an expert. It helps to decrease friction, which makes things more enjoyable and smoother. Water-based lube is best because it doesn't interfere with the sex toy material. You can use silicone, water, and oil-based lubricants with metal and glass set toys. However, it is best not to use silicone lubricant with silicone toys. This is because they may react and ruin the toy. Oil and water-based work best for silicone toys.

5. Check Out Sex Toy Bloggers

There are quite a few well-informed people out there who spend their days reviewing sex toys so that you are able to make an informed decision. You and your partner can easily become overwhelmed by all of the options out there. Start searching some blogs and see what you can learn from the experts. They are all sex-positive and non-judgmental people that can help guide you.

Picking Out a Sex Toy

Picking out your toys with your partner can be half the fun. It is a good idea for couples to shop in person together so that they can get a good idea of what toys work for each other. It can be hard to tell about sizes when looking at items on a website. You can also easily ask questions at a store.

When you go shopping, start out with the basics: plugs, vibrators, and dildos. Vibes tend to be a good jumping-off point for couples. There are couples' vibrators out there that are designed to give both partners stimulation. You may find that you are intimidated by things that are big or has a lot of gadgets, so start small and simple. Then, as you get used to using toys in your relationship, you can get more adventurous.

To help you out, we are going to go over a few options that you and your partner may want to use. And while many men may like watching their ladies use a vibrator, it is important to realize that a lot of the new stuff nowadays are designed for both parties to get in on the fun.

- We-Vibe

We-Vibe makes a line of couples' vibrators and took top honor amongst sex experts for their variety of speed and settings that give both partners the ability to control the strength of the toy. They are made to be worn during sex and provides G-spot and clitoral stimulation for the woman and a lot of buzz for the man. If you want to get high-tech, they have a We-Vibe 4 Plus that has an app that lets both of you control the intensity of vibrations, which can allow couples to connect with each other even if they aren't in the same room.

- LELO

LELO offers a wide array of couples' vibrators, which includes the popular line, Tiani.

- Tantus Feeldoe

Of course, not all couples are male-female. So, for the ladies who date other ladies, the toymaker Tantus has an option that allows both women to experience stimulation. They make a Feeldoe toy that is a "strapless strap-

on” that is made of silicone and has a vibrator. One partner is able to control the bulb end using her pc muscles, which are the same muscles you work with Kegel exercises, and they penetrate their partner with the shaft. Keep in mind, the Feeldoe will require strong pc muscles in order to control the bulb.

Vibrators are the only toys out there. There are things like vibrating cock rings, which are worn around the penis. Some will come with an attachment that is meant to stimulate the clit while improving the male’s sensations.

You and your partner may also want to try pegging, which is where the female partner penetrates their male partner with a strap-on. Heterosexual men and started to discover that there is an intense sexual pleasure from anal and prostate stimulation.

Rules of Warning

We have talked about how to pick out toys and to broach the subject of using sex toys in a relationship, but before we talk about the best places to purchase them, let's go over some no-no's when it comes to bringing toys into a relationship.

1. Don't make it a "sexy" surprise.

This should go without saying, we have already touched on it. No matter if it is a butt plug or a rabbit vibrator, these things should not just be pulled out of the drawer and used without talking to your partner first. Especially the first time you use them. Make sure that you let them know and agree to whatever is getting ready to happen.

2. Do talk about it before, during, and after.

You should make the buildup thrilling. Get their imagination working about how the toy is going to be used. Talk about what you would like to do, how much you want to share this experience, and how much you feel they are going to like it.

Whether you're using it on them, them on you, or together, think about their experience and not just yours. Check-in on them while using it and then ask them afterward to see if they actually did like it.

3. Make safety a priority.

There are some low-quality toys out there that are made of materials that hold bacteria so make sure that you pick out toys that are safe for both of you. Also, some people have allergies to certain materials, so take that into consideration as well. You also need to make sure that you clean your toys regularly.

Plus, if you swap sex toys between each other, you should clean them to prevent cross-contamination. If either of you has an STI, you can transfer it through shared toy use. You can use condoms on toys as well to ensure a smoother transition.

Where To Purchas Sex Toys

The last thing we have to go over about sex toys is where you can buy them. There is a lot of different places out there that sell sex toys, but we are going to go over some of the best places to check out first.

1. Etsy

This may seem like an odd place to start, but there are some interesting sex toy options on here. The site offers homemade and vintage items, which means that you can find some things to let your freak flag fly.

2. Maude

This company is known for their minimalist and beautiful products. They are also known for their sleek, quiet, and wireless vibrator that has a two and a half hours run time. They also offer free shipping, and their vibrator is waterproof.

3. Lovehoney

A lot of the reviewers on this site are return customers. Their site gives you the chance to create an account with relationship status, sexuality, and ages so that they are able to provide you with a personalized shopping experience. You can also get free shipping with a \$60+ purchase and they also have discreet shipping.

4. Babeland

Not only does this site provide buyers with a huge selection of toys, but they also give back to the community. It began as a response to the lack of women-friendly sex shops in Seattle, Washington and has now become a thriving online store and community.

5. Spencer's

Spencer's hasn't changed very much since the last time you took a trip to your local mall. They have many different vibrator and dildo choices and at very reasonable prices. This makes them a great choice for beginners.

6. Adam & Eve

This is the tried-and-true adult toy shop that you should always keep on your list. It has everything from Fleshlights to anal beads. You can also find bondage starter kits and lots of choices in the world of lube.

Now you are prepared to find the perfect sex toys for you and your partner to use.

Chapter 9: Having Fun With Sex Toys

It is very easy to fall into the trap of talking about sex toys in the same way that you would talk about a romance novel, especially when it comes to talking about couples sex toys. Sex doesn't always have to be about seduction and can be about good old fashioned fun. Keeping with that spirit, let's look at some games you can play with sex toys.

Sex Toy Torture

This was something that the cam girl inspired. This was originally referred to as “Doxy Torture” because of the Doxy wand sex toy. This is how you play.

If you don’t know what camming is, it is when a person sits in front of their webcam and performs for money. People can log into their favorite performer’s webcam and send them money for the show. The performers usually do unusual and kinky things that people ask them to do.

The cam girl will have a Doxy wand that they are sitting on. People will send tips and tell them what to do with it. Every tip gives the person the chance to press the button once. They can turn it on, off, down, or up. It is an amazing way to incorporate tease and denial into one session. The same can be done with your own sex toy.

All you have to have to do this at home is a coin. Place the toy on your partner and get them ready and warmed up for an orgasm. Now, take the coin and the remote and then ask them to pick heads or tails. Toss the coin, and if it lands on the side they chose, give them what they want. If they lose, you get to decide what is going to happen.

Cock or Clit Hero

This works a little bit like a guitar hero since you will be strumming in time to the music. The main difference with this is the music is normally playing over porn, and you aren't going to be strumming a guitar. This is often done solo, but it can easily be done to a partner. When it is done as a couple's game, it becomes a double challenge. One person is trying not to reach an orgasm, and the other is trying to bring their partner to orgasm while "strumming" to the music.

This can also be played with a vibrator, but that adds another layer to the challenge. As the beat gets faster, the sensations will become more intense, and when you use a vibrator, things are going to end a lot sooner than if you were using your hand. You will also want to have plenty of lube for this one to keep things fun.

Hide and Seek

Grab your favorite vibrator, turn it on, and then hide it somewhere in your house. Blindfold your partner and then see if they are able to find where it was hidden. When you do this, make sure you stay with them and give them directions so that they don't hit the walls or furniture.

Race

There are several different ways to play this. All of which is going to require a vibrator and five minutes. You can stimulate both of you at the same time. You can press the vibrator against the head of his penis and then use the vibrations as you want. This is a great thing to do if the two of you are into BDSM because it is easy to incorporate denial and tease into the toys.

The point of this game is to see who is able to have an orgasm the fastest. If one person struggles with premature ejaculation and they want to train themselves, this challenge can be used to see who can last the longest .

Chapter 10: Beginners Guide to BDSM

If you are feeling really adventurous and want to take things up several notches, then BDSM may be the world you would like to explore. Some people are afraid of BDSM because they don't fully understand what it is or how it works. But, when done correctly, it can be a very rewarding sexual experience.

What Is It?

The acronym BDSM stands for bondage, discipline, and sadomasochism. Some people will switch out a few of these words with submission and domination, and so on. Basically, it is a collection of sexual fetishes or practices that make use of restraints, pain, and control for everybody to be satisfied.

The world of BDSM is a welcoming one and is very permissive. It allows anybody who is sexually kinky to explore the things they like without being stuck in the “vanilla” sex that society deems as correct or normal. Society used to frown upon the act of BDSM, calling them perverts. Nowadays, people have become more accepting of sexual differences, and the mention of some light bondage or spanking doesn't raise eyebrows anymore.

Its History

There is some information that traces BDSM back several centuries and could possibly date back to when humans first started having sex for fun rather than simply for procreation.

Ancient Greeks and Romans had specific words for sexual acts that involved spanking and bondage. They even had illustrated advertisements for dominant female services carved into the wall of a Pompeiian brothel. They also had a “menu” that listed the various services and products that they had available.

The ancient book, *Kamasutra*, is known for its advice on many sexual positions, but it was meant to be a guide book that shows you how you can live a life that is full and complete in and out of the bedroom. It also provides advice on four different types of spanking. It seems that being naughty in the bedroom is a genuine trait of humanity.

The majority of sexual practices have been largely ignored by the scientific and medical community for hundreds of years. It was an accepted belief that what consenting adults did behind closed doors was their business.

During that last half of the 1800s, psychiatry started to become a medical discipline. Practices like BDSM and homosexuality started to be categorized as mental degeneracy, deficiencies, or illnesses in some way or another.

This was due to the fact that some BDSM practices come close to self-harm, and friends and family members who couldn't comprehend the lifestyle would become worried because they couldn't see the difference. Since sexual openness is now more common, and we have learned better, moves are being taken to get rid of any consensual BDSM acts from treatment guides, since they are a choice and not a symptom of an underlying problem as was previously believed.

Japan has been practicing BDSM for hundreds of years. Their bondage sessions typically involve silk ropes, and they would create beautiful

paintings that portrayed their sessions. This practice started somewhere between 1600 and 1860 during the Edo period. They referred to this act as Kinbaku, which means “tight bindings.”

Kinbaku is the erotic art of tying up a partner by creating intricate knots. Most of the time, thin strings were used, and lots of knots are tied to make an aesthetic effect.

There are also other cultures that have some elements of BDSM, especially spanking and bondage. They would hide these acts from the public. In the Western world, with all its tolerance of sexual differences, it has been embraced. This has allowed for clubs and safe spaces, which are called dungeons, to be opened. They aren't very well advertised, but as long as you know the right people to talk to, or what to look for, it is easy to find one.

Why Is It Popular

If you really don't know much about BDSM and haven't been turned on by pain, restraints, or other fetishes that the world has embraced, it could be alarming to learn that a lot of people out there are into BDSM in some small way. BDSM is a safe way to have sexual adventures if you become bored with plain sex. Since some of the activities can be dangerous, to an extent, the culture of "safety first" was formed for every layer of experience. Most dungeons use the phrase: "safe, sane, consensual." They take this seriously.

Being able to do what some consider to be risqué in a safe environment is a huge turn on for those who haven't even thought about doing certain things. Others are drawn to some of the more extreme practices because it is something they like. There is no reason to be ashamed of. Our preferences and desires are what they are.

An Interesting Statistic

Around 22% of men and 12% of women said that they had a surge of sexual curiosity, lust, and desire when they watched or heard about sadomasochistic play. There is a larger percentage of BDSM interest within the LGBTQ community. These links are harder to find, and they haven't be confirmed through research. It is also important to understand that BDSM isn't one line in the sand, and once crossed, you are forced to always abide by the practices of the community.

You can feel free to take a single element and add it into your regular routine, or you can go wild and totally immerse yourself into the BDSM world. You also don't have to do everything the same way every time. In fact, BDSM fans will have "vanilla" sex from time to time.

Research into the BDSM world has mainly focused on the female-male relationship, mostly because of the legal persecution and discrimination that faces the LGBTQ people who are simply trying to enjoy a normal relationship. Nobody is looking to cause them anymore oppression than they already have.

Types of BDSM

There are a few main components of BDSM: bondage, discipline, submission, domination, and sadism. But most of the time, people just shorten it to sub and dome. Within these practices, there is normally an imbalance between partners, such as one will be tied up or spanked while the other does the tying and spanking. The most important part of this partnership and the actions involved have to be informed and consensual.

It is possible for people to enjoy doing both sides of the equation. They can feel like being the dominant one during one session and a submissive during the next. These are what are known as switches. Let's take a deeper look at the different aspects of the BDSM world.

Discipline and Bondage

This is exactly what it sounds like. This is where one partner is controlled and restrained verbally and physically by their partner. The bondage is normally sensual and erotic, and the session is normally satisfying without the need for sexual gratification.

There are some exceptions to this, and the people who are new to this world will normally try it as a form of foreplay. Bondage is the restraining part, and can happen in the form of being tied with ropes, handcuffs, or suspended while being constrained. There is usually a pleasing element to bondage. The ropes are often tied to form a pleasing design, or the person's body is positioned in a certain formation. This is what is often seen in Kinbaku. This is the beauty of the session and the most important thing. Discipline is kind of unclear and can happen even when the two of you aren't physically together.

The dominant can make demands for the submissive, such as not wearing underwear, wearing something sexy under your normal clothes, doing something at a certain time, and they have to do this while going about their regular routine. Most of the time, discipline will occur face-to-face and will occur during their session. It is often combined with some bondage, and this is why the names are often combined even though one does not require the other.

Masochism and Sadism

This is normally combined to form sadomasochism. This refers to the desire of wanting to hurt while wanting to be hurt. Keep in mind that the masochists don't get off on all types of pain. The pain they want has to be applied to a certain area under certain circumstances. It also normally has to be done with a certain instrument. This can be hard to understand if you view all pain as something that needs to be avoided and is unpleasant, but it is something that you need to understand.

There is a big difference between psychopathic sadism and sexual sadism. Psychopathic sadist don't have empathy, and they enjoy inflicting pain because they like watching the reactions on their victims. There are cases where these tendencies can lead to non-consensual actions where the causing and viewing of their partner's pain is needed in order for the sadist to get aroused. This becomes criminal deviance since it is not consensual. Consent is king in BDSM with safety right behind it.

The pain that is inflicted and enjoyed during a session is typically agreed upon before things get started. Some may want the pain to be inflicted upon a certain body part or done using a certain tool. It is an actual connection because the sadist and masochist want the same thing.

Becoming interested in sadomasochism can occur at any age. Men tend to find that they are interested in it before they turn 18. Women tend to become interested in their 20s. A lot of people say that the first experience tends to be the best with all of the other session being attempts to live up to the first time. When you get ready for your first S & M session, make sure that you enjoy every second of it.

Domination and Submission

This kinky act doesn't always have to involve sex, and most of the time is not even erotic. It simply involves one person controlling the other in a scenario that was created before the session started. The submissive partner might be told to wear certain clothing, do certain things, or going shopping while wearing only a coat. This can create embarrassment in the submissive, but this is part of the thrill.

There are certain words that are connected to BDSM, and much of it has to do with those who are involved and the activities they perform. Here are some of the words that you should know:

- Mistress/Master/Dominant/Top/Dom: These are things the active partner likes to be called. They control their partner's safety. They are the one in charge of how everything unfolds. Either gender can be a sub or dom, even though fiction will often portray the man as the dom and the woman as the sub.
- Sub-Dom: As we have talked about, this is the relationship where one partner gets controlled by the other. This is the most common thing within the world of BDSM.
- Dominatrix: This has nothing to do with what you have seen in novels, movies, or books. This isn't even a word that gets used in the BDSM world. A female dominant will often refer to herself as dominant, femdom, dom, or dome, not dominatrix. This is because dominatrix is a joke and use to describe a vampish woman who is demanding and insatiable. This is the opposite of the normal scene as those in this lifestyle know.
- Slave/Submissive/Bottom/Sub: These are the passive people who want to release all responsibility for a short period of time and allow their partner to have complete control over their bodies and lives. Most people who live a high pressure life and have an extremely responsible job like to play the submissive. Letting somebody else call the shots is a release.
- Switches: These are people who are able to take on either role.

Essentials

Everybody interested in BDSM has to know what the essentials are. What essentials you will need is going to depend on your type of kink. Bondage, sub-dom, sadomasochism, and discipline all need certain tools or may not need anything at all.

Some sub-dom relationships use voice commands and will have check-in times to make sure that their sub is following their instructions. Some masochistic or bondage sessions can use various equipment. The gear that gets used can be basic, like finding things in your home like belts and scarves. You can get inspired by your home or the equipment and tools that you have.

You can also spend the money, if you have it, and install your own dungeon tools. Make sure that you have soundproofing materials, strong walls, and strong ceilings. Then fill it with restraints, ropes, handcuffs, gags, chains, and whips. There are different types of clothes that can be worn during a session. They can be made of rubber or latex, studded or not, and some will have exciting cut out to allow access to certain body parts.

When you are using personal items, make sure that you don't use anything that is sentimental. There can be times when a knot can't be untied and you have to cut the restraint off. There can also be times when the rope gets tied around a vulnerable area and starts exerting too much pressure and creating a lot of pain. And this takes us to the next area that we have to talk about.

BDSM Safety

Most everybody knows that BDSM involves the use of a safe word, and when the word is said, play stops. What isn't well known is that there is an entire culture behind BDSM that works to keep everybody safe while they participate in the playtime.

- **Possible Injuries**

Injuries and scarring can happen during a session. It will all depend on the activities that are being performed. You must realize and acknowledge this fact. You can't commit to a BDSM activity and expect to come away unmarked. You have to make sure that you have a good explanation that you can tell others if you don't want them to know what is going on behind closed doors.

You should also know a bit of basic first aid, especially if the activities can cause some minor injuries that may need to be treated.

- **Body Language**

Doms are taught to pay attention to the other person's body language and do some welfare checks if their body language changes in a withdrawing or negative way. If you see something that causes you to react, tell your partner so that any actions can be avoided before it turns into a problem and possibly ruins your session.

Doms need to have a basic understanding of physics and anatomy, especially if the situation might be dangerous to someone's life. Subs always put all control in the doms' hands and might urge them to push beyond the agreed upon boundaries. Doms have to know how far they can go safely while still being the responsible party and knowing when to say no if they need to.

- **Trauma**

There could be times when people have a situation that can create distress for them or it may bring up trauma they have experienced. These events can be triggered by BDSM play. It can create a "freakout" or a "meltdown."

The triggers are referred to as “squicks,” and if one of the players become overwhelmed, it can be hard to say the safe word.

- Safe Words

The safe word is normally a word or set of words that have a special meaning. The simplest set used is the colors of a traffic light. Red would mean that things need to stop immediately. Orange or yellow could mean “ease up” or “slow down,” or it could indicate things are progressing in a way that the sub is not comfortable with. Green means, please continue and that things feel good.

If a person chooses to ignore the safe word, it can cause the person who didn’t obey to be thrown out or ruin the relationship. BDSM partnerships are built on trust and if either one of them ignores the rules to enjoy their own fulfillment, this is a big no.

- Tips for Fun

- Pretend to be somebody else: You might feel a bit silly or self conscious being the person that everyone else respects and sees while indulging in BDSM. So you could become a different person who only wants to be pleased. After you get into it, you are going to really enjoy the experience of allowing yourself to go.
- Plan out the session beforehand: Both partners need to tell the other what they would like to do or have done to them. Both need to agree on the safe words and any body language that will stop the process. Make sure you remember everything.
- Never hesitate when entering a sub-dom relationship: Most people don’t do a lot of research about this subculture, but there is an understanding that being interested in BDSM could strengthen your relationship. If you are already in a long-term relationship, and your partner isn’t into it, you might need to quiet your urges.

- Try to sway the roles of sub and dom: Even though you think you are ready to be a sub, you might enjoy feeling the power and responsibility that comes along with being dominant.

Talking Your Partner Into Trying BDSM

The first thing you have to do is talk to your partner about BDSM. They could have been thinking about being spanked, tied up, or told what to do. This can end up being a very easy conversation.

If they aren't interested, you can broach the subject again. Ask them if there are some things that would make them want to try something new. Ask if there are some things that they have always been interested in. The best thing you should do is to start small and go from there. The two of you can become more adventurous with some times.

Honor All Agreements

If your partner used the "stop" safe word, they have gotten very quiet, or they show signs that they are done, immediately stop and give them comfort until they can start again. You might have to stop and try it again at a later date. If you persist, you might just reinforce whatever upset them and they might not trust you again.

The only way to know if you will like the BDSM community is to try it and find out for yourself.

Chapter 11: Creating Your Own Games

Remember back to you when you were a kid. When you and your friends would play all sorts of games, but the most fun games were those that you just made up on the spur of the moment. You could come up with all types of things to play without having to spend any money. These games helped to bring you and your friends closer, didn't they? Sex games can work in the same way. You and your partner can come up with things in the moment to bring you two closer.

We've already discussed a lot of sex games that you can buy at adult stores or online, but some of the best ones that you can play are those that you create yourself and won't cost you a bunch of money.

Here are some quick options for you and your couple to try:

1. Each of you will write out a few sexual activities on some paper and fold them up and put them into a hat. Then, the two of you will take turns picking one from the hat and doing what is on the paper.
2. Each of you will write out a sexual fantasy. The two of you will exchange your papers and then will take turns acting out the fantasy.
3. Head out into public. You can choose whatever place you want; a mall, bar, park, restaurant, café, wherever. Start watching the people around you and pick out a person or couple that sparks you and your partner's interest and talk to each other about what you would want to do to them. Take the time to make this as real as you can. Just make sure that you don't let the other person overhear you. You don't want to embarrass yourself or them.

The great thing about playing sex games is that they will often lead to much better foreplay. When you and your partner play sex games, you are making an effort to keep your sexual fires burning. Being inventive and playful when you can with your lovemaking will help to bring the two of you closer and will keep things interesting.

Being playful and having a lot of fun is normal for a child, so why is that, as grownups, we think that we can't have fun and play games. There is no need to be serious when you are having sex. Having a few sexual games up your sleeves will do wonders for your relationship.

And, there are times, when the best sex games are those that you completely make up. You don't have to have an amazing imagination to create your own sex games. Just think about some things that you would enjoy doing with your partner and let them know.

Games For When You Don't Want to Say a Thing

It's not always easy for somebody to ask for what they want during sex. If you tend to be on the shy side, it can feel pretty much impossible. Having a fulfilling sex life is easier than many people believe. There are different ways that you can play some games and improve your sex life without moving too far out of your comfort level or trying to be aggressive.

The following are six ways to improve your sex life even if you don't feel like saying anything.

- **Get Some Real Face Time**

In our digital world, it is very easy to feel as if we connect to others because we send them messages or emails. The truth is this cyber time isn't a good replacement for in-person face time. Be sure that you see your partner at lunch or dinner on a regular basis. Set aside some time to have a romantic date with your partner so that you can get out of your regular routine. Buy tickets to a concert of their favorite band. Take them to their favorite restaurant. Go to a new museum opening together, especially if they have wanted to. Make sure that during these outings that you touch, kiss, and remind them how attracted you are to them. This will help to build the attraction during the night and will make the two of you ready to get down to business when you return home.

- **Let Them Know What They Do Well**

It doesn't matter if there are things that you are not getting or if there is something specific that you would like to try, getting it will require you to ask for it. The reason why women tend to be too shy to ask for things is because they don't want their partner to be upset with them. It is important to focus on the positive and then continue to build from there.

Tell them how great they are when do A or B, but it could be better if they add C. Don't make it seem as if they are inadequate for not realizing what you wanted. People like it when they get acknowledge for the things that they do well. If you say something feels great, and how wonderful they are at it, they will do it more often.

- Create an Atmosphere

If your partner is feeling particularly stressed after a long day, it could be harder to ask for the things that you would like. But, if you take the time to create the correct atmosphere can help. You can make your bedroom into a romantic oasis to show them what you have in mind.

Drinks, fluffy towels, flowers, music, and candles can transform that humdrum bedroom into a honeymoon suite. If you are able to make the atmosphere in your room as suggestive as possible, it is going to be a lot easier for both of you to relax and enjoy one another.

- Get Dressed Up

Looking to have sex but don't want to simply ask for it. Then get dressed for and get your partner's attention. People will become turned on when they see their partner dressed in something sexy. This could mean that there may be shopping required so that you can trade in those plain bras and undies from something that is going to make their eyes jump out of their head. This isn't the time for those comfortable granny panties. You could have been together for several years, and they may have seen you at your worst, but that doesn't mean that you have to dress like a slob all the time. To get your point across, without saying a word, buy some sexy clothes that look great on you and makes you feel great as well. You are going to get their attention without having to say a thing.

- Flirt

Don't underestimate the power of flirting. You can be subtle as well as suggestive in order to get what you want in bed. There is no requirement for sex to start in the bedroom. It can start the moment you go your separate ways every morning. You can start your foreplay when you leave for work. Flirt with them during the day by leaving them suggestive notes, sending romantic emails, and sexual texts. Being forward is easier for some people when they aren't face to face with the person receiving them.

- Be Generous

A great way to move into a better satisfying sex life, and you won't have to say a thing, is to lead by example. A partner who is sexually satisfied will be a generous partner. If you make sure that they are taken care of, then

they will take care of you. When you are able to give more in bed by doing the things you like, your actions are going to be reciprocated. Whenever you are generous, it is going to come back to you.

You don't have to be one of those take charge types of people when in the bedroom to get the things you want. When you put some effort into things and you make sure your partner feels special, they are going to be willing to try something new and will help you get the things you are looking for as well.

Conclusion

Thank you for making it through to the end of the book, let's hope it was informative and able to provide you with all of the tools you need to achieve your goals whatever they may be.

The next step is to talk with your parent about bringing sex games into your love life. Everybody will have their own boundaries, so it is important that everybody's in the relationship are respected. Just because you think it would be fun to do, doesn't mean your parent will want to try it. Feel free to bring it up, but don't pressure them into something they aren't comfortable with. Sex games are supposed to bring you closer together and not tear you apart. Make sure that you have fun and talk about things before just doing it. Surprises aren't always good.

Finally, if you found this book useful in any way, a review on Amazon is always appreciated!