

THE *Language* OF *Desire*

Part One, Module 1: Introduction

by Felicity Keith

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Introduction

Welcome to the *Language of Desire*. I'm Felicity Keith, your expert guide on this dive into the world of dirty talk, erotic fantasy, and the sexual psychology of men.

In case you are wondering, I'm not a scientist. I'm not a super model or a stripper or a dominatrix or a home-wrecker. I'm a regular woman like you. . . just a suburban mom, actually, who discovered that being sexy doesn't mean having to be a slut. And I've cracked the secret code to the erotic minds of men.

Why did I write *The Language of Desire*?

I wrote it first for myself. It was my field journal of notes and discoveries as I experimented with my newfound knowledge about men. You see, research is how I dealt with my own humiliating and painful wakeup call: when I found out I was clueless about how to keep my man 100% satisfied and sexually focused on me.

Rather than blame him or get depressed or just ignore it and pretend everything was fine, I went on a personal quest: a mission to discover what exactly made men different than women and learn how could I use that information to make my man and ME enjoy a completely and utterly blissed-out sex life.

Pretty soon, my journal of notes morphed into a guide, and my friends started asking (begging) me to read it. They wanted in on my secrets!

As word spread and more women were asking to read *Language of Desire*, I decided I should publish it.

Because there are so many women like you who yearn for that hot and spicy connection with your man, that seemingly unattainable level of passion we see in Hollywood movies. But you have grown frustrated at what your sex life looks like in reality. I hear so often, "He pays more attention to his work, smart phone, or video games than to me!"

If you are like a lot of women, you believe that passion and intimacy exist, but you have no idea how to easily tap into that primal part of his brain to make it happen. And you may also feel insecure about expressing your own raw sexuality.

Will you be judged? Will you be rejected? Will he ever put down his stupid phone and actually **see** the woman you are inside?

It all sounds simple enough. We think about sex, we have sex, we read about sex—yet so many of us can't tell our partners exactly what we want without blushing and turning into flustered impostors of our sexy selves.

So we settle for so-so sex lives and having only a fraction of the true intimacy we believe is possible.

If that sounds like you, do not feel ashamed. You are not alone. And it's all about to change!

I created this program to teach you how to uncover your primal side, completely on YOUR terms (yes, even the most sexually-shy woman can confidently incorporate these techniques!). You'll uncover your primal sexuality and OWN it and know how to USE it to fuel your passion... and ignite his.

In the process, you will drive your man wild with desire for YOU and make him truly see you as the amazing sex goddess that you are. Your intimate connection will be stronger than you ever imagined!

A little behind the scenes info...

When I first set out to learn about men's sexuality, I thought it was going to be a simple trick of learning how to talk dirty to a guy. As I started researching and ultimately writing this program, I discovered that my guide needed to evolve into something more substantial than just teaching you some risqué phrases for texting and phone sex.

Because I know what it's like to be a woman who yearns for that spicy intimate connection with her partner. And I realized that I had a lot more to offer you than 50 ways to say the word "penis."

What this program evolved into certainly includes talking dirty, but also teaches you to get in touch with your own unique brand of sexy (and own it with Beyonce-like fierceness). And that is just the first step.

Language of Desire teaches you techniques to tap into the sexual psychology of your man – whether he is your husband of 20+ years or a guy

you've just met. And this program shows you how to become the incredible, living, breathing fantasy woman he has always dreamed about but didn't know he could have.

By the time you read to the end and put these techniques into practice, your sex life will be completely transformed. I promise.

WARNING! THIS IS A PROGRAM ABOUT SEX, FANTASIES, AND TALKING DIRTY. I do use graphic and explicit language.

If you aren't comfortable with that, it's totally cool. That's part of what I mean when I say this is all on your terms. Just because I get colorful with my words to make a point doesn't mean you have to.

So please be forewarned that you'll be reading things meant for adult eyes only.

So, why is sexual expression so difficult for so many women?

We've been conditioned as women to not be overtly sexual. Think about all of the messages telling us that sex is bad, going all the way back to when we first started dating as teenagers:

"She's not the kind of girl he'd bring home to meet Mom."

"Girls who give it up too easy are slutty. Make him work for it!"

"Sure I'd f*ck her but I wouldn't make her my girlfriend."

"OMG, look at that hootchie over there in the short skirt and total stripper heels."

The difference between sexy and slutty can be difficult to determine for some. Society judges us. Guys judge us. Our peers judge us. Hell, we even judge ourselves! So it's only natural that many of us have repressed some of our most primal sexual desires.

We judge ourselves, deciding that it's wrong or slutty to even think, let alone talk, about sex uninhibitedly. And we worry that even though our guy hints that talking dirty turns him on, he's going to cast judgment on us if we actually do it.

It's only normal that with all of these mixed messages, many of us are scared to express ourselves.

Wanna know a secret? I used to be scared, too! Listen up. . .

I grew up being taught that sex was for “bad” girls. Only bad girls actually enjoyed sex and a bad girl was the worst thing you could be.

Of course, being the little rebel that I am, I became preoccupied with learning about sex—even while I was desperate to maintain my “good girl” reputation.

Which meant devouring every piece of illicit material I could. . . with my eyes.

From *The Joy of Sex* to late night movies on cable, I privately researched the heck out of sex and sexuality.

At age 17, my “research” up to that point came to fruition when I fell hard for my first love. Looking back, I realize now how perfect he was for me. He was one year older and totally uninhibited, and he absolutely adored how curious I was sexually. We took trips to sex shops and giggled about strange toys, tried out all types of positions, and totally got into role-playing. And he never made me feel ashamed about my eagerness to explore—probably because he was having way too much fun ;)

Our love story ended when I went off to college. And there I had a rude awakening: other guys weren’t as adventurous as my first love. Frustrated, I floated from relationship to relationship for several years looking for the next man who shared my sense of sexual adventure.

At age 23, I found him. But it was not all sunshine and roses. It was the first time a guy tried to talk dirty with me.

He was a well-traveled man ten years my senior. We didn’t know each other all that well and fell into bed after our second date. Rather than warn me he was into dirty talk, he just started in, hoping I’d follow his lead.

“Are you my little slut? Tell me how you want me to fuck you. Are you going to cum for me?”

Instead of a sexy reply, I burst into tears mid-thrust.

Awkward.

We both learned something that night. He learned that it pays to test the waters with a new partner before launching into full-on raunch. I learned that a guy can talk like that during sex and not actually think you are a slut.

Actually, I didn't learn that *that* night.

I didn't fully understand that concept until many years later when I experienced a similar line of conversation with a boyfriend. Who I KNEW without a doubt loved me and did NOT think I was a slut.

Talking dirty and verbalizing my erotic fantasies with him became something I enjoyed. I learned how he responded to my efforts, and from that, I developed my first techniques based on his sexual psychology—techniques that nearly made him crazy with desire.

Which was pretty awesome :)

I thought I was hot stuff after that, until I realized that talking dirty and role playing wasn't enough. I discovered there was still a huge wall up between my boyfriend and I that was keeping us from sexual satisfaction. That was when I feel like my life's work was handed to me. And I set out to learn everything I could about men's sexual psychology.

That quest was the genesis for *The Language of Desire* you are reading now.

What this program contains

The *Language of Desire* is broken down into ten modules. Each module has some lessons and a worksheet or two.

Module One: The Introduction

You are already here learning about who I am and why I wrote this :)

Module Two: Become a Sexual Superwoman

- Learn to dump your fear over the “slut” label
- Determine your sexual boundaries
- Discover your growl-inducing Madonna Moan

Module Three: Loving Man's Best Friend (hint: it's not his dog)

- Understand the secrets of his sex drive
- Learn why his penis is so important to him
- Rethink pornography (this one is controversial!)
- Learn The Porn Destroyer

Module Four: Brain Chemistry and Sex

- Explore how desire and sex work with our primitive brain
- Using the potent Cuddle Hormone technique
- Have fun with Pavlov's Erection technique
- Learn the power of Sexual Singularity

Module Five: Create an Erotic Action Movie

- Make him the star of your own sexy movie script
- Writing your script step by step
- Learn a variety of ways to share your movie with him

Module Six: Desire Intensifiers

- Masterfully crank up the sexual heat
- Make him pant with desire with the Tease Intensifier
- Learn a blow job to blow his mind with the Oral Intensifier
- Snap "him" to attention with Verbal Viagra

Module Seven: For the Single Ladies

- Use dirty talk effectively when dating
- Get him to commit with the Monogamous Male Maximizer
- How to go from Friend-Zone to Fantasy Girl

Module Eight: Getting Your Fantasies Met

- Planting desire seeds
- Have dirty fun with The Lust Mirror technique
- Practically read his mind using Erotic Telepathy
- Make him your hero with the Romance Rotator
- Explore your kinky side with 50 Shades of Experimenting

Module Nine: When "Sex" Isn't Possible

- Getting around life's sexual obstacle course
- Learn how to be dirty from a distance
- Use the No Touch Lay to keep things hot
- Learn about the Invisible Chastity Belt (it's more fun than it sounds)

Module Ten: Master Class

- What if he's a cold fish
- Overcome objections
- Fine-tune your technique
- Plan out your dirty deeds

I want you to think of *Language of Desire* as your own personal online class. Every day you will receive an email from me with that day's lesson. Go ahead and make a folder in your inbox so you can keep everything in one easy-to-find place. And mark those emails from us on your safe list so they don't accidentally end up in your spam folder.

If you follow the program I've created, I can guarantee that you will discover your Inner Sexual Super Woman, increase the passionate and HOT connection you and your partner crave, and even achieve Ultimate Sex Goddess status with ease.

So, are you rarin' to get started? Let's get on with it :)

Your first assignment

I want you to get a journal that you will keep in a private and safe place. You can use a simple spiral notebook or an inexpensive composition book (that's what I use). Or you can treat yourself to a fancy Moleskine or other pretty blank journal. As long as you like it and there are pages to write in, that is all that matters.

Your journal is where you can make notes while you are reading. I'll also have you brainstorming and doing some self-reflection throughout the program, so your journal is going to be a key component for you. So go and get one tonight so you are ready to dive in tomorrow!

I am so very excited to have you learn the *Language of Desire* and to be your guide on this sexy adventure!

- Felicity Keith

THE *Language* OF *Desire*

Part Two, Module 2: Dirty with Dignity

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Dirty with Dignity

One last little bit of housekeeping before we jump into the delicious realm of desires and dirty talk. We need to spend a little time setting up the ground rules—YOUR ground rules.

Boundaries are required in every healthy relationship, and sexual boundaries are critical, even in long-term relationships and marriage.

Look, a lot of the advice out there about dirty talk and pleasing a man encourages you to act like a porn star and say “fuck” a lot. Which isn’t exactly a turn-on for a lot of people. Sure, it can be, but it’s just a little narrow in scope. That kind of advice doesn’t take into account your rich sexual imagination, nor does it take your comfort zone into account. And it assumes your man has just one kind of fantasy.

Lucky for you, I know the real deal on the complexity of a man’s sex drive AND how exciting your sex life can be even if you don’t want to say the word “fuck.”

Knowing what turns you on is only the beginning

Taking time to determine activities that you are and are not willing to engage in is where you start to develop your ground rules. And somewhere in the middle, between the absolute Yes’s and the definite No’s, are things that you aren’t totally sure about. With the right partner, under the right circumstance, you might be willing to consider some of those ideas.

Going through the worksheets and quizzes in this module will get you thinking about what turns you on. The information you gather is totally your own, there is no score. And your answers can definitely evolve over time.

Boundaries with texting

With smart phones, you essentially have instant access to your lover via text and images. This is a great thing. Actually, texting is one of the easiest ways to spice up an ordinary day. But texting without boundaries can also lead to problems.

It is important to think through your sexual boundaries before you are in the heat of the moment. It's easy to get swept up in all of that energy and adrenaline and take something to the point that you may later regret.

Here is a real-life example:

Julia met Kevin at a mutual acquaintance's party. They hit it off immediately, and he asked her for a date within 10 minutes of meeting. They had two dates in quick succession, and Julia was already smitten.

Shortly after their second date, Kevin had to travel out of town on business. Based on their highly-charged makeout sessions after each date, their sexual chemistry was undeniable. To keep the momentum going, Kevin turned from flirting to full-blown sexting while he was out of town that week.

"I want you to tell me exactly what we'd be doing if you were in this hotel room with me," Kevin baited her.

This was her first time talking this way, and while she was a little nervous, Kevin made it easy. She trusted him even though they hadn't known each other long. It was thrilling to let herself be so bold!

By day two of his trip, Kevin requested a partially nude photo of Julia.

"Confession? I can't stop thinking of how much that green top hugged your curves on our last date. Tease me with a little pic of what I can't touch right now? :)"

Even though she was uncomfortable with the idea and swore she wouldn't do such a thing, Julia gave in to Kevin's request. After all, it was just her boobs and not her face. His response was VERY enthusiastic which made her feel better.

They continued to text and saw each other once when he returned to town. Things were still flirty and fun, and they made vague plans to "get together soon."

But that would be their final date. Kevin put the brakes on the budding relationship, citing "a very big project at work" and things quickly fizzled.

Julia was left confused and anxious.

Now some guy Julia barely knows has a picture of her breasts and explicit dialogue on his phone. It was a lesson learned the hard way. Now she has a strict boundary: NO nude (or semi-nude) photos sent via text when just dating someone.

**So, am I telling you to never send sexy pics to your man via text?
No.**

Sometimes adding a visual to the conversation can be a lot of fun. However, you need to understand that once you've sent it, you have no control over where that image may end up. Yes, even with a long-term boyfriend or husband.

Phones can get lost or stolen, and people you trust today can do hurtful things if a relationship goes bad in the future.

My advice? Don't send anything you wouldn't be comfortable with ending up online. Seriously. If that notion makes you shudder with massive anxiety, you have your answer about where you stand with photos.

Boundaries outside of photos and sexting

Through naughty conversations and role-playing you may discover something you didn't even realize was a turn-on. That is just one of the awesome side effects of experimenting.

Keep in mind that just because you TALK about it, that doesn't mean you are consenting to actually doing the physical act.

Knowing this frees you up to really cut loose and see where the conversation goes. If role playing is new for you, it's a good idea to discuss the concept of talking vs. doing with your partner.

For example, say you have a fantasy of sex in public with a high risk of getting caught. Let him know that the *idea* of him fucking you on the hood of the car along the busy interstate gets you wet. That doesn't mean you actually are handing him the keys and suggesting you go for a drive.

Just the act of talking it through is a turn-on. Even play acting it in your garage could be a lot of fun. You get to think through your boundaries and then be creative in how you bring the fantasy to your sex life.

In the upcoming modules, you'll have lots of opportunity to let your raunchiest fantasies come to life in ways that are still within your comfort zone.

And hey, if I drive down the highway and see you getting busy on the shoulder, I'll just keep on driving ;)

One valid concern is what to do if the dirty talk goes a little too far...

If you have a particularly adventurous conversation, and later decide you aren't sure how you feel about, here is what I recommend.

1. **Take a few minutes to understand why you aren't comfortable.** It could be some old belief-systems that make you feel like your fantasy was wrong or bad. It could be that you felt that way in the moment but later in a non-sexy moment you feel vulnerable. Remember: there is no wrong answer, but thinking it through gives you powerful information about your desires.
2. **Consider talking to your partner about it.** Not everyone is comfortable discussing sex, I get that. But talking about your sexual connection can enrich your relationship. And I mean talking about it from a more intellectual standpoint, not dirty talk. Let him know if you've discovered a surprise turn-on that you might want to explore further. Also, tell him if you are feeling unsure of a particular conversation.

Your sexuality is your own, and embracing it (both mentally and physically) can be a fluid process (pun intended... haha). Just because the idea of being tied up and ravished by your lover turns you on one day does not mean that you are required to *always* find that situation sexy or desirable.

Also, when it comes to talking dirty, you don't have to curse like a sailor. Swearing and graphic language aren't required to turn up the heat. In each module, I show you how to tailor your dialogue to your own preference.

One woman's boundaries should look different than another woman's. And really? Her boundaries are noneya bizness. If you are firmly in the vanilla category, that's great! If you are fascinated by kinky fetishy stuff? That's great, too!

The bottom line is that I want you to be a strong, sexual woman who is adventurous AND knows her limits.

To further explore what turns you on and what you hadn't even thought of before, **make sure to check out the Sexploration Quiz and the What Turns You On worksheet in this module.**

Now that we've demolished some fears and discussed boundaries, it's time to take action with the next lesson: The Madonna Moan.

THE *Language* OF *Desire*

Part Two, Module 3: The Madonna Moan

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The Madonna Moan

This technique is not about pop music. It's about learning to tune in to the Sexual Super Woman at the core of your being, being 100% present with your desires and sensations, and learning to powerfully vocalize your rapture in a way that will make his toes curl in the best possible way.

Does the thought of that freak you out a bit? It's okay!

It's normal to feel shy about letting down your guard and expressing such pure sexual emotion the first time (or two). However, when I explain the potent effect this moan will have on your man, you will definitely be willing to try it out. Plus, I have some exercises for you that will ease any anxieties you have and get you so comfortable, you'll be Madonna Moaning in no time.

Why do women moan during sex?

The surface answer is because it's what we've been taught. Romance novels describe heavy breathing, heaving bosoms, and moaning in their sex scenes. Actresses writhe around making loud sighs and even screams (and yowls!) onscreen in movies Rated PG to XXX. The technical term for making sex noises is *copulatory vocalizations*.

And if you've seen *When Harry Met Sally*, you can't forget the famous fake orgasm scene in the deli.

We see examples like Meg Ryan and, on some level, most everyone has agreed that THIS is what sex is supposed to sound like. So we all do it to some degree.

The slightly deeper answer is that women moan to indicate pleasure and as a way to communicate to their partner during sex. We've already discussed why we feel uncomfortable talking about sex (much less giving specific directions... but I'll teach you that, too). So moaning, sighing, and yes'ing becomes our default "language" during sex.

Do men get turned on by our moans?

In short: Yes. A woman's moaning tells her man, "Excellent job!" So men have learned to interpret our noises as positive affirmations. But there is actually a scientific connection, too. More on that below.

Also, we women know that sometimes a few well-timed moans and “Yes’s” can help get your partner to climax.

“Hurry up” isn’t the kind of moaning I’m teaching you here

The Madonna Moan is not a way to hurry along intercourse to orgasm. This moan is authentic and driven by pure emotion, not acting or faking, and certainly not from watching the clock.

Scientists have shown that making noise during sex serves as a desire driver. The moaning enhances pleasure for both partners. You will benefit from your Madonna Moan as much as he will.

Because when you are free with your vocalizations and moan with wild abandon, without fear or anxiety, the end result is bliss.

Why this will blow his mind

Men’s brains are wired to chase us and to please us. It’s true: in the hypothalamus area of men’s brains is a section specific to sexual pursuit. . . and it’s 2.5 times bigger than women’s (more on brain chemistry in Module 4). This innate need to pursue you sexually is preprogrammed.

Once he’s “caught” you sexually, his brain shifts toward procreation, even if makin’ babies is absolutely NOT on either of your agendas. I’m talking primal brain chemistry stuff here, not logical thinking and planning. As a couple, you may be using eight types of contraception to prevent pregnancy, but that doesn’t mean his brain (or yours) is on the same “no babies” page.

Female orgasm has a correlation to conception. Science has shown that when a female has an orgasm, there is an improved chance of the sperm and egg connection. Annnd going back to the point of this lesson, women indicate orgasm by making noise. . .

. . . so your moans actually tap into that primal part of his brain.

And when your “copulatory vocalizations” are expressed from being totally in touch with your desires, the result is nothing short of fireworks for you both.

Not only is that primal part of his brain activated, his ego is totally pumped up, “Wow! Look how amazing I must be to make her moan/scream /curse like that! Just WOW!”

This, my friend, is a heavy-duty one-two punch of sexual satisfaction for a man. You are giving him this incredible affirmation on his sexual prowess while activating his brain chemistry at the same time. BOOM!

So let's learn the Madonna Moan in a simple three-step process.

Step One: Finding your voice

In order to tap into your authentic moan, you need to practice, because it may take some preliminary moans and sighs before you arrive at that sacred place emotionally to really express yourself.

The first step is to perfect those warm-up vocals alone. Warming up and practicing helps you access your deep emotions and feelings. Here are some exercises to do just that:

Say his name. Practice saying his name out loud. Now lower the pitch of your voice and say it again. Now say it slowly, like you are savoring every syllable. Try it out a bunch of ways and see what sounds good to you.

Moan while eating. Get a container of yogurt or some ice cream. Dip your spoon in and lick it off little by little and let out some mmmm's and ohhhh's.

Get into it. Imagine he is watching you as you lick the spoon. You are seducing him with the way you are eating that delicious food.

Does this feel silly at first? You bet. However, the more you get used to the sound of your voice, the easier it is to use it.

Verbalize your desires. Grab your journal and worksheets from this module. Say out loud the things that turn you on or the sex acts you enjoy. Just read down your list, "I am turned on by. . ."

Now, I want you to say them as if you are directing your partner or giving the play-by-play.

For example:

I love it when you (lick/suck/bite/fuck/pound/kiss/nibble/spank) my (breasts/neck/ass/pussy).

You feel so (big/good/incredible/fucking amazing/huge) when you (fuck me/are inside of me/ are on top of me/are behind me).

The point of saying your desires and the play-by-play out loud is to get comfortable with these words. You may end up saying these things as part of your Madonna Moan, you may not.

But verbalizing your desires accesses a slightly different part of your brain, which increases your connection to your core sexuality. It also opens the door to those deeper desires you may not have recognized were even there. Ladies, there is a method to my madness here ;)

Step Two: Moan while masturbating

Finding some private time is ideal so you can really let your vocalizations fly as you orgasm. For some of you, alone time isn't easy to come by. In that case, lock the door to your room (or bathroom) and crank up some music to give yourself some privacy.

Think of your list of what turns you on. Mentally conjure up your wildest fantasy.

As you start to pleasure yourself, begin to moan. As you build to orgasm, continue your moaning but feel free to let out whatever happens naturally.

- Your “moan” may be a string of yes’s and mmmmm’s and oh’s
- Your “moan” may be your partner’s name said (or screamed) at varying volumes like you practiced
- Your “moan” may also be a whole bunch of “Oh God’s” along with curse words

There is not one “right” way to moan. The important thing is to let it OUT.

Don't think about what it is you are saying. Don't judge yourself. And do NOT censor yourself. Just make the noises and say the words that happen as they happen.

It is normal to feel completely self-conscious when you do this at first.

Confession? I felt like a complete idiot when I first tapped into my Madonna Moan. It was like I'd been possessed and was speaking in tongues. Afterward, I was embarrassed by what had come tumbling out of my mouth.

But there was something so powerful and fierce about expressing myself that way, and I let those feelings of power outweigh my insecurities.

I want you to do the same.

Practice accessing your moan from that primal and uninhibited place. When you feel comfortable, move to step two.

Step Three: Share your moan

One important thing to note: you may find that your “moan” may differ according to your mood or what you are fantasizing about when you masturbate. Your Madonna Moan isn’t a one-size-fits-all noise.

Your Madonna Moan is when you are so tuned into your desires and emotions **in the moment** that you let go of your inhibitions. You access the core of your sexuality and you express what shows up.

I tell you this because when you share your moan with your partner, it may end up different than when you practiced alone.

That’s normal, and is to be expected.

There isn’t an elaborate set-up to getting ready for sharing. You just need to relax your thoughts and simply focus on how you feel, both emotionally and physically. What helps me is to mentally switch off the logical side of my brain and switch on the emotional side.

You also need to banish any thoughts of self-consciousness. Remember, you are powerful. You are fierce. **You are damn sexy, and you are going to blow his mind!**

It doesn’t matter if this is a long drawn-out love making session or a hot and heavy quickie, you can share your MM in any type of scenario.

I found one way that is easy for me to get to my MM place is to start by saying his name and that I like what he’s doing. From there, I allow myself to verbalize whatever shows up. I don’t think before I speak.

And I let my MM take over and just go with what happens. THAT is why this is powerful. Because it is completely in the moment and uncensored.

Remember, there isn’t a wrong way to do this!

His reaction

Your man may react in a few different ways.

He may growl right back at you in obvious approval. He may be inspired to join in and moan and let his own string of words fly.

And he may be stunned into silence. This kind of primal display of your physical pleasure may shock him. This does NOT mean he’s judging you or doesn’t like it.

Quite the contrary.

This may be the first time he's ever witnessed his own ability to bring a woman to the brink of divine ecstasy. Especially if you've been the quieter type in the past.

You can smooth over any awkward silences by simply saying something like, "Wow, you really got me going tonight!" with a big grin and a snuggle.

He might ask you why this time was different or what he did to make you moan like that. Your response is totally up to you.

One idea is to tell him that you finally feel free enough to express yourself that way with him. That he makes you feel safe to be uninhibited.

Or you could just say "I don't know, it just sort of came out!" and leave it at that.

No matter how he responds, just have faith that you've solidified your sexual connection. You've shown him how much he satisfies you and how in touch with your primal sexuality you are. His brain and his ego are now even more in tune with you!

What if you get too nervous?

If you find you are letting stage fright take over, it's okay. It's normal to feel a bit scared to reveal this very vulnerable and real side to your sexuality.

The first time may not go like you thought it would. That's okay. The point is to keep trying. Go back to steps one and two. Then next time you have sex, try out step three again.

The only thing I ask is that you don't give up!

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Part Two, Module 1: Fear of the Slut Label

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Fear of the Slut Label

Celeste and Mike have been happy together for two years. Both of their kids from their first marriages are grown, so they have the luxury of a lot of time together.

Celeste never had the kind of sexual chemistry with her ex-husband like she does with Mike. He is a masterful lover and has introduced Celeste to a level of passion she has always wanted but didn't think would ever be hers.

Except for one little thing. On occasion, Mike has uttered some very explicit things in the middle of making love. And while Celeste kind of likes it, she doesn't know how to respond. Mike recently expressed his desire for Celeste to participate and get raunchy, but she's afraid.

"I feel safe with him in every other aspect of our relationship. I love Mike and know he loves me deeply, too. So why am I frozen like an innocent deer caught in the headlights of an oncoming semi with this small suggestion?" she wonders.

If the idea of talking dirty, sharing your desires, or even exploring your sexuality makes you uncomfortable, you are NOT alone.

The constant push-pull pressure around sex for women in our culture is a doozy. We are expected to aspire to ridiculous standards of beauty and femininity, yet we are told in countless ways that being sexual is wrong.

We can look toward religion, literature, art, pop culture... even our own beliefs for the "why." Despite the thriving enterprise of sex as business (they don't call it the oldest profession for nothin'), we women are asked to do the impossible: exude propriety and sex appeal at the same time.

Look sexy but don't act slutty.

This pressure we feel naturally spills over into our relationships. We have sex but many of us don't feel like we can fully express ourselves for fear of judgment.

We feel like we need to know how to please our man without appearing "too" experienced. We feel pressured to hide our wildest fantasies and not admit to our past sexcapades. We see other women who are caught being too sexual shamed in the media as sluts.

So over the years, we've repressed our desires, urges, and fantasies. Maybe you trot them out in the privacy of your own mind. But when it comes to your boyfriend/husband/lover, you just hope he guesses what they may be without you having to actually tell him.

I am here to show you that it's possible to incorporate dirty talk (and more!) into your sex life without one iota of fear, shame, or feeling slutty.

By the end of this program, you will be able to confidently express your sexual self. If that sounds impossible to you right now, just stick with me. I want you to follow this program so that it will actually benefit you, your man, and your entire relationship beyond the bedroom.

It's not just some cheap thrills here, ladies. There is substance along with the smut ;)

A few of the benefits you will enjoy by following my program are:

- increased physical and emotional intimacy
- more sexual satisfaction
- understanding how his brain is wired
- elevated confidence and more fun!

The biggest fear I want to dispel is that your partner is going to think you are slutty. He is not going to think you are a slut, he's going to think he won the sexual lottery!

The exercises and homework in this program are designed to help you dump those old limiting beliefs and build your sexual confidence. Think of these exercises as a gift to share with him—a gift he is going to be thrilled with!

Now...let's get to work demolishing those fears!

You know the old advice that if you smile even when you are unhappy, you can trick yourself into improving your mood? I'm going to have you do something similar here.

Telling yourself affirmations has the same effect. You can start to change your belief system by repeating key phrases. It may sound hokey, but it works. If you ever watched *The Secret* or read up on the *Law of Attraction*, this lesson is along those lines.

Step One: Make a commitment

Before we do anything, I need you to make a commitment to me, and more importantly, to yourself.

I want you to commit to being open to learning what makes your man tick. Some of what you read here might freak you out. Some of it might even make you mad. And there will also likely be sections that challenge the way you have previously thought about sex and men... and yourself.

You might want to give up, thinking it's too uncomfortable or scary. But I promise I will be with you the entire way. I walked through all of this alone, and I've coached several friends and friends-of-friends through it, too. If I could do it and they could do it, I know you can, too.

So right now, I want you to grab your journal and write down a few things.

What would an ideal sex life look like to you?

Why do you want to learn the *Language of Desire*?

And most importantly, write this down: I am worthy and deserving of a sizzling sex life. I am committing to learning how to make that happen!

Step Two: Retrain your brain

Here you are going to start reprogramming some beliefs you may have about sex and your sexuality. If you already have a positive sexual self-image, this exercise will serve to enhance it even more.

However, I'm guessing since you bought this program, there may be some areas that you aren't entirely confident about regarding sex. You will hear me say this a lot: that is very common. Most women hold some degree of shame, guilt, or uncertainty when it comes to fully expressing their sexual desires.

These affirmations are going to start to lift away some of those negative beliefs. When you repeat an affirmation through writing, reading, and speaking, you begin to train your brain to believe them.

Just like if you tell yourself over and over again, "I'm so stupid!" eventually you will begin to believe you are stupid. The power of our inner thoughts is tremendous. Some people believe that our inner thoughts are what shape our reality.

You don't have to go so far as to believe that if you don't choose to. However, you do need to do this exercise with an open mind and an open heart :)

Read these phrases (out loud, if possible):

- I am a sexually confident and beautiful woman.
- I feel free to express my sexuality.
- I am in touch with my sexual desires.
- My sexual confidence is magnetic.
- My partner is turned on by my sexual confidence.
- I let go of any sexual insecurities I may have.
- I celebrate my sexuality.

Now, read them again.

Next, write them down in your journal. And go ahead and add some of your own! The more you say these affirmations to yourself, the more you overturn your inhibitions and fears.

Step Three: Rinse and repeat

Over the next several days, I want you to go back to this list. Read the affirmations and take a few minutes each day to write them down in your journal. When you get your daily email from me, I am going to remind you!

The more you repeat them, the more you will believe them and the more they will become your reality.

There is everything right about feeling sexy and enjoying your sexuality! There is no need to fear the slut label any longer.

THE *Language* OF *Desire*

Part Two Worksheet What Do You Find Sexy?

by Felicity Keith

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What Do You Find Sexy?

This is just a free-form brainstorm to jot down a whole bunch of things that turn you on. Not everything is directly related to sex: a lot of things that put us in the mood are sensual (meaning they heighten our senses).

Why am I having you do this?

Because focusing on the things you find sexy gets your imagination going. This will help when you are verbalizing your wants, desires, and fantasies to your man.

Also, for those of you on Pinterest, make a secret board and collect pins of the following. You can pin YouTube videos as well as pictures!

Just go into your Pinterest account, click on "Make New Board," and in the pop-up window, slide the "Keep it secret" setting to "Yes."

Songs/music that turns me on:

Books/movies that I find hot:

People (celebs, musicians, athletes, authors) who I find totally sexy:

Images and art that turn me on:

Places I want to have sex in/at:

Clothes, shoes, lingerie that I find sexy:

Colors that feel passionate to me:

Food and beverages that feel sexy to me:

Scents and smells that I enjoy:

Lighting, decor, ambiance that I find sexy:

Anything else that comes to mind when I think of sex and feeling sexy:

THE *Language* OF *Desire*

Part Two Worksheet Sexploration Quiz

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Language of Desire

Sexploration Quiz

My wish for you is to have exciting and sexy conversations with your lover that lead to amazingly fulfilling sex. Perhaps these conversations push you a little bit beyond your comfort zone because, let's face it, that can be thrilling.

Part of this program includes discovering and loving your unique brand of sexy.

However, I do NOT want you to ever regret how far you take a conversation or what you consent to engage in. It's important to think through what your sexual boundaries are before you are in a situation where you are being asked or encouraged to do something.

This worksheet is for your eyes only and simply to get you thinking about what you definitely know you like, what you haven't tried but would consider, and what activities you have no desire to engage in.

You can print this out and mark the boxes accordingly. The activities on this list are by no means exhaustive and I am in no way encouraging you to try all of them.

I do want you to read through this list with an open mind. There may be items that you are conflicted about (your brain says no, but your libido says yes). That's okay, just take time to think it through or put it on your maybe list.

Reflecting on this list should get your imagination flowing, which will influence how you use some of the techniques in this program.

Always remember: Your sexual boundaries and choices are your own. No shame. No judgment.

Activity	YES!	Maybe	NO
Send sexy and provocative photos to my lover			
Pay to have a boudoir photo shoot done by a professional photographer			
Role-play with costumes, wigs, different personae to act out fantasies			
Purchase and use sex toys for myself			
Purchase sex toys for use with my partner			
Buy sexy bras, panties, and lingerie that I know my lover likes			
Read erotica novels alone			
Read erotica novels with my partner			
Watch pornography with my partner			
Initiate sex with my lover			
Experiment with being blindfolded and/or restrained			
Experiment with being spanked, whipped, or other forms of pain			
Have sex in a semi- (or totally) public place with the possible risk of being caught			
Have sex with the lights on or during the daytime			
Have a threesome			
Swap partners (aka "swinging")			
Give your lover 100% control during sex (being submissive)			
Take 100% control over your lover during sex (being dominant)			

How did considering this list make you feel? Were you surprised by any of your answers? Are there other sexual activities not included here that you've always been curious about? If so, write them down!

Keep this quiz in with your journal. You will want to refer back to it as we get into some of the later modules.

THE *Language* OF *Desire*

Part Two Worksheet **What to Do When You've Lost** **That Lovin' Feelin'**

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What to Do When You've Lost That Lovin' Feelin'

Susan glanced at the magazine covers while in line at the grocery store. "Your Hottest Sex Moves Ever!" screamed at her in bold hot pink type. She chuckled at first and then realized...did she even HAVE good, let alone "hot" sex moves anymore? Maybe back in her 20s some of her moves were hot. But now?

To her own chagrin, she couldn't remember the last time she and David had really connected sexually. Sure there were a few quick interludes that occurred every few weeks. But they weren't particularly hot and actually had become quite...boring.

"Maybe I really should read one of these magazines" she thought as she tossed one into her cart.

If you've lost that lovin' feelin', this worksheet is all about getting it back. I call it re-discovering your Inner Sex Goddess. It may sound like a far off dream to feel intimately connected to your sexy side, but I will teach you some easy steps to get you back on track.

If you are like most modern women, you are pulled in a gazillion directions.

Work responsibilities. Family life. Running a household. Keeping afloat financially. Trying to stay healthy. Shuttling kids to countless activities. Remembering field trips... and birthdays... and to take the trash out.

It's no wonder that sex and feeling sexy gets pushed down to the bottom of the list.

For cryin' out loud, you are TIRED and just want to pull on a hoodie and some yoga pants and decompress for a half second. JEEZ!

With everything we have going on in our lives, it is very easy to forget to take time with something so trivial as getting connected to an "inner sex goddess" (ha!). And it's hard to feel sexy when you are so stressed.

I get it, girlfriend!

Can I admit something kind of embarrassing?

Looking at me today, you probably would never guess this, but I wore granny panties and baggy sweaters every day for a few years after I had my kids. I was as far from feeling sexy as could be! I had sped into

full-blown Mom Zone, and my Inner Sex Goddess was locked up in the shed, possibly to never be seen again.

So I understand how you might be feeling.

During that time, my marriage fell apart. There were several issues at play between us, and in the middle of that, sex fell off of every to-do list of mine. I was so consumed with my new role as mom and this crazy drive to “have it all” that I forgot about my husband.

I had zeeeeeeeeee-ro interest in sex. As far as I was concerned, he’d done his part and had gotten me preggo two times. So outta my way, buster, I have kids to raise!

Wow. How horrible for him, huh?

Needless to say, my attitude contributed to our already shaky marriage. And while we weren’t able to make it work (but we are fantastic friends now), the good news is that I eventually re-discovered my sex drive. It took some time and effort for sure, but it’s back for good now!

Today, I understand that having my Inner Sex Goddess on speed dial is a priority. And my life is infinitely more vibrant all the way around as a result.

But I learned that lesson the hard way. I don’t want you to follow down the same path I did.

So if you are reading this section and it sounds all too familiar, here is where we are going to start to turn things around.

Before you even utter one sexy syllable, we need to fire up your sex drive and get you re-connected to your own Inner Sex Goddess.

One of the easiest ways to begin to reconnect is to actually think of someone who inspires you. There are countless women in pop culture and back through history who have been considered as Sex Symbols. If you’ve lost touch with your own ISG, using a role model will start the process.

Step One: Choose a Sex Symbol

Let’s start by thinking about some smokin’ hot sexy ladies in popular culture. Now, each of us has our own definition of sex symbol, but I’m sure by looking through this list, you’ll see a few names that immediately make you think “SEXY!”

Marilyn Monroe

Cleopatra

Mata Hari
Josephine Baker
Eartha Kitt
Mae West
Rita Hayworth
Bette Davis
Marlene Dietrich
Betty Page
Madonna
Suzanne Somers
Farrah Fawcett
Bo Derek
Diana Ross
Dita Von Teese
Britney Spears
Beyonce
Jennifer Lopez
Lady Gaga

Whether you are a fan or not, it's fair to say that these women all appear to be in touch with their sexual selves. The term "sex symbol" easily applies to any of these lovely ladies. Take a moment and think about the famous women who ooze sex to you. Jot down your answers to these questions.

What do they do that's different?

What kind of body language, tone of voice, mannerisms, and facial expressions do they use?

FINAL QUESTION: Who epitomizes Sex Symbol to you the most? (note - it doesn't have to be a name from the list above!)

Step Two: Channel the Sex Symbol

Now that you have a mental image of your Sex Symbol, I want you to “channel” her. To channel another person, you need to consider how they act in all sorts of situations.

What outfit would she choose to wear on a date?

What does she wear to bed?

How would she flirt with her man?

How does she walk (or strut)?

How would she dance?

What would she order for dinner and how would she eat her food?

How does she style her hair?

What perfume or lotion would she choose?

Sit back for a few minutes and really think about these details and write them in your journal. You are going to want reference these ideas because we are going to use them again soon!

When we move through these upcoming modules you may start to feel a little uncomfortable. If you've been out of touch with your Inner Sex Goddess, that's totally normal! So what I want you to do is think back to this exercise. Channel that sex symbol!

Until that connection to your ISG is solid, though, you may need to recall what it felt like to channel someone else. I do not endorse faking anything when it comes to sex—this is one exception. Sometimes it's easier to adopt a persona when we are learning and trying new things.

Eventually, what will happen is that your own ideas and desires are going to start bubbling up. You will begin to discover YOUR Inner Sex Goddess again. Maybe she has some new tricks up her sleeve ;)

THE *Language* OF *Desire*

Part Three, Module 1: Understanding His Sex Drive

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Understanding His Sex Drive

Some of what I share here might come as a surprise. Some of it might freak you out.

But I'm sharing it because understanding his sex drive and how it's different than yours is the foundation on which this entire program is built.

The Toll of Testosterone

If I asked you what you thought sex was about for a man, you'd probably answer with physical pleasure.

Good answer. . . but it's not exactly right. Sure, physical pleasure is part of it (because, duh, sex feels good), but it really isn't what drives a man sexually. Besides, he is well-versed in bringing himself to orgasm in under five minutes.

Okay, so if it's not physical, next you might guess that sex is about love or emotional connection. ENNNHH! (That's the buzzer sound for "wrong!")

Love and connection is generally what drives women to want sex (although physical pleasure is right up there, too). And while there is a component of his brain chemistry that does equate orgasm to emotional connection, it is far from the driving factor.

So what IS sex for him all about?

It's about seduction, power, ego, conquest, accomplishment, and validation.

It's about knowing he's rendered you defenseless against his magnificent dong and his tremendous sexual prowess. It's the satisfaction he gets knowing he can deliver sublime physical bliss to you. It's the pride he takes in making ladylike you lose all control in the bedroom.

And really, it's about down and dirty f*cking.

THAT is what he's fantasizing about. Not tender kisses or making love by candlelight.

And **testosterone is the hormone coursing through his system** that feeds that desire.

Once a guy hits puberty, this fiendish chemical seemingly takes over his life. He feels these strong undeniable urges to have sex with pretty much every female in a 50 mile radius. . . yet he knows he can't just go around doing what he damn well pleases with every girl he sees.

He's thought about screwing the supermodel, the cute cheerleader, and the bookish brainiac, too. Even the lunch lady—yep, he's thought about sex with her, too.

Testosterone may ebb at times, but for most guys, it is an ever-present force to be reckoned with.

For the good guys out there, it's a delicate balance between carnal desire and socially acceptable behavior. And for a lot of men, they feel ashamed to admit to their darker sexual urges. So they suppress them as best they can.

Imagine for a second what that must feel like for him. Gives you a new appreciation for what being a decent guy means in our world, huh?

Cultural influences

Testosterone may take the lead when it comes to his sex drive, but society plays a role here, too.

You've probably heard the theory that men are action or task-oriented. It's why when you want to just vent about the annoying day you had at work with that gawd-awful Carol from accounting. . . he doesn't quite know what to do. He wants to help you fix it, not just listen and commiserate.

Men in our culture are conditioned to “do” things.

Get the promotion.

Fix the car.

Win the race.

F*ck the girl.

Women in our culture are conditioned to empathize and use our ability to connect emotionally.

Be helpful.

Listen to problems.

Nurture the children.

Maintain a happy home.

Sure these are generalizations, but they do provide additional insight into why men and women tend to operate differently when it comes to sex. How we are nurtured and encouraged to behave influences our sex lives.

And while we all desire sex, it boils down to this:

Women want to have sex when they feel emotionally connected to their partner. Men feel more emotionally connected to their partner by having sex.

What a messed up conundrum!

Because of this, you can understand why many couples end up with a less-than-stellar sex life, despite how hot it may have started out. She holds out, waiting for emotional intimacy (a.k.a. romance) from him while he needs sex in order to feel emotionally connected.

Vicious cycle.

But luckily one that is easy to break with a little effort on your part.

Give him permission to ravish you

I'm going to ask you to ditch all things romance as you get into this program.

Yes, we women get aroused through emotional connection. But this isn't about you. It's about him right now. **And it's time to let his savage sex-beast out to play.**

His sexual urges are so powerful that he's terrified to let you in on them. He thinks that if you knew just how down and dirty he really wants to be, you'd judge him or freak out. Or both.

So you are going to give him permission to possess you sexually. To do everything he wants to do. To let him reveal his raunchiest fantasies and put his manliness on display to your adoring eyes.

Remember, focusing on his ability to seduce, possess, and pleasure you is what his sex drive is all about. It speaks to him on HIS level. It shows him how deeply you desire him. And it validates just how much he turns you into a wild sex-hungry vixen. Because of his penis and his prowess and his HIM-ness.

This is why doing the exercises in this program will cause such a transformation in your sex life. I've created them based on the way his brain is wired. You are essentially telling him that his masculine sex drive is

an intoxicating turn on. Trying to romance-novel your way to a sizzling sex life simply will NOT work.

Talking dirty is speaking his primal sex language.

When you talk explicitly and uninhibitedly, you are reinforcing his sexual prowess. And this strengthens his connection to you. Very few women understand how to speak to their men in this direct way. And even the women who DO understand how powerful this method is, well, they sometimes forget because life and all of its responsibilities get in the way.

He may be (pleasantly) shocked when you first try out these techniques. But I guarantee that any immediate silence is NOT judgment. In fact, he is going to be completely floored by the intense way you can turn him on (like no other woman ever has).

By the end of this program, you will be using all kinds of dirty phrases, like. . .

I can't wait for you to see how naughty I can be.

I need to feel you inside of me right now.

You make me so fucking horny.

I want you so bad, I'm aching for your cock.

I don't want you stop until you are shaking, spent, and exhausted.

Make me your personal slut tonight.

I'm going to make you cum so hard.

Oh my god, your dick feels so good.

You have me so wet right now.

I want to wrap my mouth around your cock right now.

I want you to go down on me until every part of my body is shaking with pleasure.

Don't believe me? Keep reading. In every module there are techniques that teach you not only what to say but how to say it to trigger different parts of his sexual psychology.

I tend to get a little raunchy, but it's possible to be totally dirty without being graphic. I teach you that, too ;)

Does this mean no more making sweet love?

Absolutely not! So don't fret that sex with your man will only consist of primal copulation devoid of tenderness if you want to make him happy.

In fact, by incorporating these techniques into your sex life, your man will be even more inspired to make sweet and connected love to you than before. By satisfying HIS needs he will become more attuned to satisfying YOUR needs.

Plus, I have some upcoming lessons that are strategically designed to practically have him begging to fulfill even your most tender fantasies.

But I do hope you discover that the primal stuff is something you both enjoy ;)

Now that you have an understanding of what drives his sexual nature, in the next lesson let's focus specifically on the leading "man," a.k.a. his best friend: his penis.

THE *Language* OF *Desire*

Part Three, Module 2: Paying Homage to the Mighty Penis

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Paying Homage to the Mighty Penis

If you want to reach right into the core of your man's raw primal sex drive, you need to understand just how important his penis is to him.

It may not be the prettiest looking thing, but he LOVES it. And you should, too. Nothing will earn his undying devotion to you more than a never-ending well of cock worship.

So let's learn to love the penis!

Why does he want to show off his penis?

I get this question a lot. And I used to wonder the same thing. Because I love research, I actually discovered there is an evolutionary force that pushes men to show off their units.

Looking toward the animal kingdom, male monkeys and apes will show the female of the species their penis as a way to demonstrate sexual interest.

Not to get into a debate about evolution or creationism, but to me this explains that men are hard-wired to want to put their manhood on display. It's his way of letting you know, "Hey! Look! I've got a penis and I want to have sex!"

Which also explains the creepy flasher in the raincoat phenomenon and the proliferation of penis pics floating around the Internet. And if you've done any amount of online dating, you've probably met a too-eager dude who texted you a pic of his junk!

Yikes!

So while females in the animal kingdom might see the male of the species flash his naked wiener and understand it as an invitation to sex, we human females tend to think PERVERT! when some dude we hardly know shows us his wiener.

More on flashers...

This whole "pervert" thing is also a reason there are guys who get their jollies by flashing their junk at unsuspecting women.

We throw around the word “exhibitionist” a lot, but it is actually a sexual disorder whereby people get aroused by exposing their genitals to other people.

Some flashers do it to get aroused as well as shock or upset their audience. Other flashers do it to get aroused and also with the hope that the person witnessing their display will become aroused as well.

The goal of the flasher is generally not to commence in sexual activity—the exposing of his genitals is what arouses and satisfies him.

The other, less perverted reason he wants to show off his peen?

He gets completely turned on by seeing your naked breasts and lady bits. Therefore, in his mind, you are going to get turned on by seeing his penis. That’s called projective empathy (i.e. “If I like it, I’m predicting that you probably like it, too.”).

So even though he probably doesn’t actually say to himself, “Wow, I’d like to see her boobs. I wish she’d send me a pic of her boobs. Hey! I know! I’ll send her a pic of my dick, which will make her send me a pic of her boobs!”

That’s what his brain is thinking. Seeing boobs = I get turned on. Therefore, seeing my penis = she gets turned on.

Do you get turned on by seeing it, though?

Maybe, maybe not. Personally, I love seeing my boyfriend’s dick (in a pic and in person). I didn’t always feel that way, though. But once I understood how HE feels about it, it changed my mind.

**He sees his penis as an extension of
his masculinity and self-worth
(literally)**

He views his penis as his tool to bring you to the heights of ecstasy. Okay, we all know that chances are his tongue is the organ that REALLY gets the job done for you. Hell, it could even be that he did the dishes and put the kids to bed that gets you to the brink of orgasm. However, in his mind, his penis is Number One in the ecstasy category.

As you learned in the previous lesson, most men are literally humming with testosterone 24/7, and beneath their calm demeanor lurks a ravenous sex-beast who wants to seduce and fuck pretty much every woman in sight (even though he doesn’t).

His penis is the body part that shows proof of these manly testosterone-driven desires; even more than his brain.

Every guy loves his penis, but he also feels completely at the mercy of it at the same time. Which is why he calls his penis his “little brain” or he may say his penis has a mind of its own. In a man’s world, his penis is calling the shots much of the time.

The best comparison to help you understand how his penis represents his manhood is how we women feel about our breasts. We obsess over their size and shape. We try all sorts of bras to enhance how they look. We compare our “girls” to other women’s. And for many of us, we view our boobs as the pinnacle of our femininity. But most guys... sure, they love boobs, but they generally don’t nit-pick about them. Because in his mind, “Awesome! I get to see boobs!” is all that matters.

But honestly, the way we think about our boobs is probably only a *fraction* of the importance a man gives his penis.

Just understand that he has looked at his wiener in every possible way. He’s measured it. He’s compared it to other guys’ units. He thinks about his penis ALL THE TIME. Or at least a good amount of the time. And he hopes against all hope that you find his penis amazing.

Let’s hear it from the men

As you know, in creating this program, I interviewed several men I know to get them to spill their secrets. Of course I had to ask them about their penis obsession. Here is what they told me...

“My dick is half of my identity. At least.”

“I look at my two kids and think ‘Wow, my penis is what helped create them!’”

“I love my dick. It gives me so much pleasure, and—thankfully—has never let me down.”

“Mine has a nickname. It’s like he is a person, really.”

“I’ve never had a nickname for it. That would feel like talking about myself in 3rd person!”

“I still think about John Bobbitt 20+ years later. Man, I can’t imagine what that poor guy has gone through.”

“I’ve never cum without having my penis involved. But making a woman cum is equally as much of a turn-on as having her touch my cock.”

“I don’t spend time looking at it thinking it’s so magnificent. Well, okay, actually I do. It’s funny looking AND magnificent.”

"I've been told it's big. I'm pretty sure that's true. But even if it isn't, I do love hearing from my girlfriend how big she thinks it is."

"The women I've slept with who I think the most fondly of are the ones who acted like they were obsessed with my dick. I mean, not in a creepy way. But they did let me know they loved it!"

"I do spend a lot of time thinking about my penis. I also spend a lot of time thinking good thoughts about my wife's vagina. And I wonder if she spends as much time thinking about this stuff as I do. Ha ha!"

"I know it's probably average in size. But it's thick. I do think it's thicker than most. I take pride in that."

I also had to ask them if there was anything they wished more women knew about the penis. . .

"I wish more women were confident about touching it. Experiment. I will tell you what I like, but I love it when a woman explores on her own."

"The tip is EXTREMELY sensitive. Like uber sensitive. If you want me to last longer, spend more time and attention on the base and shaft."

"I wish women would just ask me what I want. Why are so many of you afraid to talk about dicks?"

"There is a reason we talk about deep throating. It feels absolutely amazing. I wish my wife would practice and get rid of her gag reflex."

"Handle with care! Think about it. Do you like a guy to be rough with your clit right off the bat?"

"Not every penis is the same. Some guys actually prefer blow jobs. Some want a good old fashioned handy j, too. And don't forget to pay attention to the balls. Me? I like it all!"

"Remember lube or saliva. The wetter the better. Dry can hurt."

"If you just want it to be over with, focus all your attention on the tip. But if you want to really tease me and please me and get a LOT more from me, focus on the center of the shaft to the base."

"I wish more women knew just how hot it is when she takes control and is confident in pleasuring me. I don't always want to have to ask for head, either."

Love his dick to get his devotion

The bottom line: The more affection, attention, and love you shower on his cock, the more he feels like a man: a big, strong, sexy, virile MAN.

And the more he feels like a strong and virile man, the more he will view you as an incredible sex goddess.

By loving his penis almost as much as he does, you will drive him absolutely WILD with appreciation for you. Because he's probably never had a woman love on his penis this way.

It's true! Men yearn to be objectified and they so rarely get to revel in it.

Most women make that "ewwww!" face when they come face to face with a naked wiener. I bet you might be even making that face right now!

You need to reprogram your brain with regard to his penis. You need to think about his cock. Tell yourself how much you love it. Worship it. You need to have his cucumber on your brain 24/7.

Here is what I want you to do:

1. **Say it out loud right now, "I love his beautiful, amazing penis!"** Repeat. And repeat it again. The more you say this, the more you believe it.
2. **When he's changing his clothes or fresh out of the shower, STARE at his penis.** Lick your lips. Smile. Be obvious about it. Pretend you are the big bad wolf and his dick is your prey. He may feel a little shy at first because it's not something he's probably used to. But he will absolutely LOVE it. All the more reason to do this!
3. **Tell him you love his dick.** A text out of the blue that says, "Just thinking of how much I love your dick," will blow his mind. Simple as that.

But get in the habit of telling him things like:

I love your dick.

Your penis is incredible.

I can't wait to feel your penis inside me.

I want to have your dick in my mouth.

Your penis is beautiful.

Your cock feels so amazing.

I want your hard cock so bad.

You have such a magnificent cock.

Your dick gives me so much pleasure.

I love making you and your cock happy and satisfied.

I can't stop thinking about your amazing penis.

Seeing your hard dick turns me on.

I love how thick your cock is.

4. **Use descriptive phrases about his penis during sex.** Use lots of dick talk during sex, it's "his" moment in the spotlight!

I love how your dick fills me up.

Take it slow, you are so big.

Your cock is so big, give it all to me.

I love your hard cock.

You last so long!

Your dick feels so good.

Show me your big hard dick.

Give me your big hard dick.

Fuck me with your amazing cock.

I love how you fuck me with your big hard cock.

It really doesn't matter what you say exactly, just that you talk about it.

In pretty much every single lesson in this program, I will be showing you ways to talk about his wiener.

Yes, it feels silly. And declaring your devotion to his dick may not even be the truth...yet. But the more you do this, the more you actually believe you love his penis. And the more you believe, the more you show it. And the more you show it, the more he feels desired and powerful.

That is powerful and intoxicating to him. And it will earn you his utter devotion. Why? **Because you love his cock like no other woman ever has before.**

Eeek! I am shy about saying this stuff

If you feel a little uncomfortable with the dick talk, you aren't alone. A lot of ladies aren't crazy about this at first. I understand that the idea of

saying some of these phrases might be making you freak out a little.

However, I promised I'd tell you what is going to make your guy feel like he's won the sexual lottery. And cock worship is part of it.

One way you can tailor the language to a more comfortable level is to start out by taking out the word "cock" and "dick" and substitute it for "you" where appropriate.

For example:

You feel so good.

I love how hard I make you.

I love how good you feel.

You get the idea :)

P.S. - In Module Six, I teach you how to give him a blow-job that will totally make his eyes roll into the back of his head with pleasure!

THE *Language* OF *Desire*

Part Three, Module 3: Rethinking Porn

by Felicity Keith

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Rethinking Porn

Pornography is a controversial topic. I've got a lot of opinions about it, not all of which are right to discuss here. I bring it up, however, because it is one of the most misunderstood issues in a relationship, and so many women ask me about it.

Some sobering statistics

- Porn is a multi-billion dollar industry, about \$57 billion worldwide
- 1 in 8 online searches are for erotic content
- According to general surveys, 70% of men and 30% of women watch porn
- It's estimated that 68% of young men and 18% of young women watch porn once per week
- 30% of all data transferred over the Internet is porn

Now, I'm not here to say whether porn is good or bad. I am going to say that the numbers don't lie.

The reality is that the man you are involved with has watched porn and probably still does, despite what he may tell you.

Why most women totally misunderstand porn

I shared my own painful story about porn and how it affected me in my relationship on the website for this program. In case you missed it, I will share it again.

I caught my boyfriend watching porn online after we'd had sex. And I was devastated. I couldn't understand why he was jacking off to these women onscreen when I was just down the hall, naked in our bed.

I felt ashamed.

I felt ugly.

I thought his watching porn meant he didn't find me attractive.

Sure, he was with me, but the skinny, fake-boobed, tiny-waisted, no-cellulite young girls on those videos were who he was REALLY attracted to. I was sure of it.

I was wracked with anxiety that every time he closed his eyes when we had sex, he was wishing he was having sex with one of THEM instead of plain ol' me.

That was my first mistake.

When I made the fateful decision to put aside my own ideas about his sex drive and really study and learn the truth about him and men in general, I figured something out very quickly.

Men DO NOT watch porn because they think those actresses are prettier than their wife or girlfriend.

In fact, it is usually FAR from the case!

If you are like most women, that is the first thing you presume, right? That he's watching porn (or looking at Playboy or going to strip clubs) because he wishes you looked like those women.

Women tend to get threatened by porn because we take it as a personal judgment. It's like a knee-jerk reaction because we live in a society where we are inundated with the message that our worth is directly proportional to our physical appearance.

The prettier (and skinnier) we are, the "better" we are.

So it's no wonder we jump to the conclusion that men watch porn because they find these women's looks to be a turn-on and secretly wish we looked like them.

Wrong!

Okay, this isn't to say that he doesn't find them attractive. Let's face it, some of those women are drop-dead gorgeous. But trust me, his looking at "hot naked chicks" is **not** him casting judgment on your appearance.

I didn't believe this at first myself. So I asked my man panel - the guys I know who have given me lots of inside info. And you know what? They ALL told me the same thing.

Things like...

"I think my wife is the most beautiful woman in the world. And yes, I watch porn a few times a week."

"Porn stars and strippers aren't what I consider pretty or beautiful."

"No WAY would I want my girlfriend to dress like that or do her makeup or hair that way."

"I don't watch porn because I think the women are hot. I actually prefer to watch 'normal-looking' women in porn when I have the choice."

They aren't watching porn because they wished their wife or girlfriend looked like those women. Sure, they found some of them attractive to some degree (but actually, some guys are pretty turned off by the whole fake "porn star" look) but they absolutely still thought their real-life women were gorgeous.

Without question. They all said the reason they watch porn isn't because they thought those girls were hot.

I was pretty dumbstruck by this revelation. And, because I was on a mission to truly understand my man, I accepted it as truth.

And really, it felt like a HUGE weight was lifted off my shoulders to have faith that my boyfriend wasn't secretly wishing I looked like a porn star.

*Quick note – Because we women internalize his porn-watching this way, it's easy to understand why for a lot of us, our man watching porn is nearly equal to cheating in our minds. We feel like he's choosing these women over us, and that makes us mad. Actually, let me rephrase that, it makes us really f*cking PISSED OFF! How dare he choose these porn stars over a living, breathing woman!*

Isn't a relief to finally understand that, for the overwhelming majority of guys, watching porn is not at all about choosing another woman over his real-life one? I know it was a giant relief to me when I finally understood it.

If it's not about looks, what is porn about?

In a nutshell, porn is about fantasies of prowess, surrender, and seduction. Remember in the previous lesson about men's sex drive? Porn movies (for straight men) are filmed specifically to appeal to a man's sex drive.

More on that in a second.

First, though, I think it's a good idea to understand that men like to watch porn for some physiological reasons, too.

The short answer is that men's brains get aroused both by having sex and by watching it. That's not to say that women don't get aroused in

the same way. Women just tend to have a more complicated arousal response than guys do.

But men's brains are basically wired for easy arousal. Picture of boobs = boner. And there is truth to the notion that men are "visual creatures."

With the proliferation of porn readily available online, men have a smörgåsbord of nearly instant arousal a few clicks away at all times.

So the first reason why men like porn is that it's designed to quickly arouse them.

The second reason men consume so much porn goes back to their sex drive.

In the homework part of this module, I'm going to ask you to watch some porn. What I want you to pay attention to is how the scenes are directed. You will notice that aside from the penis, the male actor is really kind of secondary. Sure, he's most likely the one "doing" a lot of the action. But his responses and reactions don't take center stage. The camera will focus mostly on the woman.

In a lot of movies, you will find the female character becomes totally overwhelmed with desire because of the man. He causes her to lose all control.

He is driving her to the heights of pleasure. Grunt, chest thump, the man's sexual prowess is totally validated.

This hits the hot buttons of his sex drive. It's not about how it feels physically or about anything remotely emotional. It is about him causing her pleasure. Him seducing the woman and causing her to give herself over to him completely. And then he gets to f*ck her until she can hardly stand it (or so that is how it seems).

You will also notice that the woman is 100% eager and enthusiastic both in expressing her pleasure (moans and screams) and about pleasing him. Primarily, by giving him a slobbery enthusiastic BJ. That is a HUGE turn-on for guys.

She worships his penis. She WANTS to please him. She can't even control herself! She gobbles his member up to the back of her throat with gusto! And again, it's less about how it actually feels for him and more about her need to worship his dick.

She will never make that "ew" face. Or say her jaw hurts. Or complain if some of his salty sailors make a preemptive appearance in her mouth.

The only reason she stops is because HE decides to move to a different activity or position. If he didn't do that, she'd happily bob her mouth up and down on his unit until he climaxes. No matter how long it took.

Because she is enthralled by his magnificent member.

The way the movies are filmed definitely play into arousing the male viewer. The camera angles generally give a birds-eye view of the action. This is so it's easy for the viewer to imagine he is the one in the scene, not the actor.

So you see, the action on the screen really has very little (if anything) to do with how the woman looks. What the porn is doing is feeding into his fantasies and how his sexual brain is wired for validation, ego, and accomplishment.

Final thoughts on porn

I understand that even after reading this lesson, you may still feel really conflicted about pornography. I'm not trying to change your mind. My goal is to just help you understand why men like porn and how you can turn it into a positive in your relationship.

Does this mean you support your guy watching porn? Not necessarily. Although I will caution you, if he likes to watch porn, strictly forbidding him to do so will only serve to drive a wedge in your relationship. He will likely just get more secretive about it. If watching porn is a complete deal-breaker for you, you may have to search for a man in the 30% category who doesn't watch it.

Or... you can decide to just accept the fact that he watches a little porn now and then. And let it go.

I promise that if he's still engaged in your sex life and not dumping thousands of dollars into his "habit," chances are he's just a normal healthy male who likes to watch a bit of porn.

You are totally empowered to decide that you have zero interest in doing the following exercise (where I am asking you to watch a movie) because you don't want to take part in anything to do with porn. I 100% respect your decision to do that. But I will say that the following technique is one of the most powerful in this entire program.

There are myriad reasons why porn can be a very destructive and negative thing for some people: for the consumers as well as the actors. And then there is the whole exploitation of women and the seedy underbelly of the sex trade. Yes, I've thought long and hard about ALL of it. Like I said, I have a lot of personal opinions on the topic that I'm not delving into here.

But I want to reiterate, I included this lesson (and the following technique) in my program because:

1. I personally experienced a revelation about porn that turned into a positive in my relationship
2. Most women misunderstand porn and it leads to unnecessary heartache
3. I get asked about this topic by a lot of women

Okay. Now we are going to move on to the technique called The Porn Destroyer. It may be slightly controversial, but it's a game changer. See you there!

THE *Language* OF *Desire*

Part Three, Module 4: The Porn Destroyer

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The Porn Destroyer

Now that you understand why he watches porn (and if you snuck to this lesson without reading “Rethinking Porn,” go back and read it right this second!), I’m going to teach you how to use his WHY to your advantage.

First, I’m going to sound a bit like a broken record. I agree that pornography is controversial. I understand that you probably feel conflicted and slightly uncomfortable with this topic. But I ask you to put that aside for a moment and trust that I am not trying to get you to love porn.

I want you to use what I’m teaching you to your advantage. Because this is what caused a complete 180 for me in my relationship.

As I shared in the prior lesson, porn feeds directly into his sexuality by reinforcing the idea of surrender and prowess.

Those are the two key ingredients to The Porn Destroyer: surrender and prowess.

The women on-screen surrender their bodies to the man. He can do anything and everything he wants to them. And they don’t judge him. They accept this animal side of his sexuality. His unique desires, even his kinks or fetishes. He can touch them and fuck them any which way he wants to. They love it and beg for it.

This level of acceptance is HUGE for a man. It is likely that he’s felt ashamed of this grunting beast side of his sexuality. When you let him know you understand and accept this side of him, he feels a powerful sense of relief and connection to you.

The second ingredient to the Porn Destroyer is to react audibly to his prowess and skill. The porn actor is driving the woman (or women as the case may be) to the absolute heights of physical pleasure.

Men are hard-wired to want to give this kind of pleasure to women. That is part of the ultimate sexual achievement in his fantasies. Your moans, screams, mmmm’s, yes’s, and OHMYGODs are the signal to him he’s doing his job right.

And while you may have surrendered your body to your man, or you may show him or tell him just how great he is in bed, most likely you haven’t intentionally done both at the same time.

When you do both, you are basically giving him his own real-life porn experience. And no, you don’t have to videotape yourself! ;)

A lesson from a call-girl

In one of the bonuses to this program, I share with you a fascinating and totally no-holds-barred interview I had with a former call-girl.

One of the biggest revelations from that conversation is where she explained the top two requests she got from her clients.

Generally speaking, they either asked for a Girlfriend Experience (GFE) or a Porn Star Experience (PSE).

In the GFE, she would morph into the ultimate girlfriend: asking about his day, fixing him a drink, being present to his emotional needs, lots of kissing and cuddling. . . and their time together evolved into sex romantically and naturally, like it would if they were in a real relationship. Although sometimes, there was no sex involved.

With the porn star experience, she became just like a porn actress. It was no (or minimal) small talk and no emotions, basically just straight to the fucking with the idea that very few things off limits. Surrendering her body to his desires. Giving him ownership over her (for the hour anyway) and showing him just how masterful he was at physically pleasuring her.

Surrender and prowess, ladies. That is what her clients paid her for. It really wasn't about the technique or skills she had.

Using The Porn Destroyer

Enough talk, let's get down to business!

Step One: Planning

This technique doesn't require much advance planning at all, except for the decision to actually do it. That could be something you decide ahead of time, but it could be completely spur of the moment.

If you are a planner, like I tend to be, here is what I suggest:

First off, give yourself some inner coaching and confidence. Decide that you want to do this. Understand that while you might feel weird adopting a "porn" persona, you are meeting his deep-rooted fantasies in a very tangible way. It will bring you closer even though emotions aren't really the focal point here.

Once you feel confident and willing to try it out, you can look for an opportunity. The first time, I opted to basically pounce on Kevin while he was doing some work-related paperwork late one evening.

I have also greeted him at the door when we have the house to ourselves, in “character,” ready to take him to freaky-town right away. He’s been the pizza boy, the cable guy, even the meter reader one time, LOL.

Step Two: What to say

Really, there is not much talking to be done with this technique. Basically you are going to set the tone with one easy sentence:

“I’m yours, do whatever you want to my body.”

Here are a variety of ways to say this, choose whatever suits your mood:

Make me your personal slut.

I want you to fuck me any way you want to.

You have my permission to do anything you want. Anything.

Let your inner pervert out. I’m all yours.

Nothing is off limits tonight.

I don’t want you stop until you are shaking, spent, and exhausted.

Show me your wildest fantasy. I’m ready to do everything you want.

If those feel too direct and the idea of getting into a character is easier for you, you could go with one of these:

Let’s pretend we’re in a movie. And you get to direct the scenes.

Pretend I’m your personal porn star.

I want to be your personal video girl.

You can also role-play a traditional porn plot, too:

Let’s pretend you are a sexy pool boy (or gardener) and I’m the lonely housewife.

What if you are the pizza delivery boy who gets a naughty surprise?

I’m going to be the innocent housemaid who gets seduced by you, the owner of the estate.

You are the handsome masseuse and I'm your client who won't stop your wandering hands.

There is no wrong way to initiate this technique. You simply need to let him know that you want to surrender yourself to your his sexual desires.

Does this mean you are giving him permission to dismiss your sexual boundaries? No. This technique is meant to be fun. It is not an invitation to force you into anything against your will. Consent is always a top priority! More on that below in the FAQ.

Step Three: Reflect his prowess

Once you've surrendered yourself and the action heats up, you need to continue the technique by showing how much he's pleasing you.

You can accomplish this in a few ways.

1. **Stay present and eager.** You've given him permission to unveil his raunchy side, and he needs to know you are right in that moment with him. This isn't a time to lay back on the pillows and think about tomorrow's To-Do list.
2. **Vocalize, vocalize, vocalize!** Remember back to the first technique you learned, The Madonna Moan. This is a perfect time to use that. Also, give him encouragement along the way. Tell him how great something feels and how much you love it.

The sexual play-by-play is a great way to stay present as well as vocal. Basically, you describe out loud what is happening. This is pretty much the kind of dialogue found in 99.9

If he is giving you oral, you can say...

...I love the way your tongue feels. Please don't stop!

...oh baby, you know exactly how to please me. ohhhh...

...oh you lick my pussy so good, make me cum, baby, and then you can fuck me

When you are going to give him oral...

...you want me to suck your cock, baby? You like how I do that?

...I love how you feel in my mouth, mmmm

...I'm going to make you cum so hard

When you are about to / or are having intercourse...

*...I want to feel you deep inside me
...I need you to fuck me now, baby
...give it to me hard and fast
...oh my god, your dick feels so good*

When the Big O is about to happen...

*...you're going to make me cum
...I'm coming
...oh baby, you make me cum so hard
...I want you to fill me up with your cum*

After the sexual interlude is over, tell him how great it was. Even if this wasn't your idea of fantastic time (although I do hope you found it fun!) you can find something to compliment him on.

Whether you were amazed by his stamina, or maybe a crazy new position that felt incredible, or you loved how he really got into the role-playing... compliment him on what rocked your socks.

Frequently asked questions

What if I'm afraid he wants to do something that I'm not okay with?

That's a common concern. And even though you've given him permission to do "anything" he wants, it doesn't mean that consent flies out the window.

One friend of mine was terrified to try The Porn Destroyer because her husband wants to try anal sex. He's pretty well endowed, and the one time they tried it, it hurt and she made him stop after a few seconds. So she'd pretty much decided anal is off limits for her.

Her worry was that if she surrendered herself, that meant she "had to" do anal. I told her that she never "had to" do anything. If something was off limits, it could remain off limits.

When she decided to try out this technique the first time, he did ask if that meant anal was back on the table. And she just told him that she still wasn't sure about that but was eager to do lots of other things. And he was satisfied completely and his penis didn't even venture near her bum.

Having said that, though, this exercise DOES give you the opportunity to revisit some activities you may have previously deemed off-limits.

Personally, I like to reflect and check in with myself on my boundaries. Over the years, I've found that there have been things I once didn't have an interest in become things I was willing to try. And things I realized I enjoy!

This happens because as humans, we grow and evolve. And the trust in our relationships deepens, too.

And if you do look at your list of no's and not sure about's and still don't want to try them, that's cool too.

What if something we are doing hurts or is uncomfortable?

When you are experimenting, not everything feels great. And it's perfectly acceptable to change position if you are in pain.

Do you yell out, "Ouch! Stop!"? Well, you can, but that sort of kills the mood. So a different option is to proactively suggest something different.

For example, if your jaw is about to cramp up from giving a super-long blow job, you can take control by switching it up to intercourse. If a certain position is giving you a charlie-horse in your calf, tell him you want to feel him from a different angle.

A little personal anecdote... it's not sexy at all, but I've got a bad knee from spraining it when I was younger. So being on top isn't my personal favorite because it hurts like a mo-fo after about five minutes. My man knows this (of course), but I also happen to know he has a thing for having naked boobs jiggling around in his face.

So when I have done this technique, I plan it out by riding him for as long as my knee can stand it and then I say I need to feel him on top of me or fucking me from behind. He has never once complained, and it hasn't interfered with the mood of our session.

You mention role-playing with characters above, but you also say this is supposed to be simple. So... which is it?

Role-playing can be very involved with costumes and props. It can also be totally an exercise in using your imagination.

If you want to do costumes, go for it! If you want to keep it simple and role-play just using words? That totally works, too. I will tell you, I've done it both ways, and both are equally fun.

What if something unsexy happens and we "break character?"

You know what? Unsexy stuff happens all the time during sex. And it's funny!

It's okay to laugh! Don't feel like a random fart or losing balance or stumbling over a word and saying it wrong is going to ruin anything. Actually, those totally human moments are things to laugh about.

The bottom line is that sex is fun. It's how grownups play with each other. And even if you have taken the effort to set a certain mood, it's fine to laugh, too!

THE *Language* OF *Desire*

Part Three, Worksheet Movie Night

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Movie Night

You knew this was going to happen, right? I'm asking you to sit down and watch a porno.

If you have never explored this category, you might be surprised at the sheer volume of content along with all of the specific genres. There are thousands of titles to choose from.

Not all porn is created equal

There are some companies who shoot higher quality, professional-level material. They also adhere to guidelines to keep the talent safe(r). In fact, in California there have been lawmakers pushing legislation to mandate condom use and STD testing.

There is also a plethora of amateur porn out there. With these movies, it is difficult to know if the talent is of legal age and/or if they are being filmed with consent.

If you are concerned with any of these issues, you can avoid amateur porn by selecting titles from established companies like Wicked Pictures or Vivid Entertainment.

Step One: Selecting a movie

It's true that the storyline doesn't really matter. You might decide that a certain title or genre sounds sexier than something else. Generally speaking, you can just as easily make your choice based on what DVD cover you like the best.

Peruse the cover photos and pick a movie based on which woman you find most attractive. It makes it easier to watch someone you think is attractive have sex than someone you think isn't.

There are sex shops in most towns that still rent and sell adult DVDs out of a storefront. That takes a bit of bravery to walk in, choose a movie, and face the cashier. But nowadays, you can discreetly order adult content through your cable provider. Go to the same area on your remote where you pay for regular movies and you should find a category for Adult.

Also, if you pay for premium cable channels, many of them have “late night” content you can watch without it showing up on your bill. A lot of this content is less hardcore, too (rated X vs. XXX).

Another option is to go online. For free content, YouPorn.com is a website that includes amateur user-uploaded content as well as clips from professional movies. There are also membership websites where you can watch movies. Be careful though, many of these websites are tricky with recurring membership fees that aren’t always easy to cancel.

It is also possible to purchase a DVD online and have it shipped to you. It takes a few days, but these websites ship them discreetly in plain packaging. Your postal worker won’t know what you’ve bought!

My recommendation? Order a movie from your cable provider. It’s easy and immediate.

Step Two: Watch like a researcher

Once you’ve chosen a movie or two, it’s time to watch. For some of you, this may feel uncomfortable. But remind yourself this is about research and understanding why porn is such a draw for men. You are watching this to learn.

If you are watching alone, obviously it’s important to make sure you have privacy and won’t be interrupted by kids or other people. And if you are watching online, use your own private computer. Don’t use your company-issued laptop!

While you are watching, take note of a few things, you can jot these down in your journal:

- See how the woman is overwhelmed by his presence. Sometimes all he has to do is walk into the room and the actress is seduced by that.
- Notice the camera angles and how the woman is filmed vs. how the man is filmed
- Pay attention to what she says and the moans/noises she makes
- Notice how she surrenders control to him. How does she indicate that?
- Look at how she looks at him (well, the camera usually). Imagine what that sense of control would feel like to the man.
- Observe how eager she is to please him and how much she encourages and compliments him on his prowess/anatomy.

You don't have to watch the entire movie, a handful of scenes will generally give you enough information to do this exercise.

Advanced Step: Watch together

After I got over my initial distaste for porn, I decided to see if it was something I could incorporate into my sex life. I sort of figured that watching the movie together felt better to me than him watching alone in secret, mainly because I didn't want him to feel like he had to hide it from me. And also, I thought maybe it could be a way to connect.

I was right. Watching porn together on occasion has been a positive thing for us for a few reasons.

- **He feels understood and accepted.** Porn is no longer something he has to be ashamed of or hide from me.
- **Sometimes it's funny.** Really, the acting is terrible and the plot-lines are cheesy in much of this. So we crack up watching together.
- **Sometimes it's really hot.** There is definitely a part of our brains that gets triggered watching other humans have sex. I honestly didn't expect it to happen to me, but it did.
- **It opens up communication.** Watching other people have all sorts of crazy sex on-screen has made us even more comfortable discussing our desires. We get ideas about things to try and also learn what does (and doesn't) turn each other on.

I want you to at least consider watching a movie with your guy. You might be pleasantly surprised at how it brings you closer.

THE *Language* OF *Desire*

Part Three, Worksheet Self-Talk

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Self-Talk

One of the biggest hurdles to overcome with dirty talk is getting comfortable saying the words, especially when it comes to talking about his penis. If reading them makes you blush, saying them is even tougher!

The more you practice saying them, the easier it gets, both to type them out and hit send as well as to say them over the phone and in person.

Like you did with the Madonna Moan, you are going to practice this.

I was pretty freaked out by the idea of talking dirty at first. It made me nervous and uncomfortable. So I put myself on a training regimen.

The best places I found to practice? In the shower and in the car. Also, after I knew my kids were asleep or times I had the house to myself.

Step One: Read your lines

Start out by reading these phrases out loud. Read 'em and repeat. Spend about three to five minutes saying them each time. Do this a few times per week:

I love your dick.

Your penis is incredible.

I can't wait to feel your penis inside me.

I want to have your dick in my mouth.

Your penis is beautiful.

Your cock feels so amazing.

I want your hard cock so bad.

You have such a magnificent cock.

Your dick gives me so much pleasure.

I love making you and your cock happy and satisfied.

I can't stop thinking about your amazing penis.

Seeing your hard dick turns me on.

I love how thick your cock is.

I love how your dick fills me up.

Take it slow, you are so big.

Your cock is so big, give it all to me.

I love your hard cock.

You last so long!

Your dick feels so good.

Show me your big hard dick.

Give me your big hard dick.

Fuck me with your amazing cock.

I love how you fuck me with your big hard cock.

You WILL FEEL DUMB doing this at first! But it gets easier the more you do it.

Step Two: Improv

Next, without using the list as a guideline, practice coming up with your own material. I would pretend that I was with my man about to get it on. I would tell him what I wanted him to do to me and what I wanted to do to him.

If it helps you to get into the right headspace, practice doing this when you masturbate.

- Focus on anatomy. What body part is doing what to another body part?
- Focus on sensation. How does it feel? Good, amazing, wet, tight, slippery, delicious. . .
- Focus on details. Fast, slow, hard, big, hot. . .

Do these exercises at least two times per week right now. I will remind you in your daily emails :)

THE *Language* OF *Desire*

Part Four, Module 1: Desire, Sex, and Our Primitive Brains

by Felicity Keith

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Desire, Sex, and Our Primitive Brains

I'm going to let you in on the most powerful secret in this entire program in this lesson. If you've been at all on the fence about my crazy ideas, this will convince you that you **MUST** try them.

This little secret is the cure for your stale sex life.

This bit of information can literally make your man addicted to you. You will become almost like a drug to his brain and learn how to easily trigger his need to get another "hit" of you.

Interested now?

Ok, then :) We are going to get our science on, ladies!

The human brain is an incredibly complex organ that science doesn't fully understand. However, quite a bit of research has been done on hormones, neurochemicals, brain pathways, and how all of it relates to human behavior.

I'm not going to go into intense amounts of technical detail (hey, I'm no scientist!), but I do want to give you an overview about how our brains deal with sex. Because there is a strong correlation to how dirty talk can affect your man's brain as it relates to love, desire, and sex.

The feel-good chemical

One of the neurochemicals that has gotten a lot of press is dopamine. Dopamine is a feel-good neurochemical that gets released during certain activities. It relates to great things like love, lust, desire, sex, food, and some not so great things like drugs, gambling, and other addictions.

Essentially, dopamine gives the brain a reward signal that then results in pleasurable feelings—really amazing and wonderful feelings.

For example: imagine you just won the PowerBall lottery, and you are eating the most deliciously decadent chocolate sundae ever created. And Brad Pitt showed up as your pool boy. And then he gave you multiple orgasms.

If all of that happened, you'd be in a pleasure coma. At least I know I would be. **THAT** is what dopamine is all about.

And it can get activated by doing the activity itself (sex, drugs, eating chocolate). It also gets released simply by seeing (or hearing) triggers because it's about the *predicted reward* as much as the actual reward (more on that in a sec).

Dopamine's playground is the limbic part of the brain, specifically the nucleus accumbens. This is our primal, or primitive "old" center of the brain. It is responsible for keeping us alive.

And the reason pleasurable activities like sex would be dealt with in the limbic area is that procreation is necessary for human survival.

And while dopamine relates to sex, as mentioned above, it also relates to gambling, alcohol, and drugs. That is a little scary, but knowing how it works is key.

The "cuddle" hormone

When a human falls in love, dopamine levels soar. And when you fall in love, the by-product can be lots of sex, which puts your dopamine levels on overdrive. But only for a period of time. After orgasm, dopamine can plummet. That's where its sidekick oxytocin gets involved. Oxytocin is called the "cuddle hormone," and its job is to bond people together emotionally.

FYI - Oxytocin tends to run higher in women than men, probably because mothers need to bond with their infants to care for them. The flip side to oxytocin running higher in women is that we tend to get more emotionally bonded to a man we've had sex with than a man would get bonded to us. Interesting, huh?

These two chemicals work in tandem and ideally balance each other out so that people fall in love, enjoy sex, and also develop a connection to each other.

What happens over time

The bummer news is that after time, dopamine doesn't skyrocket anymore. Part of this is because you've gotten used to your partner and sex may become somewhat routine. This leads to a natural decline in desire and sexual relations.

Even in couples who have sex regularly, the whole act can become a bit mechanical and stale. Without conscious effort to spice it up, it happens. Some couples stop having sex altogether. This then affects the amount

of oxytocin they are getting, too. This creates a vicious cycle that affects self-esteem as well as other areas of the relationship.

Ugh!

Don't fret though! Research has shown there are ways to inflate you (and your partner's) dopamine levels and get that spark back.

Novelty, surprise, and triggers

One of the best ways to boost dopamine, and consequently oxytocin, is to introduce novelty, surprise, and specific triggers into your sex life.

And knowing that dopamine responds to triggers, this is where the exercises and lessons in this program become the solution to a recharged and sizzling sex life.

1. When you introduce a new way to enjoy sex—whether it's dirty talk, phone sex, or role-playing—it's a novelty (which means new or different) for you and your partner. Novelty = rise in dopamine.
2. You can also use the element of surprise. Sending a racy text unexpectedly, whipping out a sex toy without warning, or suddenly changing into "character" are all ways to surprise him. Surprise = rise in dopamine.
3. Because things like dirty talk, sex toys, or role play lead to sex, dopamine levels will rise due to sex being the predicted reward when you subsequently use them. Triggers = rise in dopamine.

Rise in dopamine = more desire and hotter, more connected sex!

Let's talk a little more about how dopamine responds to triggers. Instead of sex, let's look at how dopamine works in relation to drugs, like crack.

A crack user smokes the drug, dopamine is released, he feels good. Because dopamine is about predicted reward, it's not only the smoking of the crack that will flood him with dopamine. Other triggers will do the trick, too, e.g. seeing a crack pipe. The brain recognizes that pipe = crack = feel good, so just the sight of the pipe will release dopamine. Part of the addiction to crack (or any substance) is the need to feel that flood of dopamine.

Understanding that now, let's relate it to texting and dirty talk.

If you send playful texts that lead to full-blown dirty talk that then leads to awesome sex, over time your first playful sexy message will release dopamine in his brain. The dirty talk (and ultimately just the text alert sound itself) becomes the trigger.

Because you are the woman who can give him that hit of dopamine and make him feel good, it's basically like he gets addicted to it. And his desire for you goes through the roof.

I trust that you will use this knowledge carefully, ok? We can't be running around making all of these poor unsuspecting men become addicted to us ;)

The other lessons in this module teach you specific techniques related to brain chemistry.

THE *Language* OF *Desire*

Part Four, Module 2: Using the Cuddle Hormone

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Using the Cuddle Hormone

In the previous lesson, I introduced you to some info on brain chemistry (hey, if you skipped it, go read it). Oxytocin is one of the hormones that gets released in our brains when we are bonding with another person.

It's called the "cuddle hormone" because it enhances feelings of emotional connectedness and trust. New moms release oxytocin when they nurse their infants, for example. Women and men get a blast of oxytocin after making out, cuddling, and having sex.

Along with feelings of connectedness, desire and arousal can increase right along with the oxytocin surge.

Now, women typically release higher levels of this hormone than men do. Also, estrogen has an enhancing effect on oxytocin, whereas testosterone minimizes it, which gives some explanation of why women feel more emotionally tied to their sexual partners than men sometimes do. But men do experience oxytocin, too.

Think about if you've dated someone who was totally wrong for you. Like the guy was a disrespectful idiot who wanted totally different things in life than you—No future and you knew it. However, after sleeping with him, you couldn't help but notice the "amazing connection" you felt with him. Here's the thing: he was still a jerkface. That feeling of the "amazing connection" was the oxytocin talkin'.

So the cuddle hormone can definitely influence how we feel about someone!

Before we jump into the heart of this lesson, it's important for me to tell you that learning and taking advantage of brain chemistry is not dangerous or manipulative. You aren't altering his fate or playing with fire, here.

Rather, understanding how these hormones already work in both of your systems is just giving you a means to enhance your connection. The release of oxytocin doesn't make him feel high or different in any noticeable way.

I should also point out that it is possible to get oxytocin from a doctor in a nasal spray form. They prescribe it mostly to aid new mothers who are having trouble breastfeeding. I do NOT recommend using oxytocin this way for the purposes of connecting to your mate.

Getting the cuddle hormone flowing

Oxytocin does get released in big surges during orgasm. But it's also released in a whole variety of activities, including:

- kissing
- holding hands
- cuddling
- hugging
- watching an emotionally intense movie
- dancing with your partner
- doing a heart-pumping activity together, like riding a rollercoaster or go-kart racing

One of the keys to any of these things on the list is making eye contact. When you make eye contact at the same time, it increases the oxytocin release.

The more you incorporate these activities in your life, the more cuddle hormone is present in you both. **Now it's time to teach you my cuddle hormone extravaganza: The Electric Connection.**

Step One: Plan your oxytocin-infused date

Looking over the list above, pick out something to do on your date. You can go out dancing or take a salsa lesson. If a theme park is near, go eat carnival food and ride the rollercoaster. If you are baller status, book a helicopter ride over the city at sunset. You could even just have a cozy movie night at home selecting a dramatic romance like *The Notebook*.

During your chosen activity, hold hands, kiss, cuddle and make eye contact a lot. Obviously without making it look like you are challenging him to a staring contest, ha!

But try to naturally catch his gaze, look in his eyes and smile. Even say "I love you." This all ups the oxytocin levels in you both.

Step Two: After-date sex

Whether you have to drive back home or are staying in a hotel or are still snuggled on the couch post-movie, once the activity part of the date is over, you are moving on to sexy time.

Obviously most of this program is dedicated to raunchy, dirty fun. However, this particular exercise is deeply connecting and erotic. You've already gotten your cuddle hormone flowing by the first part of the date, and now it's time to take it off the charts.

The one singular requirement of this sex session is that you are going to be making eye contact during orgasm. If you are one of the lucky women who can orgasm from intercourse at the same time as your man, awesome. If you're like most of us, the eye contact is going to happen during HIS orgasm (and hopefully he goes down on you like a champ first so you get yours).

Eye contact during sex and orgasm is actually a tantric sex practice that goes back thousands of years. It is highly erotic and takes special concentration to hold each other's gaze.

Tell him before you get started that you want to be looking into each other's eyes when he climaxes. And yes, it may be a challenge since a lot of people like to close their eyes when they cum.

He may question why you want to try this, so tell him you read an article about tantric sex and the idea of this ancient method intrigues you.

Missionary position is great for this technique. However, you can be standing up, straddling his lap, or really any position where you are face to face.

When he's ready to climax, you may have to remind him to keep his eyes open. Again, this isn't staring contest eye lock. It's softer and sensual... even soulful.

The oxytocin rush he will experience by orgasming while making eye contact with you is really out of this world. Don't be surprised if he collapses, burying his face in your hair or if both of you get weepy. This is super intense stuff. And it connects you to each other in a wonderfully erotic way.

THE *Language* OF *Desire*

Part Four, Module 3: Pavlov's Erection

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Pavlov's Erection

In this technique, I'm going to teach you how to condition your guy into immediate arousal in mere seconds at your whim.

Once you've put this lesson into practice, you can mention one little word and he will instantly put down his phone or turn off that video game and give you his complete and eager attention.

It sounds amazing... and it also sounds difficult. But this technique is very easy to follow, and I will outline the specific steps for you.

I mentioned the word "condition" above. What I'm teaching you here is a proven psychological phenomenon known as conditioning. I'm sure you've heard about Pavlov's dogs, but probably would never have guessed it could be used in your sex life.

Until now.

History says that Russian physiologist Ivan Pavlov accidentally discovered "classical conditioning" with his dogs. He discovered that by using a bell at the same time he fed his dogs, the dogs began to associate the sound of the bell with getting fed. And after intentional repetition using the bell during feeding time, they would salivate anytime they heard the bell, even if they couldn't see any food.

In the dogs' mind, the bell came to represent food just the same as seeing food would.

In this exercise, we are essentially going to figure out what your "bell" signal will be, and we will replace food with sex. By combining the "bell" with sex, you are going to train your man to respond to the signal with immediate arousal.

Here is how I accidentally discovered conditioning in conjunction with my own sex life.

I had a boyfriend who absolutely LOVED the view from above when I gave him head. Having me on my knees in front of him was a visual that totally turned him on. To make it more comfortable on myself, I would throw a pillow on the floor before I knelt down. He was a big fan of oral, and I was a big fan of pleasing him, so the pillow toss happened regularly.

One afternoon, he walked into the bedroom as I was making my bed. I happened to throw a pillow on the floor and he smiled and unzipped his pants to release his erect (and eager) penis.

Whoa, there, mister! I'm just making the bed here.

It was then that I realized the pillow toss had become a signal to him. He had become conditioned to think that a pillow on the floor = blow job.

Once I figured that out, I knew I could have a lot of fun with that as our secret sexy code.

If we were out at Target, I would lead him over to the home decor section and casually saunter past the pillows, making a point to stop in front of the shelves and get his attention. The look in his eyes (and bulge in his pants) was unmistakable.

If we were sitting on the couch watching a movie, I could softly run my hand over the surface of the throw pillows and he would totally get the hint. And sometimes, I would just text him the phrase, "Pillow. On the floor. Now." out of nowhere and his response back would be immediate.

A totally benign household object became an incredible symbol in our sex life. Saying "pillow" wasn't even remotely dirty, but the meaning behind it was totally hot for us. Through that simple detail, I held the power to give him a rock hard erection any ol' time I wanted to.

A pillow was our Pavlov's bell.

We eventually broke up, but have stayed in touch. And he's told me that no one he's met since me can hold a candle to my ability to elicit that level of passion from him.

Ding ding ding!

Speaking of blow jobs and Pavlov, here's another example.

A guy friend of mine told me about this one woman he dated with a specific and strong gag reflex. She wouldn't give him head unless she had a cold glass of water at the ready on the bedside table. Immediately after he came, she needed to swallow water along with his swimmers or else she'd gag.

This made spontaneous oral challenging.

However, he started to know that a blow job was on her agenda whenever she came to the bedroom with a glass of water in hand. He'd see that innocent cup and immediately get excited.

The glass of water became his Pavlov's bell.

I was never able to ask her directly if she used the glass of water intentionally to get a "rise" out of him. But my guess is she knew exactly what she was doing.

How to develop your own Pavlov's Erection

Okay, ladies, it's time to play Sexy Scientist. First, you need to understand exactly how conditioning works.

Using my pillow example from above:

Before Conditioning: Showing Him a Pillow = No Response

During Conditioning Period: Using a Pillow + Blow Job = Erection and Joy

After Conditioning: Showing Him a Pillow without a Blow Job = Erection and Anticipation of Joy

Step One: Find your "bell"

You need to decide what object or action you want to use as your "bell" to combine with sex. There are all sorts of things you can use here.

Some ideas to consider are:

- **A certain hairstyle, like a ponytail before giving oral.** My friend Tiffany has long gorgeous wavy hair that her husband LOVES. She innocently began putting her hair up in a ponytail before giving him oral because it kept it out of the way. The bonus was that his view was totally unobstructed. After they'd been together for about a year, she realized that when she put her hair up in a ponytail, he got very frisky and flirty. So she started doing it on purpose.
- **Lighting a certain candle or dimming the lights in a specific way.** One guy I know told me how he used to have one of those green "party" lightbulbs in the lamp in his college dorm room. Whenever his girlfriend spent the night, he'd turn off every light but that green lamp. Pretty soon, that green lamp became known as the "sex light" between him and his girlfriend.
- **An article of clothing. Like lingerie, a red bra, or a shirt that unzips in front.** One of my book club friends told me she has her "normal pajamas" and her "sex nightgown." Her "normal" stuff is all about comfort, and a lot of the items are bit worn and ratty. But the sex nightgown has spaghetti straps and cost a lot of money at a fancy department store. It's not super sexy or anything, but she feels amazing when she puts it on. She noticed that when she feels horny, she opts for the sex nightgown. Her husband also noticed

that when she puts it on before bed, chances are high they are having sex that night.

- **Play the same song or CD during sex.** A song can be particularly effective because it also incorporates the sense of hearing.
- **Think of a habit, toy, or fetish you or your partner already uses in your sex life.** Fetishes and toys can totally work in this aspect! And if he already associates it with sex, you are even further along in the conditioning.
- **A specific pair of shoes.** They don't call them "fuck me heels" for nothing. Some guys have a total thing for seeing their lady don a pair of sky-high heels just for his viewing pleasure. High heels alter your posture, making your butt stick out a little more (guys find that hot) and they also make your legs look long and lean.

Grab your journal and jot down some ideas. It's okay to try out one or two ideas at first to see what you are most comfortable with before you move on to step two.

Step Two: Use the item

Once you've decided on the item you want to use as your "bell," you need to plan and remember to consistently and intentionally use the item.

Simple as that. Use the item during sex.

Let's continue outlining these steps assuming you've chosen a pair of strappy high-heels as your "bell" item.

Step Three: Use it some more

The next few times you can plan to initiate sex, wear the shoes. Of if you know there will be a time he is likely to initiate sex, like on a date night or on vacation, remember to wear the shoes or have them handy.

Step three can last a few weeks or longer depending on the frequency you have sex.

Step Four: Test his response

After a few times of using the shoes, test whether he's begun to associate the item with sex. Pull the sex shoes out of the closet and mention you

are thinking of wearing them. See what he does.

Does his attention perk up? Does he smile or pull you close? Does he begin to flirt, hint, or flat-out ask for sex? If the answer to any of those is "yes," then you know the conditioning is taking hold.

If the answer to the question is no, DO NOT WORRY. Remember, this technique is one that takes time to develop. So just continue working Step Three. Every so often, test and see his response to the item outside of sex.

Step Five: Tease

After the conditioning has been cemented in his brain, you can begin to tease and toy with him. For example, you can simply whisper the phrase "strappy sandal" and have his penis spring to attention.

Or casually leave the shoes out on the bed when you leave for a girls' night out so he sees them but you aren't there. Or if you meet up for a dinner one night after work, show him that you have the shoes on and watch him squirm in his seat waiting to get you out of that restaurant and into bed!

Like in my pillow example above, once I knew my boyfriend associated the pillow with a blow job, I could toy with him and tease him by mentioning pillows or touching pillows and his penis responded immediately every single time. He loved that I could render him helplessly aroused with one simple word.

Frequently asked questions

How many times will I need to use my item during/before sex before he gets conditioned?

Well, that depends on how closely he's paying attention. It might be a few times; it might be many. Just stay consistent with it over time, and every so often, try out Step Four to see if he responds to the item when you show it to him outside of having sex.

Should I call his attention to the item/signal?

Not directly. I wouldn't say, "When I wear these shoes, it means we are going to fuck" right off the bat. But you could casually mention things like, "These shoes make me feel sexy," or "Wasn't I wearing these sandals last time we had crazy-good sex?" That could be enough to trigger him to begin to associate the shoes with sex.

What if he notices I'm always using this item/signal with sex?

Chances are he won't. However, if he does catch on to what you are doing, just stay cool and play along.

If he says, "Hey, every time we have sex lately, you wear the same red bra. What's up with that?"

You can coyly say, "Oh, really? I hadn't noticed. Maybe the bra has secret sexy powers..." or turn the question back on him: "You noticed my bra, huh? Do you like it?" There really is no wrong way to respond. If he notices the pattern, that just means he's paying attention and he's already associating the item with sex, erection, and climax. Which is good! The point is to remain playful and confident.

What if I forget to use my item when we have sex?

That's okay! Don't stress about it if you have a spontaneous roll in the hay and you didn't use your "bell." You can just use it next time you have sex. Remember, this technique is one that will take time to develop, so a romp or two without the item is totally fine!

Isn't this a form of mind manipulation?

Well, technically it is. However, it is a very playful and fun technique. Even if your guy figures out you've intentionally associated something like a pair of heels or a ponytail with hot sex in his brain, my guess is he won't be complaining.

Have fun testing out this technique! Let me know how you are doing with it by leaving comments here in this module.

THE *Language* OF *Desire*

Part Four, Module 4: Sexual Singularity

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Sexual Singularity

In the sales pitch for this program, I promised that I would teach you the one phrase every man deeply yearns to hear. And it's the one phrase very few women even know or know how to use.

Before I share this phrase with you, let's take a little look at what it means to be a modern woman.

The modern woman

To be a modern woman, you likely went to school to learn a profession or trade. You've built a career. You've paid your dues and can hold your own in front of your colleagues.

You got there by being independent, focused, and determined.

To be a modern woman, you probably didn't go straight from your parents' house to your husband's house. Chances are, you lived alone or with roommates. You may have cohabited with a boyfriend. You might live alone. Or you may be raising your children on your own after divorce.

You manage day to day by being independent, resourceful, and willing to figure things out when you need to. You're tough and you've got this!

To be a modern woman, you manage your own finances. You've given your heart to other men, and most likely you've had a handful of (or more) sexual partners. You own a vibrator. You know what turns you on. You are well-versed in everything from mutual funds to why eggs from free-range chickens are better.

You can make your way in the world.

And you've probably said you desire a partnership or marriage not because you "need" a man but because you want him.

I hear you, sister. It was how I've lived my life and how most of my friends have, too.

The thing that has gotten tossed by the wayside—that seems really obvious, but rarely gets acknowledged—is that **men want to feel needed**.

Along with wanting to feel loved, desired, and appreciated. . . at the core of what makes a man feel like a man is knowing he's a vital part of your life.

That you need him.

And as we've gone about living and exercising our independence (which, yay! we absolutely should be doing that), we forgot this one simple phrase that makes a man feel worthwhile and oh so important.

“I need you.”

This is not a desperate or “needy” way of needing a man. This isn't to manipulate him into fixing your car or “doing” anything for you. This phrase indicates the powerful, heart-centered, and deep sexual hunger way of needing.

We might be able to fulfill all sorts of requirements in our lives all on our own, and many of the things a man used to be “needed” for back in the olden days just aren't there anymore.

We can vote. We can own property. We can have credit cards in our name. We can get an education and have a career. We can bring home the bacon AND fry it up in a pan!

But when it comes to the yearning for intimate emotional connection to the man we love, that is a need he still fulfills.

He is a vital part of that connection. We can't feel that intimacy all on our own. And when you recognize how important and necessary he is in your life, you have to own the fact that it's more than a want.

It's a need.

And it's okay to say you need him. And you want him. But the phrase “I need you” is powerful beyond measure when a woman says it to the man she loves.

You know what? It might feel really effing scary to say it. If you are a modern woman like me, it can be downright terrifying.

So sit with it for a bit. Twirl the phrase around your tongue several times.

Think about what it feels like to acknowledge the need. When you get to the place of feeling comfortable with it, tell him.

Tell him, “I love you, I want you, I appreciate you, I respect you, I desire you.”

And I need you.

So many other pieces of this program are playful, explicit, dirty, and sexy. This phrase might be made up of simple words that don't sound sexual...but I promise you they are. By being vulnerable and telling

your man that you need him, it will trigger a powerful and deep sexual connection between you.

THE *Language* OF *Desire*

Part Four, Worksheet Memory Journal

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Memory Journal

Recalling memories of shared sexual experiences is a powerful way to cut through the noise and reach right into your guy's heart. Well, his heart and other body parts ;)

A quick little lesson on the power of memories: the section of the brain that houses memories is the limbic system—specifically the hippocampus and the amygdala. In addition, emotions and emotional response are part of limbic system function. They are all interconnected; remember that dopamine comes from the same part of the brain.

In many of the techniques you'll be learning and putting to use, you will be activating this section of his brain by using memories from your sex life.

Taking the time to collect your favorite memories in one place will help you immensely. This worksheet will serve as a reservoir of creative ideas you can use to inspire you throughout this program.

I recommend writing these down as part of your ongoing journal. If you haven't already done so, grab a blank notebook to use as your *Language of Desire* Notebook. If typing is more your thing, create a Word doc and use that. You can also print out this worksheet and write on it, too!

Step One: Recall the memories

Take a look at the questions and write down what comes to mind. No need to think too much about it, this is just a brainstorm.

1. What are some favorite romantic times you made love? What did he say/do that made it romantic? What were the circumstances and emotions at work? Was it a birthday or anniversary? Were you in a particularly romantic location?

2. What is a favorite sexual memory that felt naughty or racy? Did you nearly get caught having sex? Did you roleplay? Was it a certain position, location, circumstance that amped up the heat?

3. What is a favorite memory of being turned on by your man? Is there a certain outfit that you like? Was it a time he went out of his way for you (or someone else) or did something heroic? Did he look amazing emerging from a steamy shower one morning or sexy chopping some firewood?

4. What is a favorite memory that HE may have mentioned to you? Does he have a certain dress or hairstyle you wear that he has requested or commented on? Has he brought up a particular sexual experience you've shared that he really enjoyed or wants to do again?

5. What are other sexy, erotic, funny, incredible memories from your sex life that come to mind?

Step Two: Connect to the emotions

Of the memories you've brainstormed, which are your favorites and why?

Usually our favorite memories tie in to feeling emotionally close with our partner. So think about how you felt before, during, and after. What feelings did his actions/behavior inspire in you?

Step Three: Savor the details

When you think of the most favorite memories, write down as many descriptive adjectives about the memory you can think of. Make note of as many ways the memory affected your senses.

What did you see, hear, smell, taste, touch during the memory?

Step Four: Tell him!

I want you to take a favorite memory and quickly remind him of it. This is just a quick little exercise for the fun of it. I find texting to be a great way to share, but you can do this in person or over the phone, too.

Example 1:

You: Remember that time we got stuck in that awful traffic jam coming back from the lake last summer and ended up making out in the car?

Him: Yes, that was crazy!

You: I loved how you made me feel like a horny teenager. And when traffic finally started moving I was disappointed ;)

Example 2:

You: I just heard a Keith Sweat song. Reminds me of that time you put on the Slow Jams from the 80s Pandora station and turned down the lights...

Him: Oh I remember that! We made sweet love that night.

You: Mmmm...yes. Thinking about what a masterful lover you are gets me very turned on.

Example 3:

You: Remember the time the hotel housekeeper forgot to knock when we were in Chicago?

Him: Haha, yeah she got an eyeful!

You: Maybe we just couldn't hear her calling "Housekeeping!" because I was moaning so much. You certainly had me going that morning ;)

This little memory jog isn't necessarily meant to be explicit, but feel free to go there if you'd like. There are plenty of exercises in the program where I will be asking you to use these memories to be down and dirty ;)

This is more of a sweet and quick connecting point to get you both simultaneously thinking of a pleasant or fun shared experience. I like to do this often with my guy as it keeps the good feelings from our relationship top of mind and keeps us feeling close.

Final thought

Use this journal to inspire your creativity. When new memories are created, add them to the list! Having these shared experiences thought-through and top of mind are a big part of stoking the passion in your relationship.

THE *Language* OF *Desire*

Module Five, Part 1: Erotic Action Movie

by Felicity Keith

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Erotic Action Movie

Tara and Tom have been together for two years. Tara really wants to get Tom's motor running, so she decides to create an erotic action movie for him, casting him as the sex-god star.

She remembers the rainy night last summer when she got a flat tire and he came to her rescue on the side of the freeway. He looked so delicious as he jacked up her car and swapped out her busted tire in a tropical torrential downpour. Rain mixed with beads of sweat running down his arms... she shivers thinking how fun it would have been to thank him with a quickie in the back seat of his car. The danger of possibly getting caught but not caring because she needed him, her Highway Hero, right that second.

Armed with a devilish smile and her memories of Tom as her real-life hero, she gets to work writing out a movie script that includes the rain and a roadside romp...

If you've ever had even the inkling of wanting to star in a movie, you will LOVE the Erotic Action Movie technique. And even if you have zero acting skills, you will change your mind once you learn this!

As discussed in the module three, there are a few key triggers to your man's sexual confidence, including:

- Deeply desiring and sexually appreciating him, even objectifying and worshiping him
- Surrendering to him / giving him a sense of ownership
- Showing him that he has sexually satisfied you
- Letting him act out his Inner Hero

With the Erotic Action Movie technique, you have the ability to tap into any or all of these triggers for him. Plus, you build up anticipation and show how eager you are for his body. His confidence and his connection to you will be off the charts because YOU have given him this starring role.

Here is a little secret... no matter what kind of man he is, there is a deep yearning somewhere inside of him to be the dashing hero who slays dragons and wins the heart (and body) of the beautiful girl. Even if he's a bookish techie-type or reserved personality.

Men have been shown the masculine archetype through toys, books, movies, TV, and video games since childhood. I promise you, the desire to be the hero is ingrained in his psyche somewhere. With this fun

technique, you will provide this unspoken fantasy for him, and he will wonder how he ever got so lucky to have you :)

Imagine that. . . you get to play screenwriter, director, AND leading lady in your own personal movie! It may sound complicated but I will show you exactly how easy this will be. And the beauty of EAM is that you get to outline the story ahead of time, building in some of your fantasies and turn-ons, too.

Let me share one of my favorite Erotic Action Movie examples from my personal collection that won much critical acclaim from my man. . .

The Stress Reliever

I show up at your office to surprise you with a lunch date. As soon as I walk through the front doors, I can tell things are hectic.

I spot you across the room, having a conversation outside of your office. Somehow you sense my presence and our eyes meet.

You smile and motion me over.

I walk toward you and can't help but admire how good you look. And not just your clothes. . . you look powerful and confident. A man in charge. I'm immediately reminded how proud I am to be with you.

As I get closer, I can see how stressed you are. The tension in your face, neck, and shoulders is obvious. A little grin creeps across my face as I think of how I can ease that tension for you. . .

"This is a nice surprise. What are you doing here today, honey?" you ask as you dismiss your co-worker and greet me with a warm hug.

"I know how hard you work and decided to deliver a special treat to you in person. Let's go into your office for a minute," I purr.

You open the door and follow me in with a confused smile.

"Shut the door and lock it, please." You comply.

I grab your belt and pull you closer, turning you around to face me.

"So, what's this treat you've brought me?" you ask.

"It's a special stress-reliever since I can tell you are having a busy day," I explain as I slide my trench coat off and let it fall

to the floor, revealing that black wrap dress I know you like on me, "Something I think you will really enjoy."

You look me straight in the eye. "Felicity, what exactly are you doing? I have a client conference call in ten minutes."

I put my finger to your lips, "Shhh...you'll make your conference call." I gently guide you to your big executive chair, deftly unbuckling your belt and unzipping your pants.

"Sit," I order. You sink into the smooth leather seat.

I ease myself onto my knees between your legs. Your excitement is visible as you've clearly figured out what my stress-relieving treat involves.

"I was going to take you to lunch. but seeing your stress and also seeing how in control you looked at the same time...I had to do this instead."

I free your rock-hard erection from your boxers. Looking you straight in the eye, I wrap my mouth around you.

Swirling the tip of your cock with my tongue with every pass, your legs quiver with pleasure. I begin to pick up speed. Taking you deeper and deeper into my mouth with each head bob.

You stifle a moan and lean your head back on the head rest of your chair while I go to town.

Faster and faster, I am relentless in my need to make you climax.

Your hands are in my hair and your breathing is heavy and rapid. I know you are close. Your entire body tenses before release.

Just as you shudder and explode into my mouth, the intercom on your phone buzzes "We are meeting in conference room A in 3 minutes."

"Perfect timing," I announce with a wink. Standing up, I straighten my dress and smooth out my ruffled hair.

"Better get to the conference room. See you when you get home!" and I make my exit.

Fun, right? ;)

I was thinking specifically of him when I wrote it. My movie speaks directly to a few triggers I know he has:

Acknowledgment of his career and how hard he works

My thoughtfulness and care for his emotional state

My willingness and eagerness to give him sexual pleasure

He was totally blown away when I shared this with him when he was on a business trip. We were not able to be face to face, so in this instance, I delivered it over the phone, but it could have also worked well via text.

“Just the action” Erotic Action Movie

I want to share an example of a more pared-down version that has less supporting details and sort of just gets straight to the action. If creative writing isn't your thing or you just want to mix it up with a straightforward “get to the sex” type of movie, this is for you.

Babe, I have you on my mind so much today. I wish you were right here next to me.

Actually, I'm sitting on our bed right now. I just got out of the shower and I'm wearing one of your t-shirts because I wanted to feel close to you. Guess which one I put on. . .

(let him guess what shirt of his you are wearing)

Yes, I love how you look in that t-shirt.

I'm imagining your fingers grazing my skin, giving me goosebumps, as they make their way from my face, past my breasts, over my hips. . . ohhh. Your hands push my legs open and you can see I'm already so wet and turned on.

You press on my clit, gently rubbing and seeing my reaction. A little harder and faster. . . then you stop. I'm quivering waiting for you to continue.

You lean in close and your tongue darts in, flicking my clit. . . then pressing. . . then sucking. Ohhhh. . . my hips can't help but to move in rhythm against your mouth. You love making me have intense orgasms, don't you?

You are the best at that, babe. Oh my god, you make me cum so hard. I love how you make my body vibrate and hum for you.

Before I even have the chance to stop shaking, you flip me over and take me hard from behind. Your dick feels amazing pushing deep inside of me. I love how you fill me up.

I know I'm making a lot of noise but I don't care at this moment if our whole building hears me. You grabbing my hips and fucking me hard makes me lose control!

Before you cum, I beg you to turn me back around. I want to feel the weight of your body on top of me. I want to see your face at the moment your orgasm overtakes you.

I watch you close your eyes as you reach the brink. . .faster and harder, you keep thrusting until that final moment. Good lord, I love watching you cum. And then you collapse next to me, in a glistening heap of spent energy, legs still entwined with mine.

Interactive movie

Another strategy for creating your movie involves letting him make choices in the plot as he goes. Like a Choose Your Own Adventure or interactive movie.

One of the most common fantasies that people have is sex with someone else. It's totally normal and not a threat to the fidelity of your relationship.

As much as your man loves you and only has sex with you, in his mind he's thought about all sorts of other couplings. Use this fun phone sex script as a means to role play and bring that fantasy to life. He will love and appreciate the freedom you are giving him to unabashedly enjoy this secret fantasy.

In this movie script, you will play the part of a phone sex operator where he gets to choose his own sex adventure with you. This is a bit more advanced and requires you to improvise on the fly. However, when you get in the groove I think you will have a lot of fun with it.

Hello <his name>. Welcome to your sexy adventure. My name is <make up a name> and I'll be your guide today. Sit back and let's get started!

Say 1 if you'd like to be in a luxury candlelit hotel room with me as your hired masseuse.

Say 2 if you'd like to be in a private beach cabana in a tropical paradise with me as your cocktail waitress.

Describe the setting based on what he selects.

If he chooses the masseuse, describe your outfit. Tell him about the lotions and oils you've brought to soothe his muscles.

If he chooses beach cocktail waitress, again, describe your outfit in detail. Are your breasts overfilling your bikini top? If he's an ass man, is the curve of your plump rear end visible under your short sarong skirt?

Make sure to also describe how he looks. How you immediately find him attractive and sexy. Comment on his attire or physique or anything you would notice that would turn you on.

Now you will continue the story based on his selections.

Say 1 if your fantasy is for me to initiate physical contact with you

Say 2 if you'd like to be the one to initiate physical contact

This gives you the storyline on how your character acts. Is she dominant or submissive? It gives him the chance to try out a different role!

Depending on what he selects, describe how you first touch each other. If you are the aggressor, talk about how you can't help but want to run your hands on his glistening skin. If he's the aggressor, describe how he reaches out and touches, strokes, or kisses you. Always include how it makes you feel. Describe the sensations in detail.

You will continue building the story, giving him choices on how to guide the action.

Say 1 if you want me to _____.

Say 2 if you want me to _____.

Use your imagination! Some of the choices could include:

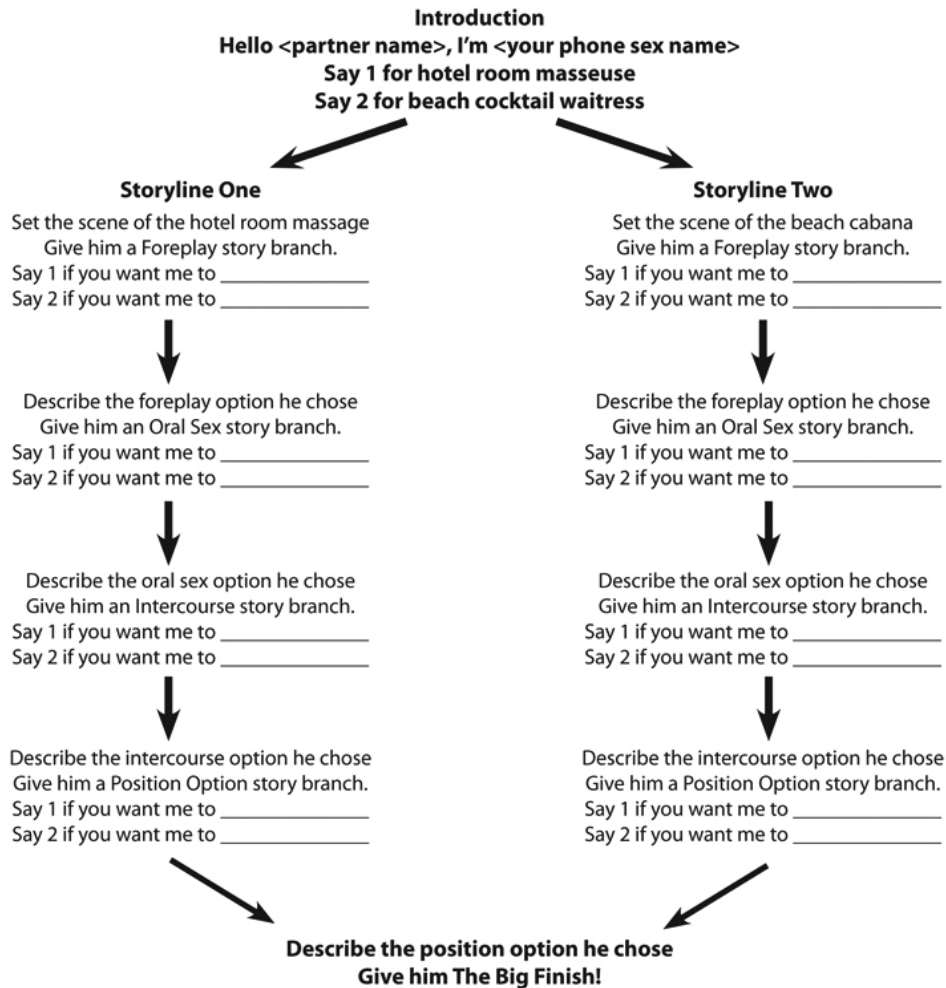
Foreplay: kissing, touching different body parts and whose first

Oral sex: giving him head or him going down on you

Intercourse: positions

Pace: slow and gentle, rough and wild

The entire flow of the conversation would look something like this graph:



“Incorporating a Fantasy” movie

The Erotic Action Movie is a PERFECT way to share one of your fantasies with virtually zero risk. If you feel a little shy about describing what you'd like to do, you can frame it as you had a dream about it which feels a bit safer.

Sex in public is something a lot of people fantasize about, but not everyone can or will act upon it. Here is a way to include him in a public-sex romp where there is no chance of getting caught ;)

I had the best dream about you last night. Want to hear it?

Well, it's a little naughty. Go ahead and sit down or lie back while I give you the details.

I was having dinner with some co-workers after the big sales presentation. We were in a corner booth, and I was sitting on the end. The restaurant was very fancy, gorgeous table linens, dimly lit by candles. All of the sudden, I started feeling a little tickle on my leg.

I jumped at first but the hands down there steadied me and held me fast. I started to panic wondering who or what was down there.

I slid my napkin off my lap to the floor so I could peek under the tablecloth. That's when I saw you.

Somehow you had gotten yourself to the restaurant I was at and you'd snuck under the table. I looked at my co-workers and nobody was the wiser that you were there.

Relaxing a bit because I knew it was you, I moved my legs so you had easier access. Because I knew without a doubt exactly why you were down there.

Your hands made quick work of the situation. You pushed my skirt up and moved my panties aside with your fingers. Circling my clit, rubbing, pressing, getting your fingers all slippery with my juices. Oh my god...

In and out, around, pushing, pressing, torturing me with delicious pleasure as I sat there like nothing was going on.

You quickly brought me to orgasm and I could sense your wicked smile as you felt my legs shaking hard knowing that above the table I had to pretend I wasn't cumming.

Then you were gone! I got up to use the restroom. As I was walking down the dimly lit corridor, the maitre d stopped me and said I had a phone call. He led me to the coat closet and shut the door behind me.

Just as I was about to freak out, your strong hands were on my shoulders and you turned me around to face you.

"How did you get here? What are you doing?" I asked, but you silenced my questions with a passionate kiss. And pressed your growing erection into me.

I quickly unzipped your pants and pulled you to me. Even though I knew the restaurant staff was aware of us in the coat closet, at that moment I didn't care. I needed your rock hard penis in me right that second.

We loudly fucked on a pile of other people's coats! Right as you came, I woke up, startled and totally hot for you. Wasn't that a crazy dream?

Now, it's your turn to start creating your own EAM. Click to the next module to get started!

THE *Language* OF *Desire*

Module Five, Part 2: Writing Your Erotic Action Movie Script

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Writing Your Erotic Action Movie Script

You've seen my examples of what an Erotic Action Movie can look like, now you are going to create your own.

DO NOT stress if that sounds intimidating right now! I understand that it may seem impossible. However, I've made this technique really easy to learn by breaking it down into three totally doable steps.

Even if you feel like you don't have a creative bone in your body, I promise you, you can do it!

There are three steps to creating your Erotic Action Movie:

1. Brainstorm the scene
2. Brainstorm the action sequences
3. Put it all together

I am going to walk you through each step, and at the end you will be able to confidently share your creative masterpiece!

So grab your journal and a pen to write down your ideas.

Step One: Brainstorm the scene

No matter what medium you will use to share your movie, you need to describe the location where it takes place. You can choose familiar surroundings, a place you have previously had sex, a place you want to have sex, a setting from historical times, or a totally creative imaginary place.

Right now, let's just come up with some ideas. You will decide in step three what you are selecting.

There is no limit to what you can choose, and brainstorming can help you figure out what turns you on, which will lead to story ideas for the rest of the plot.

Some locations to get your creative juices flowing are:

- Living room
- Bedroom
- Hotel room

- Kitchen
- Beachfront cabana
- Coat closet in a fancy restaurant
- At work / in the office
- Outdoors
- At an event or function
- Someone else's house
- Backyard
- In the shower
- A castle in medieval England
- A cave on the planet Zingetiton
- A place he has mentioned wanting to have sex at

Once you've selected the place, decide the time of day.

- Morning
- Afternoon
- Evening
- Middle of the night

Add in some supporting descriptors to the setting. Adding in these details, especially if you are doing this by text or phone, taps into his imagination and gets him mentally in the picture with you.

- Are there other people around?
- What are you wearing? What is he wearing? Remember, wearing something of his gives him that feeling of ownership/possession he loves
- What is taking place nearby?
- How did you or he arrive there?
- What sounds/sights/smells are present?
- If outdoors, is it sunny or stormy or snowing or ???
- Are you in some kind of trouble or distress?

Step Two: Action

Once you've thought about the scene, you want to move into the action part of the plot.

In this step, like in the first step, you are just brainstorming. Let your desires run the show, there is nothing off limits or too crazy right now. The point to this step is just getting creative and see what you think of.

From step one, you probably already have an idea of the locations that sound fun to you, so it can help to think of how the action would unfold based on that location. For example, if your movie scene opens in the kitchen, food would be a fun prop to take advantage of during sex.

Things to consider:

Non-sexual action: What are you doing as the scene opens?

Who is the aggressor/initiator? You can show him how you surrender by having him be the aggressor. You can also objectify him a bit by making yourself the one who takes charge. It is also possible to have both of you swap roles in a scene.

Foreplay: Kissing, touching, dry humping, oral... or maybe there is no foreplay at all! Also, your movie could only be about giving/receiving oral like my Stress-Reliever Movie example.

Intercourse: Positions, use of furniture

Pace: Slow, wild, fast, rough

Sensations: Slippery, wet, warm, hot

Props: Toys, restraints, blindfold, food, ice, water, heat

Jot down your ideas in your journal and see where your naughty imagination wanders. Don't edit yourself, this is simply a creative brainstorm right now.

It's quite possible that after completing these two steps, you will have the makings of more than one movie script!

Step Three: Put it all together!

Now it is time to make some decisions and bring your story to life. You've had the chance to let your creativity run wild, and you should have some specific locations and scenarios that are turning you on or that you know will turn your man on.

Also, think of the specific ways you can use your movie to hit those sexual psychology triggers of his. Praising his physicality, surrendering to him sexually, showing how he fulfills your desires, and giving him ownership/possession of you are all great ones to include.

And the big one - casting him as the HERO. Decide how he can help you or rescue you.

Did your car break down on the side of the road?

Did you get locked out of the house?

Did some kind of natural disaster happen and he's there to assist?

Did your dog get lost and your man is the one who found him?

It can be simple or elaborate, but casting him in the role of hero and his act of heroism turning you on is a big trigger for him!

Before you begin to write, open up the Dirty Thesaurus in another window (look on the list in the dashboard for this module and click it to open). This document gives you lots of different words for body parts, sex acts, sensations, etc. that will help you in this activity!

I am going to provide you with a couple of easy-to-follow basic movie script templates. You can use them, but feel free to create something totally your own!

Template #1: This plot is ready-made, you just need to add in the details. This format gives you the ability to use language you are comfortable with when it comes to the sex action. If you want to include intercourse, you can say "making love" or you can say "fucking." It's totally up to you!

Power Outage

I walk into (name of location) and see you are already there (doing some action). I can't help but admire your (physical or other trait).

You turn to look at me and you give me a devilish smile. I see that unmistakable look of passion in your eyes. I know that when I wear (item of clothing) it turns you on, and today is no exception.

All of a sudden, the power goes out because of (weather or other reason). I'm frightened for a moment, but then I feel your strong hands on my shoulders.

"It's okay," you whisper in my ear, "I'm here." Even though I can't see your face in the dark, I know your expression has that look of purpose, the look you get when you are hungry for my body. I shiver at the thought of what will happen next...

Before my naughty mind can even start to wander, your hands are on my (body part). I start to peel my (article of clothing) off to give you easier access. Delicious goosebumps spring up across my skin where you are touching me.

It's pitch black in the (name of room), but you gracefully guide me to the (item of furniture). In what seems like one swift motion, you've removed the rest of my clothes and I'm totally nude before you.

"I should probably go (find a flashlight or check the circuit breakers)," you say in a teasing tone.

"Don't you dare leave me!" I gasp.

"Why? What else do you want me to do?" you sweetly ask as your hands begin to travel to my (body part). I gasp again.

"Answer me. What do you want me to do?" the tone in your voice has become demanding and it sends a wave of desire over me.

"I want you to (verb) me," is my shy reply.

"Say it louder. What do you want me to do?"

"I want you to (verb) me. Now," I say boldly.

You pull me to you on the (name of furniture or floor). The power may be out, but the air is full of electricity as your (body part) meets my (body part).

With desire-fueled purpose, you begin to (sex verb) me. My back arches and a low moan escapes my throat.

There we are (sex verbing) on the (furniture/floor) in the dark. My breathing quickens and I pull you closer, surrendering my body to you as (I/you) let go and erupt in a blissful climax.

Template #2: This template gives you much more creative control over your script. I'm just prompting you on the specific points of the story you want to include and a possible order to the plot. You can dive right into the main event or you can pace things out, telling a more comprehensive story. The choice is yours, there is no wrong way!

Title:

Setting/Location:

How you are both at the location: you arrive OR he arrives

OR you arrive together

Describe what you OR he OR both are doing:

You admire his outfit OR physical trait OR personality trait:

Describe what you OR he OR both are wearing:

Provide supporting detail of environment (such as the weather, lighting, activity in background):

Give a plot twist that lets him save/rescue/help you:

Decide which person is going to initiate sexual activity

Share sexual/sensual action or feeling #1:

That leads to sexual/sensual action #2:

Describe how your body feels or what you want him to do:

That leads to sexual/sensual action #3:

Describe what you are doing to him or what he's doing to you:

OPTIONAL: add in sexual action #4

Conclusion (usually with one or both of you climaxing):

Remember, there is no **wrong way** to write your movie script! It can be short and right to the action (a "quickie") or it can be very detailed with plot twists and a full supporting story (a feature film).

What to do if you run out of ideas

If you run into “writers block” and can’t come up with ideas, try not to freak out. Hitting a creative wall is normal. Even seasoned writers run into this situation. When it happens to me, I find it’s best to stop where I am and go do a totally unrelated activity, something mindless like housework, watching TV, or walking the dog.

Those seeds of creativity tend to grow and bloom when I shift my attention away from them for a bit. Right in the middle of doing the dishes, inspiration can strike. Then I go back to my writing with fresh energy and ideas.

Once you have your script written out and ready to share, click over to the next module, where I teach you how to deliver it via text, phone, and more!

THE *Language* OF *Desire*

Module Five, Part 3: Showtime!

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Showtime!

Now that you have gone through Module 5.2 and have your script written out, I am going to walk you through exactly how to confidently share it with your man. Be prepared to rock his socks, girlfriend! He's going to love this :)

EAM by text

Sharing your movie by text is great because it's easy to be bold behind a keyboard, especially if you are new to naughty conversations. You can say explicit things even if your face is flaming red with nervousness. It's a great way to get comfortable with the dialogue, have time to craft great replies, use timing to build anticipation, and gain confidence in this type of conversation with your guy.

Because he won't have the benefit of hearing the tone of your voice or seeing your body language, you will want to use emoticons as you are sharing your story. Smiley-faces and winks are going to help convey playfulness when appropriate.

If you opt to use text messages, send him an opening text that tells him you are going to be sharing a story with him. Let him know you'll be doing the typing and he can sit back and enjoy. It's a good idea to ask for reply back so you know he's actually got his phone right there with him.

Something like: *Honey, I have a fun little story I want to share with you over several texts. Let me know when you are ready for me to begin ;)*

Once he's given you the green light, grab your script and start typing it out. Send it just a few lines at a time. Use the "... " symbol to indicate you'll be sending more in a minute.

You want to break it up this way because sending it all in one super lengthy text can create technical issues. Some phone carriers will jumble up long texts and the messages may arrive on his end out of order. You don't want that to happen!

The other reason you want to break up the story with short texts is that you can build anticipation this way.

Right before you get to a really juicy part of the action, you can wait a few minutes. Leave him anxiously hanging there. Teasing him. He may get antsy and ask you to continue. Toy with him and say, "Patience my love," or "Ok, good, I still have your attention."

You can also break down a long movie plot over a few days.

Send the first quarter of the story over several texts. And as the plot gets exciting, send a “to be continued tomorrow :)” text. He will probably complain, but this is a very deliberate way to get him hooked on and craving your next texts.

When you want to start the story back up, send a text: “I’m ready to continue my story. Are you ready? :)” and await his reply before you begin.

When you reach the end of the movie script, you can let him know by texting “The End :)”. See what he replies with, but understand that he may not say anything right away. That’s totally ok! Some guys won’t know quite what to say the first time you do this, but that does NOT mean he didn’t enjoy it.

EAM by phone

Sharing your movie over the phone adds other elements that digital communication lacks. Your voice and the ability to have immediate back and forth of conversation definitely adds another level of sexiness. The bonus is that you still have the safety of appearing confident without him actually seeing if you are nervous.

Before you even think of picking up the phone, you will want to read through your movie several times out loud. This isn’t because you need to memorize it. This is so you can get comfortable hearing your own voice say these words.

Practicing gets you comfortable which lessens your nerves. Practice reading the script a few different ways. Alter the tone and cadence of your voice to find what feels good and sexy to you.

Again, you will likely feel really silly at first. But it’s important to play around with how your voice sounds. The more you get used to verbalizing your movie, the more confident you become, and the easier and more natural it will be during the phone call.

The first time you want to share your EAM (especially if it’s with the goal of orgasm), it’s best to plan it out. First, tell him you want to talk on the phone at a time where he is alone and not distracted. If this is your spouse, maybe when one of you is on a business trip. If this is your boyfriend (or someone you are dating) and you don’t live together, it’s easier. If you are in a long distance relationship, this can become a key part of your sex lives.

So you've selected the time for "the call." He might have an inkling of what's to come. This is good, anticipation is your friend here.

Before you call him up:

- Take some deep breaths.
- Read over your list of what turns you on.
- Read through your script and have your printout with you
- Put on lingerie or a sexy bra and panty set. . . or just be naked under the sheets.
- Dim the lights.
- Make sure all distractions and interruptions are at bay (children, pets, etc.).
- Have a vibrator or dildo handy if you want. Don't have one? Go get yourself one! Ordering online is very discreet if the idea of going to a shop is too uncomfortable to you.
- Remember: you are confident and sexy and you are about to totally blow his mind! ;)

I find that the best way to do this is to have a printout of your script. You don't have to follow it word for word, but it helps.

If you want to do all of the talking and just let him listen, tell him at the beginning of the call. Just say you have a story to share and he can close his eyes, relax, and listen.

Remember to read slowly. Take your time. Breathe between lines.

When you reach the end of the script, you can ask him how enjoyed it. You can stay on the phone and continue a free-form conversation, or you can control the action and end the call there, leaving him to bask in the afterglow alone.

Personally, I recommend getting off the phone quickly after you finish so you keep the feeling of intimacy intact. If you move to other mundane topics related to daily living, it dilutes the power of the call.

EAM by Skype

With Skype, you have the ability to do a voice-only call, but here, I'm specifically talking about delivering this with video ON. You can also use Google Hangouts or FaceTime on an iPhone if you choose. The point is you will be able to see one another in real time.

Does that freak you out? It's okay. Doing a video call is a more advanced form of delivery. For some of you, you may never feel up to doing a video call. Or you simply might not have the ability to if you live with other people or don't have the technology. And that's fine if you stay with text or phone.

I included video instructions for those of you who are comfortable with the medium or are adventurous enough to try it out.

The preparation is much the same as doing a phone call. Before you schedule the video call, you will want to practice reading through your script many times out loud.

You will also want to practice in front of the mirror. You will need to think about facial expressions since this is video. Think about being "in character" when you read through. Yes, you are playing yourself in the movie, but it's okay to have a little fun and act a little bit.

With video, it is critical that you arrange the time with him. Let him know you want to do a video call when he can be totally alone and when you both won't be interrupted.

With whatever application/program you are going to use, I recommend that you have at least one non-EAM video call.

Install the app and make sure you are in each other's contacts, especially with Skype; I've found it can sometimes be finicky. You don't want to rattle your nerves fighting with a program before sharing your movie!

Tell him you'd like to try out a video call so you can see his face. Just talk about whatever comes to mind. This is your trial tech run for your movie, only he doesn't know that ;)

Before you call him up on video:

- Make sure you've done at least one video call together on the app so you are comfortable using the technology. Yes, I just said that above. It's important, so listen to me :)
- Read over your list of what turns you on
- Read through your script and have your printout with you
- If you can, put on the outfit you describe in the movie (or a close approximation). If that isn't possible, wear something sexy like lingerie or a silk robe.
- Make sure you've styled your hair and applied a little makeup so you feel pretty
- Dim the lights slightly, but not so low that the camera doesn't work

- Make sure all distractions and interruptions are at bay (children, pets, etc.)
- Remember: you are confident and sexy and you are about to totally blow his mind! ;)

When you get him online, go ahead and tell him that you have a story you want to share with him. Give him permission to sit back, watch, and listen.

When you reach the end of the script, let him know you are done. Just like with the phone call, I recommend ending it quickly. Keep in mind that he may have a raging boner at this point. And if he is slightly shy and didn't masturbate during the video call, he may desperately want to do that right now.

Frequently asked questions

I'm nervous that my script is not very good.

It's natural to feel that way! Keep in mind that he is not expecting this, so he doesn't have any built-up expectations. It is not like going to see an Oscar-winning film or shelling out \$ at the theater and getting disappointed. Remember, this is playful and fun and doesn't have to be perfect. Just follow the templates if you need to, that's a-ok.

I feel silly using this kind of language. It doesn't sound like me (or him).

If the dialogue sounds totally like neither of you, you can alter it to be more realistic. However, this is a movie, and while you are each playing yourselves, you are playing creative versions or characters of yourselves. You have creative license to embellish and talk differently than you do in normal life. It may feel silly at first, but practicing will give you confidence. If phone or video still feels like too much after practicing, you can still have an awesome experience delivering it through text.

I don't (or he doesn't) use text messaging.

You can also use email instead. If you want to write out the entire script in one email or break it down into 2 or 3, you can do that. With email, you don't need to break it down line by line—in fact, I don't recommend doing that.

One very important thing if you do use email: DO NOT use a work or company email to send this! Most companies have policies in place that either prohibit (or frown upon) personal use of company email. Also,

your messages are stored on a company server where people in the IT department can access them and possibly read them.

So use your personal email accounts only!

He replies back to my texts trying to contribute to the story.

If he tries to chime in and reply back with ideas to the storyline, you can do two things.

If you don't want his input and want to be solely in control, let him know that you are delivering the story this time. Say "Shhhh... sweetheart. I'm delivering the story this time. Just sit back and let me share."

Or, if you are open to improvising, begin to incorporate his ideas. You can try to keep the storyline close to the script or just run with it and see where both of your creative dirty minds take things!

Again, there is no right way or wrong way. Letting him participate can be a lot of fun. . .just as being the one in control can be, too.

I don't (or he doesn't) use Skype (or other video calling app).

That's no big deal, you can keep your delivery to just text/email or phone. Or, if you feel up to it, you could share your script in person and even act it out.

I got to the end of the script, texted The End, and he didn't reply back. What does that mean?

It could mean he masturbated and has now blissfully drifted off to dream-land. It could also mean he's surprised and caught off-guard by this sexy side of you and isn't sure what to say right now.

The important thing is to not panic! Assume the best. Give him some time to collect his thoughts. If you are apart due a trip or some other long-distance situation, send him a text the next day and ask something simple like "How is your day?" or "How'd you sleep last night?" See how he replies. You can then ask if he enjoyed your story. He might reply back only with a simple "Yes" or a smiley-face. That is good feedback!

Do you have other questions? Type them in the comment section below this module and I will answer you!

THE *Language* OF *Desire*

Module Five Worksheet Naughty Thesaurus

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Language of Desire

Naughty Thesaurus

Painting a visual in your man's mind with words that spark his imagination (and libido) is the goal of talking dirty. Using highly-charged verbs and adjectives will spice up your naughty convos. Here is a list of common "sexy" words along with variations. Play around using these descriptors in both subtle and direct ways.

wet	slippery, drenched, soaked, soaking, dripping, creamy, juicy
soft	silky, smooth, silken, velvety, supple, delicate, creamy
hard	firm, rigid, stiff, tough, thick, solid
big	large, massive, enormous, full/filling, mammoth, immense, considerable, huge, girth
tingle	thrill, throb, tickle, spark, goosebumps, shiver, chills, quiver, quake, tremble, jolt
crave/craving	require, want, lust after, desire, hunger for, long for, longing, ache for, yearn/ing
hunger/hungry	ravenous, yearning, desiring, craving, longing, voracity
moving	sliding, slipping, gliding, rocking, driving, thrusting, pumping, stroking, petting, penetrate
fast	brisk, hot, rapid, electric, racing, hurried
slow/slowly	deliberately, gently, casually, unhurried, nonchalant, languid, gradually
tingle	thrill, throb, tickle, spark, goosebumps, shiver, chills, quiver, quake, tremble, jolt
down	southward, down south, nether region, descending
satisfied	Bliss/ful, satiated, sated, quenched, gratified, fulfilled, content, exhausted, pleased
touch	lick, nibble, slurp, smack, smooch, caress, taste, kiss, brush, tickle, embrace, wrap, stroke, grope, graze, pet, rub, fondle, blow, cuddle
sexy	racy, hot, flirty, seductive, sensuous/sensual, provocative, steamy, titillating, spicy, suggestive, arousing, inviting, kissable, libidinous

Now, in talking about specific body parts, sometimes you may want to use a word different than the clinical term. There are hundreds of slang

terms for penis and vagina (including some very comical ones); here is just a sample of ideas. A lot of men have named their penis, so you can ask him if he has one. You can also call his penis “you” and your vagina “me.”

penis	cock, dick, manhood, disco stick, member, rod, stick shift, “you”
vagina	pussy, kitty, kitty cat, lips, box, peach, muff, pink, love palace, honey pot, sugar hole, tunnel of love, “me”
breasts	boobs, tits, chest, bosom, front, nipple, ta-tas, hooters, knockers
clitoris	clit, bean, man in the boat, hot spot, button, rosebud

When it comes to the main event, there are lots of ways to talk about sex and sex acts. This is where the art of innuendo is lots of fun... and yes, some of these slang terms are ridiculous :)

intercourse	sex, fucking, banging, shagging, screwing, boning, getting laid, do the deed, doing it, having your way with me, making love, fornication, sexual relations, conjugal visit, coitus, copulation, go at it, go all the way, horizontal boogie, get horizontal, get it, knocking boots, hanky panky, making whoopee, have you, feel you, fill me up, bow chicka bow wow, nookie, quickie, afternoon delight, penetration
oral sex for him	blowjob, bj, head, going down, sucking off, oral, fellatio, hummer
oral sex for you	cunnilingus, oral, going down, dine at the Y, muff dive, eat out, eat a peach
orgasm	came, come/cum, finished, the big O, climax, peak

THE *Language* OF *Desire*

Module Six, Part 1: Crank Up the Heat

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Crank Up the Heat

Sharon and Michael knew how to have fun with each other. They'd been high school sweethearts who had now been happily married for 22 years. And while they've had highs and lows over the years, they still had a lot of chemistry. Anyone who spent time around them saw that Sharon knew exactly how to get Michael's attention with unabashed flirty teasing.

"Hey, hon, I'm going to go wash the truck!" Michael hollered on his way out to the driveway.

"You enjoy getting those strong hands all slippery and wet, dear. I may have a similar way to put them to use when you are done!"

How fast do you think Michael got that truck washed so he could enjoy the slippery fun Sharon teased him with?

I want you to think of your sex life like a thermostat. You could keep everything at a predictable and comfortable 68-70 degrees, but that gets a bit boring in its predictability.

With the knowledge you now have about his sex drive and brain chemistry, you can crank the heat up a couple of degrees or into a full-on heat wave any time you want. And then dial it back down to comfortable. It's that variation that builds tension and excitement in your lives.

Sexual tension is also known as the chase. Specifically, the thrill of the chase. You want something but it's slightly out of grasp... or is it? Sometimes you can have it, but you aren't sure of the next time you'll enjoy it. That is why dating and new relationships are exciting... there are so many unknowns.

Sexual tension is a key component in a vibrant relationship. Without it, it's easy to veer too far into friendship territory.

We've all experienced that in our lives... the one guy who is just a really nice friend. He can be attractive, but he's predictable and available, and there's no excitement because there is zero sexual tension. This is partly why the elusive bad boy is so attractive to us. We don't know if we can truly tame him because he's wild and unpredictable. Ooh... and he probably rides a motorcycle and drinks bourbon. Rawr!

And for men? They lose the thrill of the chase with women who have zero mystery, whether it's because she combines insecurity with sexual availability or because she's too motherly and nurturing and there's nothing sexual about her.

The people we tend to be most attracted to are the ones who provide that sexual tension and little thrill of the chase for us (and yes, the chase sounds like a game. . . and I will explain why it's a GOOD game).

And when you are in a long-term relationship—especially one where you live together, deal with daily responsibilities, and see each other's warts and flaws—it's really easy to forget about building sexual tension at all.

You've already landed your partner in the form of living together or marriage, and you've certainly slept with them. . . so there's nothing left to chase, right?

Wrong!

When the thrill of the chase is long gone, how exactly do you bring that back?

It takes a little bit of effort, but actually, it's not that difficult to do.

Remember our lessons on brain chemistry. Sexual tension plays into the territory of our friend dopamine. But we are switching things up by throwing in variations so that even common activities become exciting because he won't know what is coming his way.

Throwing in some unexpected variety in the form of teasing gives a rush of adrenaline and endorphins. Adrenaline and endorphins feel good, and when you combine it with the reward hormone (dopamine) and the subsequent cuddle hormone (oxytocin), you are brewing up a potent (and delicious) cocktail.

Ok, let's talk about "the chase" and how it sounds like a game. It IS. And you know what? Games are ok!

Yes, you heard me. Games are GOOD in relationships when they are done in the spirit of fun.

Sex is about play and fun, remember? And games are about play and fun. Games get a bad rap when it comes to relationships because there are people out there who consider games to be manipulation with ill-intent: lying or trying to get something from someone. And yes, those things are bad.

But playing a game in the spirit of play? That's good! Playing a game to bring more fun and creativity to your sex life? That's awesome!

With all of the techniques I'm teaching you in this program, you aren't manipulating your man or getting him to do anything against his will. What you are doing is re-introducing fun, joy, and passion into your sex life.

In this module, I'm going to teach you a couple of simple, but amazingly effective, intensifiers to different areas of your sex life that will get the sexual tension buzzing again!

THE *Language* OF *Desire*

Module Six, Part 2: Tease Intensifier

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Tease Intensifier

This technique is all about the thrill of the chase even after you've been caught.

The Tease Intensifier playfully puts you just out of your man's reach. It builds up a little tension and sexual frustration so that when you do let him "catch" you, the sizzle factor is high.

This technique is a mix and match of different elements. You don't have to follow any of these steps in a particular order, and you can absolutely combine any of them in conjunction with other techniques.

Personally, I use pieces of the Tease Intensifier several times a week in my relationship... if not daily. It's my "signature style" and I have absolute confidence that using this is a big part of what keeps my man constantly feeling like he can never get enough of me in his life.

The Tease Kiss

For the Tease Kiss, you are going to grab your man at a totally random time (ideally an inopportune time for sex) and lay a totally passionate kiss on him out of the blue.

Grab the back of his head. Push your body up against his. Use your tongue. Kiss him like you want to screw his brains out right that very second.

And then stop.

Go right back to what you were doing before, leaving him reeling and off-kilter (and probably with a boner).

I use the Tease Kiss at times like...

- He's leaving for work and is in a rush or has an important meeting so he can't stay to make good on the promise of my kiss
- Right before walking into a social event that we are committed to attending
- While I'm cooking dinner and the oven timer is about to go off
- When the pizza delivery guy is pulling into the driveway and about to Ring the doorbell
- One of us is leaving on a short outing or trip

- Pulled aside quickly in a hallway or bathroom when we are with other people or at someone's house

The first few times you do this, he will probably ask you, "Whoa, where did that come from?" or something to that effect. And you smile sweetly and say, "You just turn me on so much sometimes I can't control myself."

After a few times, he'll know the deal. . . you are doing it on purpose to tease him. It may seem like it will get old after awhile or he won't respond the same way. If you space it out enough (like every couple of weeks), he will never tire of it. Even when he knows exactly what you are doing.

It gets his engine totally revved up and then cut off short. And because there is a real-life circumstance interrupting you, use that as another opportunity to tease him some more with the Tease Text.

The Tease Text

I love teasing via text message because you can use it for times you aren't face to face. . . and you can also use it when you discreetly want to carry on a sexy conversation when you are in the same room with other people nearby (see Verbal Viagra in this module for that specifically!)

You set the tone for the teasing text with a quick little intro. This will become your signal to him that you are being playful and looking for him to engage with you.

If we were alone. . .

I wish. . .

Stop. . .

Mmmm. . .

Know what? :)

You have me soooo. . .

Leaving the ellipsis on the end tells him that there is more to that thought and gets his imagination revved up and he can't help but respond. Then you follow up with the sexy reveal.

So it could go something like this:

You: If we were alone right now. . .

Him: If we were alone, what would happen? :)

You: I would be on my knees, in front of you. . .

Him: and then?

You: I'd take your dick out of your pants...

Him: and?

You: and you'd be groaning in pleasure. Damn, I wish we were alone!

Sometimes you might not get a response right away, especially if you aren't face to face and can't tell him to check his phone. You can decide to continue and send the second part of your message after a few minutes. Or you can simply wait.

If he doesn't respond, you can amp up the tease. When you see or speak to him next, ask if he saw your text. When he says, "Yes, what were you going to say?" you can say, "Only good boys who reply get to know what was on my mind," and change the subject. This trains him to pay attention and reply if he wants the reward :)

With the Tease Text, you can be as sweetly naughty or as flat-out raunchy as you want to be. While I know that my guy loves it when I talk super dirty with him, I like to vary it. Because that is part of the tease... he will never be quite sure what he's about to read next.

Here are several variations you could use, from sweet to explicit.

If you were here / If we were alone... (wait for his reply, then send)

... I wouldn't be able to keep my hands off of you.

... I would take you in my mouth, licking and sucking until you lose control

... you could bend me over the back of a chair and take me... hard and fast.

... I'd be stroking your hard cock and begging you to fuck me.

... I'd be face down, ass up so you could fill me up soooo deep.

I wish... (wait for his reply, then send)

... all these people weren't here and I could have my way with you right now ;)

... I could rip those jeans off of you ;)

... you could feel exactly how turned on and wet I am right now

Mmmmm... (wait for his reply, then send)

...do you have any idea how much you turn me on?

...you look so fucking sexy right now in that suit you are wearing

...I can't stop thinking of your amazing penis. And how bad I want you right now!

Stop... (wait for his reply, then send)

...making me so horny. I can't focus on the game (speech, conversation, my work, etc.)

...distracting me with your sexy ass ;)

...filling my head with deliciously dirty ideas (then go on to describe)

You have me sooo... (wait for his reply, then send)

...turned on. Can we leave early? I want you so bad right now!

...wet right now.

...horny right now. I need you to fuck me baaaa

...so fucking turned on. I need you inside of me, filling me up, making me moan LOUD right now.

One of the keys to mastering Tease Texting and dirty talk in general is understanding that this a dance you are doing with your partner. And in dancing, sometimes the tempo goes at a furious pace and other times, it slows way down. That is part of what keeps it interesting.

After you've had a raunchy round of texting, I want you to dial things all the way back to PG-land. Tease him by making him think you are about to get dirty but then put on your best Little Miss Innocent act.

Example:

You: I can't stop thinking about...

Him: Yeah? ;)

You: The new handbag I just saw. I really want to get it!

Him: Oh.

You: What did you think I was going to say? ;)

Or tease him like this:

You: Oh wow...

Him: What?

You: It's pouring out! I just got so wet running to the car.

Him: Oh really? ;)

You: Get your mind out of the gutter, mister. I'm talking about the weather! ;)

No matter if he tries to steer the convo to dirty talk, you resist. Change the subject. Tease. Flirt. But keep it sweet and innocent.

Yes, this is likely going to confuse him. It may even frustrate him. That's totally fine. You want to keep him guessing from time to time. This keeps him engaged and champing at the bit for your naughty side to return.

Innuendo Tease

Innuendo Tease is the more subtle cousin of the Tease Text. It's powerful because it displays confidence and wit, and it's a way to steer an otherwise proper conversation toward something naughty. Adding a little verbal spice with a wink and a nod playfully gets his attention.

Much like the way a burlesque dancer hints at her body using props, using innuendo the right way gives your man a sneak peek to your sexy side that is just slightly out of his grasp. This gives him a little frustration and it keeps him invested in the chase. Especially in a long-term relationship.

It also has him looking forward to even the most banal conversations with you because he just never knows what might come out of your mouth. Keeping him hooked and on his toes is a fun way to build that sexual tension.

So, how do you inject a little sexual innuendo into a conversation?

The first step is to look for opportunities. Trigger words like wet, hot, hard, rocking, sliding, top, etc. are easy places to start.

Examples:

Him: Wow, it's so stormy out today!

You: Hmm, yes, I went outside and got all wet ;)

Him: The sales presentation went great. I think my bid will come out on top.

You: Being on top is the best ;)

Him: What movie should we go see?

You: How about something stimulating with a great ending ;)

The kicker is when he responds to your use of innuendo, you playfully go back to the proper conversation you were having:

Him: Wow, it's so stormy out today!

You: Hmmm, yes, I went outside and got all wet ;)

Him: Oh really, you are all wet right now? :-P

You: Yes, my hair is a mess. Now, what time will you be home? ;)

Him: The sales presentation went great. I think my bid will come out on top.

You: Being on top is the best ;)

Him: I like it when you are on top, too ;)

You: Haha, so yes, let me know when you hear back from the client on your bid.

Him: What movie should we go see?

You: How about something stimulating with a great ending ;)

Him: You are in the mood for a "happy ending," huh? ;)

You: Hmmm... yes. Later. The new Spike Jonze one is playing at 7:30. Want to see that?

When texting, use the little winky face to let him know you are purposely flirting. In person, you can actually wink or raise an eyebrow.

The key to the Innuendo Tease to use it selectively. You don't want to turn every reply into something sexual, like Michael Scott did in *The Office* where he added "that's what she said" into every conversation (even though it became funny because he was so clueless). It gets juvenile and tedious when it's overdone.

When you notice that he adds in some innuendo to your conversations, acknowledge it. You can banter back to mirror his train of thought. Or you can playfully call him a naughty boy and steer it back to the proper topic. But you definitely want to acknowledge his efforts positively, even if you find what he's saying not that funny.

THE *Language* OF *Desire*

Module Six, Part 3: Oral Intensifier

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Oral Intensifier

One of the biggest complaints I heard from my Man Panel was the lack of great blow-jobs in their lives.

"She won't give me head unless I beg her to. I hate having to beg for it. Even when she will do it, the thrill just isn't there."

"It makes me feel like she finds me repulsive since she has zero interest in sucking my dick."

"I love my wife and we have built a happy life. But I find myself fantasizing about the girlfriend I had before I met her. She wasn't someone I wanted to marry, but she gave me the best blow-jobs of my life."

"I just wish she'd act like she enjoyed it. Surprise me once in a while and suck my cock because she wants to. Not because I've asked her to."

I understand that for a lot of us, giving head feels like one more chore. They don't call it a "job" for nothing, right? But one of the best secrets for keeping your guy 100% focused on you is mastering the art of the enthusiastic BJ.

This isn't the regular do-it-like-always and hope-it's-over-quick kind of oral. With this technique you will learn how to elevate your status from okay to WOW! in his mind.

Even for those of you who enjoy giving your guy head, this technique will floor him.

Pre-oral primer

If you aren't 100% confident or need to brush up on your BJ skills, read this first!

1. Ask what he likes. Every penis is slightly different, so asking your man what he enjoys is the number one thing you need to do. Speed, position, and area of focus on are critical to know in order to do a custom-made job for him.

2. Wetter is better. Flavored lubricant or lots of saliva is key. A dry mouth on a dry penis can be painful. Make sure you're well-hydrated to be in top saliva-producing mode.

3. Practice. If you haven't been giving many BJ's lately, your jaw will likely cramp up and it hurts like a mo-fo. A lot of women don't like oral

simply because it can be uncomfortable. Like any skill, the more you practice, the easier it becomes!

You can practice by giving shorter oral sessions with him (like as a precursor to vaginal sex) and you can also practice alone with a banana. Getting used to breathing through your nose, relaxing your throat muscles to calm your gag reflex, and keeping your jaw open make a big difference in your comfort level while giving head.

4. Not just the tip. The tip of the penis (the glans) is the most sensitive part on his body. Too much tongue action too soon may not feel good for him. Think of how you enjoy oral sex. Most women like his tongue attention to start with slow and soft. And then vary between direct pressure on the clitoris and licking/sucking on the inner and outer labia. Gradually building up to more intense and focused pressure on the clit. If he just went to town sucking or pressing hard on it right off the bat, you'd probably yelp in pain.

So think of how you enjoy oral and apply the same logic to his penis. The length of the shaft, the base, balls, and perineum are all places to utilize and focus on while giving him oral pleasure. Start slowly and gently. Vary where and how you are placing your mouth and tongue on him and build up speed and pressure as you go.

5. Use your hands. While deep-throating feels amazing for him, not every woman can do it. Some of us just have too strong of a gag reflex. Or his penis might just be too big. Or you may have a cold or allergies making filling your mouth and throat up with his cucumber impossible because breathing through your nose is a no-go. Whatever the case, using your hands can help you bring him more and varied sensations and also helps your stamina.

Circling the base of his penis with your fingers in an "OK" sign, cupping his balls, and also using your hand in conjunction with your mouth are all important to incorporate. If he happens to be well-endowed (length or girth) using your lubricated hand as an extension to your mouth is key to sustaining your session. It's okay to take a break from using your mouth and use your hands for a minute or two.

6. Be enthusiastic. This is probably the number one tip on giving great oral. He LOVES it when you act like you genuinely want to give him pleasure. If he has to beg or you seem like you dread it, it massively diminishes his enjoyment.

I will tell you another personal story. I used to HATE giving head. Like dreaded it. Avoided it at all costs. I thought it was uncomfortable and even a little gross. Of course I wanted my boyfriend to give me oral, but in my mind, that was different. I couldn't reliably orgasm from intercourse, but he could. So to me that justified my getting oral without having to

give it.

That got me through a few relationships, until I started dating one guy who stood up to my flawed logic. One night, I gave in and started giving him the most timid BJ in history. He stopped me, because he recognized that my resistance was actually coming from fear of not knowing what in the hell I was doing. It was obvious I was clueless!

Thankfully, he took the time to explain what to do. He was calm and reassuring and gave me a huge confidence boost. The more he coached me, the better I got. Once I realized just how much power my mouth and hand had over driving him wild, I switched from dreading giving head to enthusiastically giving it. . . even enjoying it.

Phew. . . alright, now let's move on to learning the actual technique!

This technique incorporates three huge erogenous zones on your man:

1. His penis
2. His eyes
3. His ears

Step One: Get a mirror

This is the only pre-planning you need to do for this. We've already talked here and there about how men process things visually. If you missed it, let me say it again: Men are highly visually stimulated when it comes to sex.

You are going to use two methods of visual stimulation in this technique. A mirror is one of them.

Wherever you are going to be giving him this mind-blowing BJ, I want you to place a mirror in his line of sight. If you have a vanity or full-length mirror already up in your bedroom, that's fantastic.

When you are going to give him head, I want you to place your body so that he is able to see your backside in the mirror. This would mean he is facing the mirror.

If it's a full-length mirror, a great position would be him facing the mirror with you on your knees. If it's a vanity or dresser mirror, him sitting

on the bed facing the mirror with you on the floor between his legs is perfect.

He is going to be able to look down and watch you giving him head, and he can also watch you (and your ass) in the mirror. You can wear cute panties, sexy lingerie, be naked, or even stay in your street clothes.

Step Two: The slow tease

Tell him he is in for a treat and get him into position in front of the mirror. His penis is your ultimate destination, but you are going to take a slow route to get there.

Start by kissing his neck. Run your fingers and mouth slowly down his chest. Tweak his nipples with your fingers or teeth. If he still has pants or boxers on, run your hands or even your mouth over his covered penis. Massage him lightly.

Then move your attention toward his hips, groin, and upper thighs. Lightly caress and tickle him. Run your tongue in circles in those areas. You can also touch, massage, and lick his inner thighs, too.

Do this for several minutes. Graze your fingers and mouth over his penis but then quickly move away to these other areas. You are going to have him begging to put your mouth on him.

He may grab your head at this point and try and move it for you. Tell him, "Not so fast," if he tries that.

Step Three: Eyes and ears

Stop what you are doing and make eye contact with him. Smile and lick your lips. If you need to, take off his pants or underwear so he's naked before you.

Grab his penis firmly and ask him, "*Do you want me to suck your dick now?*" with a sly smile.

Or you could simply state, "*I'm going to suck your dick now.*"

It's bold and he will love hearing that question or sentence come out of your mouth as you are looking at him.

As you take him into your mouth, make eye contact with him. Take it out and slide your mouth alongside his entire length like it's a cob of corn. Swirl your tongue over the tip and slide it back down the other side. Break eye contact and then re-make eye contact as you are doing

this. Your eye contact is a big turn on but remember, it's not a staring contest.

Begin to slowly take him back into your mouth as far as you can. Make eye contact as you are lowering your mouth on him and let out an "mmmmm" sound.

Stop and ask him if he likes watching you in the mirror. Make sure he's aware that you've strategically placed yourself in his view.

Take him back into your mouth and continue to give him head. Make sure to moan and make "mmm" sounds as you go. You can break and re-make eye contact as you continue to give him head. He may be intently watching you or your reflection in the mirror, or he may be closing his eyes in pleasure at times, too.

Your mouth or jaw may get tired, but even if it doesn't, switch it up to just a lubricated hand for a minute or two. Tell him how much you love sucking his dick. You can say:

"I love pleasing you this way."

"I love having you in my mouth."

"I love your cock."

"I love sucking your dick."

"I love giving you head."

"Do you like how I suck your dick?"

They all work, so whatever feels most natural for you. But I can tell you, saying it raunchy is a big turn-on for you both.

Step Four: The home stretch

Gradually start to pick up speed. Listen to his breathing as a gauge for how close he is to climaxing. You don't want to lose momentum or interfere with his orgasm. However, when you feel like he's in the home stretch, you are going to give him some verbal encouragement. Say:

"I want you to cum for me"

"Cum for me baby"

"I want to make you cum"

"I want to make you cum so hard"

Any variation of that sentence works to get him to release. Also, some men are talkers as they are getting close to orgasm. Obviously you

can't carry on a conversation with his dick in your mouth, but you can certainly say "mmmhhmm" as a yes to what he's saying.

Step Five: The big finish

I will tell you...very few women do this last part. In fact, there is a chance your man has never experienced it before. It's like the cherry on top of the whipped cream on top of the yummiest sundae he's ever had.

When he cums, I want you to swallow every last drop. To most men, watching a woman swallow his ejaculate is the hottest thing possible. It can be a mind over matter scenario to not gag though. Just gulp it down as quick as you possibly can.

However, there are some guys who want to cum on their woman's face, hair, or breasts. If he pulls out to do that, let him.

Note – it may feel degrading to you to have him ejaculate on you. However, to him, it isn't degrading at all. It's another way he feeds his visual appetite. To see the physical proof of his orgasm that you gave him is a turn on.

It is the final and most crucial show of your enthusiasm of giving him head and in a way, it feels like love to him because you are openly accepting his "essence."

Frequently asked questions

I tried this technique and he LOVED it, does this mean every time I give him head I should do this?

No. I don't think so. I think variety is very important in your sex life, even when it comes to something you know he loves.

You can do pieces of this each time you give him a BJ, but if you make every single time the same, it gets boring and predictable. Switching it up keeps that sexual tension buzzing.

I am shy about him watching me in the mirror, do I have to do that part?

Yes. Girl, get over your shyness! You don't have to bare your naked bottom in his view if you don't want to, either. Seeing your naked body in front of him, pleasing him in that way is surely a great turn-on. But there is also something alluring about you being fully clothed and going

to town on him. Like you are solely and eagerly focused on pleasing him that you didn't even think about getting yourself naked.

Does every blowjob have to end in orgasm?

For this technique, I think you should give him head until he cums. However, nothing I tell you to do here is an absolute requirement. And certainly, every time you put his dick in your mouth you shouldn't be expected to stay there until he ejaculates. If he has a long refractory period between erections, give him head for a few minutes and then switch it up to vaginal intercourse.

THE *Language* OF *Desire*

Module Six, Part 4: Verbal Viagra

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Verbal Viagra

I created this technique to get a rise (literally) from my boyfriend, just like those little blue pills do, but I was just going to use words to do it. Here is how it came about. . .

A few months ago, I sat across the table watching him talk with friends about the football game on TV. It was Sunday afternoon, and we'd gone out with a big group to watch the Seahawks destroy the 49ers at a sports bar.

As the third quarter began, I couldn't help but admire how cute he looked in his Twelfth Man jersey as he cheered on our team. I don't know about you, but to me, there is something totally sexy about a man watching sports and getting totally into it.

I also knew his mind was engrossed in the game unfolding on the screen. . . not even remotely on sex.

It gave me a sneaky little idea to jolt his attention. . . almost against his will. I pulled out my phone and with a fiendish smile, I typed:

*You look fucking hot in your Twelfth Man jersey. Don't reply.
I'm going to tell you in detail how turned on I am ;)*

Send.

He felt the vibration of his phone in his pocket. I watched intently as he pulled it out and read the screen. His eyes got wide and he smiled.

He looked over at me and I gave him a quick wink and turned my gaze to the big screen.

A few minutes later, I sent him this saucy message:

*When you got out of the shower earlier, I couldn't decide if I
wanted to suck you or fuck you more. But we had to hurry here.
I've been horny ever since. . .*

As soon as he felt his phone vibrate again, before he even read the screen, he was grinning like a kid in the candy store. As he saw what I wrote, I notice he shifted a bit in his seat and pulled a bunched up napkin across his lap.

Bingo! It was working ;)

So I sent this:

*I don't think I can wait until we get home. How about I use my
hot, wet, tongue on you in the car. Nod at me if that sounds
good to you.*

He looked at me, almost in pain, and nodded after reading.

We carried on this way for the rest of the second half. I'd send a text telling him what I wanted to be doing, he'd grin and try to camouflage the growing bulge in his pants.

I'm trying to watch the game. All I can think about is how bad I want your dick right now.

I just want to bend over in front of you when we get home. So you can get so deep and fuck me hard.

Is your cock hard right now? Look at me and wink if you can't wait to fuck me.

My poor guy. He was trying to watch the game but I had the full attention of his "little brain." I'm pretty sure it was the longest second half of football in his life.

As time ran out on the game clock, the Hawks had a clear victory. And even though everyone around us was high-fiving, cheering, and ordering celebratory drinks, Kevin grabbed me immediately to leave.

The bar was crowded and he used me as his personal erection-shield as we hurried to the exit. Outside, he could hardly contain himself and pushed me against the building, kissing me like some sort of lusty romance novel character.

I'm glad it was already dark outside and our car was parked close. Good thing we didn't get pulled over on the short drive home to our empty house because I immediately started making good on my promises.

Why this works

When a man takes a little blue pill, he has no control over his erection. It's pretty much going to happen whether he tries to have one or not.

Using sexually explicit texts in a situation where you can't act on them works in a similar way.

Are you someone (or do you know someone) who is prone to laugh at the worst time, like say, at a funeral? You know you aren't supposed to laugh during a such somber occasion, and the very fact that you shouldn't spurs on a fit of uncontrollable giggles.

This is the same idea. You are both in a real life situation where you can't just strip naked and go at it. But you are teasing him with very direct sexual comments. His erection almost becomes involuntary at this point.

Just like those giggles at poor Great Aunt Mildred's funeral.

The more he tries to contain the erection, the harder (haha) it becomes. As if he'd taken a little blue pill... but instead your texts are the blue pill.

Ready to try it out?

Unlike some of the other lessons in the program, you don't need a lot of advance preparation to use Verbal Viagra. The only key ingredient is to be aware of the right situation.

Really, it's that simple.

Step One: Choose a situation

You need to be together but in a situation where there are other people near you and it's not easy for you to rush off to have sex.

Also, you need to be able to (discreetly) use your smart phones to text. So a movie, play, or other place where people would get mad at you using your phones isn't a great idea.

A few situations that work well are:

- a social gathering or party
- a family reunion
- a group dinner
- a company picnic
- a charity fundraiser
- a sporting event
- a concert or live music venue

Those are just a few ideas. The only important thing is that you are in a place where you can easily make eye contact and use your phones without drawing too much attention to yourselves. Ideally, you are in the company of other people. It ups the sexual tension... and delicious torment.

Step Two: Send him a kickoff message

This isn't a tease text. You are going to hit him like a ton of sexy bricks out of the blue to provoke that automatic physical response.

So dive right in with something direct. I like to start with a compliment on how sexy he looks:

Your biceps look so muscular in that shirt...

Your ass looks hot in those jeans...

You look fucking sexy in that suit...

That 5 o'clock shadow on your face is sexy...

You look so masculine and sexy tonight...

Another idea is to compliment him on something he did recently:

You looked so strong chopping that firewood earlier...

I loved how sweaty and delicious you looked after your workout...

I love how smart and powerful you look when you are engrossed in work...

Damn your ass looked great when you hopped out of the shower this morning...

And follow that up with telling him how he's turning you on:

...and I'm having all kinds of naughty thoughts.

...and it's turning me on.

...and I wish we were alone right now.

...and it's got me very horny.

With other sexting, you generally let him join in and banter back and forth. But with Verbal Viagra you are the "drug" doing the work. So tell him not to reply. Just read.

If he is used to being the dominant one in your sex life, this will turn the tables on him a little bit. You are the one in charge :)

Step Three: Get dirty and descriptive

By now you've gotten his attention. And if he hasn't checked his phone yet, go over to him ASAP and whisper "check your phone" in his ear.

Then return to your seat.

I want to show you how naughty I can be. Do you want to see what a naughty girl I can be for you? Look at me and wink if so.

Your next several messages are to turn up the heat, getting him physically aroused.

Send this group as a series of texts...

My tight... (wait 5 seconds)

wet... (wait 3 seconds)

throbbing... (wait 3 seconds)

dripping... (wait 3 seconds)

pussy... is aching for you. (send as one message)

Then send him a variety of explicit texts, mix and match. The point is to be highly explicit. Things like...

I need to feel your big hard cock. Now.

I want to be riding you right now. Until I make you cum.

My entire body is vibrating with desire for you right now.

I'm so hot for you right now, I'm squirming in my chair.

The thought of you fucking me hard has me so horny.

What if I just unzipped your pants and started sucking your dick right now. Because I'm thinking about it...

You are going to set a certain pace here by sending a message every few minutes or so. You don't have to watch the clock and time it perfectly or anything. But space them out a bit.

It's easy to do a sexy replay from a sexual time you've experienced together in the past, or you can give him a play by play of what you would be doing if the two of you were alone. If those ideas don't sound great, describe a wild dream you had of him. This will give you material to spread out over a few messages.

Send these as a series, a few seconds apart.

What if you were so wild with desire...

You could hardly control yourself...

And you pushed my skirt up. . .

You couldn't even wait to take my panties off, pulled them to the side. . .

And you bent me over the back of the couch. . .

And you gave your big cock to me. . .

All of it. . .

Fucking me hard and fast. . .

Damn baby, you feel so incredible. . .

I love how you fuck my tight little pussy. . .

Making me beg for more. . .

If you planned ahead and wore sexy undergarments (or didn't), be sure to tell him.

Also, I'm wearing the black push-up bra you love.

I have on that lace thong that makes my ass look awesome.

btw. . . I have no panties on under my dress ;)

Like with all of these lessons, you can be graphic without cursing or saying anything you aren't comfortable with. However, in my experience, there is a stronger response when you throw caution to the wind and get raunchy.

Step Four: Get alone and get down to business!

Chances are good that you will both find a reason to make an early exit from wherever it is that you are. However, sometimes you might have to endure the event until the end. The torture can be sort of delicious in itself.

When you leave and are finally alone—whether that is home, a parked car, or a nearby motel—make good on those promises and enjoy some frenzied tear-your-clothes-off sex. Give that poor man some relief, woman! ;)

THE *Language* OF *Desire*

Module Six, Part 5: The Boiled Frog

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The Boiled Frog

Have you heard that folk story about boiling a frog? You can't throw a frog into a pot of boiling water: he'll jump right out. So if you want to successfully boil a frog, put him in lukewarm water and slowly dial up the heat.

Ok, that's kind of a graphic picture. We aren't cooking anyone!

But let me ask you, is your man shy or really conservative? Especially when it comes to sex? Despite what you may think, there are men out there who aren't super sexed-up...

- He may have grown up in a very conservative or strictly religious household where sexuality was treated as something bad or shameful
- He may have had a past relationship with a woman who was shut down sexually, which made him shut down, too
- He may not be super experienced—there are some men out there who've only had a few partners
- He may have a low libido due to hormonal shifts, medical stuff, or erectile dysfunction
- He also just may be shy and never had a partner show him how to experiment, explore, and have fun with sex openly

Think about that for a second. What pressure that must be for a guy who lives in a culture where the alpha-macho guy is the ideal. Men are expected to be masterful lovers and be able to woo any woman they decide they want. Wow. That's a lot to live up to. Even if he bucks the standard, there is still something deep in his psyche telling him he's "supposed" to know how to please a woman.

But for the reasons listed above (and many other possibilities), he might fall way short of the alpha-male stereotype. And that could be a big reason why he isn't sexually aggressive with you.

With a guy like that, if the first thing you did was drop a sex-bomb on him like Verbal Viagra, he'd probably freak out. He'd hop right out of that boiling water! That's what this technique is all about... using a measured approach to sloooowwwllly dial up the heat.

I've created a 21-day plan that will get things hot without him hopping away...

Days 1 to 7: Setting the stage

To start out, this week I'm going to have you send a few playful texts. **I want you to keep this at a PG level. Sweet and flirty!**

You are going to compliment him and make him feel masculine with these messages.

Start your text with something like:

I admire...

I adore...

What I love about you...

I appreciate...

I really like...

I enjoy...

I'm crazy about...

I value...

You are the best at...

I respect...

And follow up that with something you genuinely want to compliment him about. Men love feeling respected and acknowledged for their accomplishments, hard work, AND how they make you feel.

...how hard you work to provide for our family.

...how much you do around the house.

...your integrity. It's a rare trait!

...your passion for your career.

...how much you love your kids.

...doing the yard work and chores I don't like :)

...your willingness to always help someone you care about.

...your sense of humor. You always can make me laugh :)

...how much you care about your health.

...your intelligence.

...how you care about our community.

...how you will always kill a spider and not laugh at my fear of them!

When it comes to feelings, tell him how he makes you feel from your heart :)

You make me feel...

...safe
...loved
...appreciated
...beautiful
...sexy
...cared for
...understood
...like a queen

And remember... a little objectifying goes a long way! ;)

I really like...
I'm crazy about...
I adore...
...your scruffy beard. It's hot :)
...how well you take care of your body. Looking good, mister :)
...your strong arms, especially when you hold me close :)
...how cute your butt looks in those new jeans ;)
...your soulful eyes
...your chiseled jaw
...that new haircut
...your broad shoulders

You can leave it there or follow it up with something like...

...I'm so thankful
...I'm a lucky woman
...You're the best
...I love you so much

Do this at least two to three times during the week. Ideally, once in the beginning of the week, and once close to the weekend.

His response isn't really important. He may send a simple thank you, he may reply with a compliment of his own. You are just piquing his

interest here and training him that sometimes a text from you will be a flirty or sweet surprise.

Days 8 to 12: Turn up the heat a few degrees

So far, you've sweetly let him know you are thinking about him. Now you are going to turn up the heat just a little with some texts to build anticipation.

These texts aren't going to be graphic. They are still flirty but just a little more directed at sex than the first week.

I can't stop thinking about your...

...sexy lips. I love how you kiss me ;)

...satisfied smile last night

...touch. You know exactly how to make my body sing ;)

You've got me so distracted...

...I think I need a cold shower ;)

...just thinking about being alone with you

...remembering last Thursday night

I smile when I think about...

...what I wish you were doing to me right now.

...our romantic getaway last month. Damn, it was steamy ;)

...letting you have your way with me ;)

You turn me on with your...

...bedroom eyes. I know exactly what's on your mind when you look at me like that.

...kisses. They make me want to surrender to you ;)

...strong hands. So manly yet gentle. And a little naughty ;)

The point with your texts this week is to ramp up his desire when he hears his phone buzz with a text from you. Building on what happened last week, your text prompts may lead to some dialogue back and forth.

But if he doesn't reply with sexy messages of his own, it's okay. He is now learning how texting is a sexy communication tool and he may not feel comfortable yet.

If he only replies with a smiley face or short sentences, don't worry that he doesn't like it. He still may be unsure of how to engage with you. Ask him easy questions after your messages that he can answer with a yes or no.

Does that sound fun?

Are you smiling too?

Do you like that?

Want to do that tonight?

Days 13 to 18: The slow boil

Now it's time to venture into more graphic territory. By now, he should be used to getting sexy messages from you. Using text at this point gives him the chance to build his confidence, so keep it to texting unless he takes the lead and talks dirty in person.

Talking about the senses is a great way to get his mind exactly where you want it.

If you've recently had sex, one thing that works is to recall a specific moment, sensation, or feeling from your time together. You can also build anticipation for next time.

I can't stop thinking about...

...the amazing orgasm you gave me. I'm still quivering remembering it.

...the wonderful way your tongue feels when it explores my body.

...the look on your face when you came. I love watching you climax.

...you and your amazing penis ;)

...how good it felt when you took me from behind, grabbing my hips, and getting so deep.

...wrapping my mouth around your dick and hearing you moan in pleasure.

Do you have any idea...

...just how turned on you get me?

...how drop-dead sexy I find you?

...how hot it was when you looked me straight in the eyes as you slowly entered me inch by delicious inch?

...how amazing you feel inside me?

When you get home tonight...

...I am going to rip off your pants and have my way with you! ;)

...don't say a word. Just push me against the wall and kiss me deeply.

...we are skipping dinner and going straight for dessert.

I can't wait...

...for Friday. We have the house to ourselves and I am so turned on thinking of everything I want you to do to me.

...to be naked in bed with you.

...to feel your body on top of mine.

The goal with your messages this week is to increase the passion level and get him comfortable sexting with you. Use his replies to gauge his comfort level.

If he engages in dirty dialogue, awesome! Keep going :) Feel free to ask him questions and lead the conversation...

If you were here with me, tell me what you'd be doing to my body.

What dirty thoughts are running through your mind right now?

If we were together, what would you want me to do?

If he only replies with a smiley face or short sentences, don't worry that he doesn't like it. He still may be unsure of how to engage with you. Remember, ask him easy questions after your dirty messages he can answer with a yes or no.

Does that turn you on?

Are you turned on right now?

Do you like that idea?

Are you looking forward to Saturday like I am?

Would that feel good?

Would you like that?

Did you enjoy that?

Want me to keep going?

If he isn't writing his own sexy messages back to you, wait a couple of days before sending another dirty text.

Days 19 to 21: Put him on simmer

Logically, you'd think the next step would be to move to face to face dirty talk or keep things moving in the raunchy direction.

Not necessarily.

If he moves things forward, GREAT! Follow his lead. You can take it right on down to DirtyDirty Town if that's where he goes.

However, if he is still a bit shy and is waiting for you to make the moves, dialing it back to the PG-level builds some tension. He might realize he misses the sexual momentum with you.

One of the keys to mastering dirty talk is understanding that this a dance you are doing with your partner. And in dancing, sometimes the tempo goes at a furious pace and other times, it slows way down. That is part of what keeps it interesting.

Over these next few days, I want you to dial things all the way back to innuendo and PG-land. You can tease him by making him think you are about to get dirty but then put on your best Little Miss Innocent act.

Example:

You: I can't stop thinking about...

Him: Yeah? ;)

You: How excited I am to see the new Brad Pitt movie.

Him: Oh.

You: What did you think I was going to say? ;)

Or tease him like this:

You: Oh wow...

Him: What?

You: It's pouring out! I just got so wet running to the car.

Him: Oh really? ;)

You: Get your mind out of the gutter, mister. I'm talking about the weather! ;)

You can also return back to texts that compliment him on non-sexual things like you did in the first seven days.

Tease. Flirt. Be playful. But keep it sweet and innocent. You can do this over text, phone, and in person.

Yes, this is likely going to confuse him. It may even frustrate him. That's totally fine. You want to keep him guessing from time to time. This keeps him engaged and eager to hear when your naughty side will return.

Next steps

After going through this 21-day exercise, you now have insights on what language he responds well to. Continue to use flirting and dirty talk to build his confidence.

I suggest you add in some of the other lessons. The Tease Intensifier, the Erotic Action Movie, or Pavlov's Erection are great next steps.

No matter what, I recommend you continue to change things up and try out new ideas! Always keep in mind the balance between teasing and full-on raunch. Alternating between the two extremes will keep him intrigued!

HAVE FUN! ;)

THE *Language* OF *Desire*

Module Six Worksheet Tools of a Dominatrix

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Tools of a Dominatrix

This worksheet (well, mini-lesson) is about mindset. Because the ultimate tool that a dominatrix uses is her confidence and authoritative attitude.

But first...

In case you've harbored a secret fantasy of transforming into a whip-wielding dungeon master, let's go over the tools outside of mindset that are usually found in the domina's kit.

Clothing

Skintight leather and rubber/latex are popular. Think cat woman and full-body suits. A pair of thigh-high stiletto boots are a good investment. Also, corsets and bustiers. Things that lace up, have metal studs, or generally look bad ass are great.

Most sex stores carry some types of these items. You can also look online for them, too. Just search "Dominatrix Clothing".

Props and toys

A few standard props and toys include:

- Restraints
- Riding crop / whip
- Ball gag
- Blindfold

Be creative—many household items can be utilized so you don't have to break the bank shopping for accessories. Ropes, ties, scarves, ice cubes...lots of options!

The dominatrix mindset

The dominatrix is in control. Plain and simple. She dictates what happens. She toys with the man's level of pleasure and is the aggressor.

It's good to know that in a professional setting, some men pay a dominatrix to act out scenes of humiliation or pain. It's possible that may be a secret turn-on for your guy, although it's more likely he's not going to ask you to spank him and tell him what a rotten loser he is. And generally speaking, the dominatrix actually doesn't even have sex with her clients.

In the situation you are going to experiment with, it's more Dominatrix Lite—unless your partner reveals some specific turn-ons that are more hardcore.

For a lot of women, they aren't used to being the one in charge when it comes to sex. You may find that you much prefer him being the one making the moves. That is part of why this can be a really fun thing to experiment with.

Just think of it as role-playing and getting into character. Channel your inner dominant side!

Ways to reveal your inner dominatrix

Attitude is everything here! You are the one in control and he must submit to your desires. You can do this in a very overt role-playing manner... or it can be more subtle.

Blindfold him and/or tie him up and use a series of different items on his skin. Ice cubes, a feather, candle wax (not scalding hot!). Then feed him different foods like fruit, chocolate, whipped cream (watch the movie *9 1/2 Weeks* for a great example).

Play a sexy game of Simon Says. You get to be Simon and he has to do what you say. Even if you don't get raunchy in your language, taking control and telling him what he is going to do is very erotic. You do this in a variety of ways:

- Tell him to undress

- Tell him to undress you
- Inform him of how you want him to seduce you
- Require him to massage your neck, back, feet
- Direct him to kiss, suck, nibble various body parts
- Instruct him on the position/speed/style you want him to fuck you
- Order him to stop/start or that you want to move to a different room during sex
- Command him “do not fucking stop!” if he’s about to make you cum or is doing something particularly enjoyable.
- Give him permission to orgasm

Try a little spanking/whipping. Tell him he’s been a very bad boy. Use your whip or riding crop on him. Start out playfully and softly to gauge his response. If he doesn’t like it, stop. But he may totally get into it! If he does, you can go a little harder. Always ask for consent though! You don’t want to hurt your man! (And never EVER whip near his penis or balls unless he specifically asks you to. And even then, make absolutely certain that is what he wants and start out soft. Yikes!)

Whoa! That sounds like way too much. . .

If the idea of doing this in person with costumes and props seems like too much—or that you’d dissolve in a fit of giggles—try out these less-scary ways:

- Go back to the Erotic Action Movie and write a script where you dominate him.
- Send him some Simon Says texts. Tell him, “Let’s play a virtual game of Simon Says. I’m going to tell you what I would have you do to me. And you can answer back only with a yes, a smiley face, or a wink unless I tell you otherwise”
- Definitely use a commanding tone during Verbal Viagra if you think he likes the idea of you taking charge.

- Play around with subtle ways of asserting yourself during sex and see how he responds. Giving directions and commands without wrapping it into a full-on dominatrix persona is fine.

- Place his hands/face/mouth where you want them. Be bold! Want him to go down on you? Move his face southward.
- Tell him what position you want, as directly and explicitly as you want to.

I want you to flip me over and take/fuck me from behind

Put my legs over your shoulders (so you can fuck me deep)

Lay back and let me ride you (and your hard cock)

I want you to lick my pussy until I cum

- Tell him you know he likes what you are doing, it's more aggressive/confident than asking if he likes it

I know you like. . .

how I suck your dick

fucking me

watching me cum

how wet I get for you

how tight I am

Write down your ideas

I hope this has sparked some ideas for you. Take a moment and jot down anything that turns you on or that you think your guy will specifically like! You can do this here, or better yet, in your journal!

THE *Language* OF *Desire*

Module Seven, Part 1: Dirty Talk for the Single and Dating

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Dirty Talk for the Single and Dating

If you aren't currently in a long-term relationship, this entire module is for you!

Learning the skill of talking dirty and sharing fantasies is exciting, and using those skills in your love life can be downright intoxicating. When done correctly, it can draw a man to you like a powerless moth to a white-hot flame.

But when done incorrectly, it can backfire miserably.

Look, I don't want to preach to you about your sexual choices. I am a firm believer in empowering you to enjoy your sexuality on your own terms and timetable. I've seen one night stands in Vegas turn into long-term love affairs. Personally, I slept with a man on our second date and we were together for 10 years, including a marriage and two kids.

No matter what, though, it pays to understand some of the possible pitfalls in using the techniques in this program with someone you are newly dating.

Building the foundation only on sex

It is WAY easier in life to find a man to have incredible sex with than it is to find a man to build an incredible life with. Of course, not every single woman is looking for a long-term relationship. But for those of you who are, it is important to not let your sizzling sexual chemistry blind you to red flags of incompatibility.

Now that you have the skills and know how to tap into his unique sexual desires, you have the power to create an intense connection with nearly any man you date. So it becomes that much more important to be aware of the other aspects of who he is and why you want to be with him. Because a long-term relationship won't be sustainable purely based on great sex.

Pay attention to the things that indicate whether you really are compatible. Are your life goals harmonious? Do you communicate well? Is he kind? How does he handle his finances? How well do you relate outside of the bedroom? Are your unique quirks and flaws deal breakers?

The bottom line: don't forget to look beyond the amazing sex to see if there truly is relationship potential.

Not building trust

It takes time to know how well you can trust someone, especially when it comes to revealing your private sexual self. It's easy to get caught up in the moment and share racy fantasies and explicit desires with someone you are attracted to. But if the relationship fizzles quickly, you may be left feeling vulnerable or judged for what you disclosed.

Check in with yourself often. Ask yourself, "If I never heard from him again, would I regret what I've shared?" Use that question to decide when it's right to sleep with him and when it's right to begin sharing your sexual superpowers.

Scaring him off

While some guys yearn for an uninhibited sexual goddess ready to explore raunchy fantasies with him from the get go, there are plenty of men who would feel overwhelmed by that from first romp.

Like this poor guy...

A few years ago, a friend of mine splurged on a pair of thigh-high leather boots with a stiletto heel. She LOVED them and felt uber-sexy strutting around her condo in them. Her boyfriend was also a fan of the boots and frequently requested her to wear them during sex. Well, they broke up and the boots went back in the closet for a bit. Eventually she started dating. She met this really great introverted musician. Very artsy and sensitive. And hot.

The night of their fourth date, it was clear they were going to sleep together. She was tingling with anticipation and couldn't wait to show him her sexy side.

After dinner and drinks, she invited him to her place. Candles were lit. Music was playing. Intense kisses were exchanged. She led him to her room and told him to get comfy, she'd be right back.

She emerged from her walk-in closet naked except for her sexy boots. His jaw dropped. She mistook the look of surprise in his eyes for approval. Sure she looked smokin' hot but the vision of her in these dominatrix-style boots kind of freaked him out. They proceeded to have awkwardly quiet sex.

For the first and only time.

Okay, so chances are they weren't going to be compatible for the long haul and she eventually met an awesome guy and is happily married now. But there is a lesson to be learned here. Understanding a man's sexual style before jumping into a specific fantasy or role-play is important.

- He might not be totally tuned in to his own desires...yet
- He could be somewhat sexually inexperienced
- He may be more romantic (there are men out there who are!)

You want the experience to be mutually enjoyable. If you take a wild guess based on your past sexual relationships without knowing his personal taste, you run the risk of alienating him. Doling out your skills slowly is often the best approach.

If you suspect he is more reserved, let the heat build slowly. Use the Boiled Frog and Erotic Telepathy techniques to pace yourself and discover what he is into so he feels comfortable.

A note about texting photos

It pays to be especially cautious with ANYONE NEW before sending any manner of revealing photos, particularly if the guy is someone you just met and he's pushing you to send naked photos right from the start. That should be a red flag! Racy texts and sexy photos are a privilege that should only be granted when you have reasonable proof that he is trustworthy.

Remember this rule of thumb: if the idea of the photo getting shared online without your permission scares you to death, don't send it. Also remember that even so-called "safe" apps like SnapChat (where the pics you send through the app get deleted after a few seconds) aren't 100% safe from being shared.

How do you handle someone requesting nakey pics?

If he asks for a skin pic, send him a photo of something else, like your knee cap, or your neck, or a photo of a cat (get it...pussy pic? Haha)... something other than what he's really asking for. It's a playful way of saying no.

If he still persists, you can tell him that revealing photos are a privilege reserved for being in a relationship. If he continues to push you, dump him. Seriously. Anyone who doesn't respect your boundaries is bad news.

Okay, there are cautions, don'ts and pitfalls. So how should you use this program when you are dating?

A new relationship is ripe with opportunities for creating mystery and giving him the thrill of the chase. Use the infancy of the new relationship to your advantage.

Using teasing and innuendo to give him sneak peeks into what's to come down the road with you. You remain slightly out of reach, which encourages him to pursue you.

Like we talked about in module six, it takes work in a long-term relationship to keep the chase alive. But you have the benefit of mystery and chase when you are dating and starting something new. Don't squander it by sharing every single amazing trick you know all at the beginning.

This may sound corny, but think of your sexual superpowers as premium bonuses that are earned, like in a video game.

Only when a man reaches a certain level (or milestone) does he get to enjoy that gift or bonus. This prevents you from sharing too much too soon, which keeps the chase alive and keeps him coming back for more.

These milestones are totally at your discretion, but I do recommend taking care to reveal them over time rather than right out of the gates.

Some natural milestones when dating someone:

- The first handful of dates (some relationships don't get past date 1 or 2)
- The first time you have sex
- The first time you spend the night together at his/your place
- Deciding to be exclusive
- Saying "I love you"
- Meeting important people (friends, kids, parents)
- Going on vacation or a getaway together
- Talking about the future (moving in, marriage, etc.)

As your relationship progresses through these milestones, you can introduce different techniques. Some of these you've already read, some will be in upcoming modules (those are marked with an *).

Techniques to use without sex:

- The Cuddle Hormone (it can just be doing fun activities and not ending the night with sex)
- The Boiled Frog (highly recommend using this one!)
- *Invisible Chastity Belt (it can just be a super hot-n-heavy make-out and leave out oral if you choose)

Techniques you can use when you are newly sleeping with a man (first 1-3 months):

- The Madonna Moan
- Pavlov's Erection
- Oral Intensifier
- *No Touch Lay
- *Erotic Telepathy

Techniques that work best once trust and a relationship has been established (3-6 months or later):

- Tease Intensifier
- Verbal Viagra
- *50 Shades of Experimenting
- *Lust Mirror

And if you are stuck in dating purgatory with a man who isn't suggesting moving the relationship forward, you need to pay close attention to the next lesson: Monogamous Male Maximizer.

Flirty (and a little dirty) texts for the beginning

I am a HUGE believer in using texting when you are dating someone. It's a fantastic medium for flirting and letting him know he's on your mind.

There are lots of text phrases in all of the techniques I teach you, and they go from flirty to downright raunchy. But if you are newly dating someone, many of those raunchy ones would be coming on way too strong.

You can certainly modify any of the lessons to suit your personal taste and save some of the more explicit material for later on in a relationship.

However, I think setting the tone early on with flirting via text is important. You want to establish early on that texting will be a fun way to play together. So here are some tried and true texts to use when you want to flirt without getting (too) dirty when you've just begun to date someone.

Flirty (and slightly dirty) attention grabbers

Stop...

...distracting me ;)
...turning me on, I can't concentrate ;)
...filling my mind with naughty thoughts ;)
...thinking about me. Get back to work ;)

Mmmm...

...I am thinking some very yummy things about you right now
...I keep thinking of your amazing kisses
...you are awfully cute, you know that?

Are you...

...blushing? You should be based on what I'm thinking ;)
...rested up? I plan to exhaust you on Saturday ;)
...turned on like I am? Wow.

Damn...

...thoughts of you have me smiling today
...I am so turned on by you
...I can't wait to be in bed with you

Know what?

...I can't wait to feel your kisses
...you are one sexy man ;)
...I just got out of the shower. Enjoy that visual ;)

Can I just tell you...

...your arms are damn sexy
...you have me very turned on
...how good you looked the other night?

Tell me something...

...do we look good together or what?

...why are you so damn seductive? ;)

...how much are you looking forward to next time? ;)

A little dirtier texts

What would you do...

...if you were here right now?

...if I was there with you?

...if we were alone right now?

I can't stop thinking about...

...how my body responds to your touch

...the things I want to do to you

...the things I want you to do to me

...all of the places I could kiss you ;)

Imagine this...

*...me running my fingers through your hair as we
kiss*

*...me nibbling your neck and slowly working my mouth
down your body*

...you touching my soft skin, exploring my neck... shoulders... back...

I can't wait to...

...feel your body next to mine, skin to skin...

...pounce on you when I see you! ;)

...have you in my bed, alone, and uninterrupted...

...make you my sexy love slave ;)

...run my hands over every inch of you

His replies may run the gamut. He might read your flirty message and be off to the races getting dirty right away.

One friend of mine tried out a cute flirty text on a new guy and he sent her a pic of his erection. Another friend sent a flirty text, and he launched into describing how badly he wanted to lick her pussy.

If that happens to you, you don't have to engage with him at that explicit level if you don't want to. A simple cooling text works...

Whoa there! Let's save some for later ;)

Oh you are so naughty ;)

Slow down mister, plenty of time for all of those activities ;)

I've got you really turned on huh? Naughty me ;)

And then let him know that you have to get back to work or take a call or leave for an appointment. Something to end the conversation.

He also may be a little uncertain how to respond, too. So if his reply is sweet, keep things closer to the PG-level for now (and if that's the case, use The Boiled Frog for sure!).

THE *Language* OF *Desire*

Module Seven, Part 2: Monogamous Male Maximizer

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Monogamous Male Maximizer

This technique is to be used when you want to move your relationship from casual to exclusive. **Seriously, don't use it if you aren't sure if you want this guy.** To make sure he's boyfriend material, go through the Is He the One You Really Want worksheet from the last lesson.

It may seem like getting a man to commit to you is impossible. Guys have this irrational fear that being in a relationship means giving up on a dream. You see, deep down in the psyche of most guys lives this vision of being the ultimate alpha-male stud with supermodels throwing themselves at his feet.

Or some variation on that fantasy.

Men tend to believe that if they make enough money, drive an awesome enough car, or work out to achieve massive muscles, they will be living a rockstar life with hot babes at their disposal.

Even if that picture couldn't be further from the current situation or seems totally out of touch with reality, somewhere in his mind, he harbors that vision.

And let's face it, in the smörgåsbord of modern life, where he can go online to a dating site and view thousands of available women, the idea of a never-ending supply of females is somewhat real. The "perfect woman" could be just a click away.

Which makes the idea of committing a bit unappealing.

Because in his mind, commitment equals giving up freedom. Even if you are super chill about dating and spending time apart, on some level, he equates exclusivity with captivity.

So there are two things you need to accomplish to make the idea of commitment worthwhile. And the key here is that the idea of commitment is HIS, not the result of you giving him an ultimatum (those only create resentment) or nagging him into it. This technique creates a desire in him to commit to you. The two things that create this desire to commit are...

1. Create some space to draw him in
2. Make him feel amazing

You have to implement both concepts. And while they seem slightly at odds with each other, I will show you exactly how to do it.

*****Important Note!*****

I cannot guarantee that this will work 100% of the time with 100

There are men who are damaged from past heartbreak or other trauma and simply aren't capable of commitment. There are also men who are abusive, dishonest, or cheaters, people you wouldn't want to have as your boyfriend, either.

So even though you believe he is the ideal man for you, you have to be willing to walk away from him, too, without a scene or ultimatum. You are a smart and sexy woman who many men will find desirable.

One bonus of this technique is that it keeps you in control and empowered. You are actively enjoying your amazing life. And you are keeping your options open in the event that this relationship doesn't pan out. And if this guy doesn't choose to join you in your amazing life, you really won't be losing out. I promise!

Step One: Do the worksheet!

I told you to do it in the opening paragraph, and if you thought you could skip ahead and not do it, well, too bad. That is your first step. So go open it up, complete it, and come back when you are done ;)

It's important to understand why you want a relationship with this particular man. It has to be more than physical attraction!

Step Two: Create space

The biggest mistake I see smart women make is to act like they are someone's girlfriend when they aren't. Until he asks you to be exclusive, you are BOTH single. That means you are free to date and talk to other men. And your weekends and downtime aren't automatically saved for him.

So leave your online dating profile up if you have one. Continue to answer emails and go on other dates. Do NOT feel guilty about this. You can limit the dates to daytime coffees if you want. And don't feel obligated to kiss or get physical with any of the other guys.

Also, fill your social calendar with outings with your girlfriends and other people in your life. Do NOT leave yourself with no plans so that you can be available at a moment's notice to this man.

If he asks you out for a Friday and you have plans, tell him you aren't available that evening, but offer a night that you are free. And you don't owe him an explanation of what you are doing!

If he asks what your plans are, simply tell him "I am meeting a friend for _____." Don't elaborate. Even if you are going to happy hour with your aunt. Give him the chance to fill in the blank that some other lucky man is taking you out.

The important thing here is that you continue to lead an active and interesting life on your own. Yes, you will make time for him, but he cannot take for granted that you are at his beck and call. Creating a void where you aren't just automatically there forces him to put in some effort to see you.

It's human nature to want what we can't easily have, and by hinting that there are other guys in the running, you will activate a little competitiveness within him.

Step Three: Build desire

If you've already been sleeping together, pull back a little. Sex at this stage of your relationship should not be a given or something to take for granted.

For example, at the end of a date that might normally end in sex or a sleep over, make out passionately and then cut the night short.

Press up close to him, kiss him, then pull back and bite your lip. Look him in the eye and say something like, "Your kisses drive me wild, but that 7am wake-up call will come mighty early. So it's time to say good night," and send him on his way.

After he leaves, text him and say, "Enjoy those sexy dreams you'll be having of me tonight ;)"

This step works just as well even if you haven't already had sex. There is something intoxicating about a confident woman who teases a guy.

Even if you aren't totally sure that he is having sexy dreams about you, telling him that he is plants that seed. Plus, it's super flirty and self-assured.

It doesn't mean that you stop sleeping with him altogether, it's just that you intentionally hold back. If it's just a regular old Wednesday and you went out for a quick bite after work, use that as a no-sex date. If it's a special occasion where you've gone to a fancy party or are doing something particularly romantic, then go for it.

For those times you do sleep with him, use one of the techniques like the Oral Intensifier or Verbal Viagra to blow his mind and make the event super memorable.

By alternating no-sex dates with amazing-sex dates, you are keeping him slightly off balance and eager.

Step Four: Make him feel amazing

This step gets a little tricky because it may sound like it's contradicting the other three. But if you are implementing all of the steps, it isn't. And while making him feel amazing physically is a huge focus of this program, here I'm talking more about making him feel appreciated in the broader sense.

A man will value the woman who makes him work a little bit to have her. And he wants to put in work for the woman who makes him feel like an incredible man.

Most women tend to do one or the other. Either she plays so hard to get that she comes off like an ice queen, or she showers him with so much attention and makes herself boring by appearing entirely too available and needy.

The key to this entire technique is balancing the two. Create the space for him to chase you and also make him feel amazing.

You want to let him know that you value and appreciate him. You do this by giving him honest praise and genuine compliments.

Looking at your worksheet, you identified the core reasons you are attracted to this particular man. You are going to share these with him.

The key here is to not go overboard. Look for natural opportunities to pay him a compliment. For example, if you are attracted to his passion for his career, next time he brings up work, tell him, "I really admire how much you enjoy your work. It's very attractive."

Also, send him unexpected appreciative love notes via text.

Start your text with something like:

I admire...

I adore...

I appreciate...

I really like...

I enjoy...

I value...

I respect...

And follow up that with something you genuinely want to compliment him about. Men love feeling respected and acknowledged for their accomplishments, hard work, AND how they make you feel.

...your integrity. It's a rare trait!

...your passion for your career.

...how much you love your kids.

...your willingness to always help someone you care about.

...your sense of humor. You always can make me laugh :)

...your intelligence.

...how you make me feel safe when we are out together.

...your willingness to be goofy in front of me.

...how much fun I have with you.

I recommend giving him these compliments (in actual conversation or via text) at least once per week.

And the final way you make him feel great is to express gratitude!

It is such an obvious thing, but you'd be surprised at how often people forget to do it.

Thank him when he takes you out and pays for dinner, drinks, or the activity.

After a date, send him a text thanking him for a great time. Mention something specific, too. Tell him what your favorite part of the evening was, for example.

"Thank you for taking me to watch the baseball game. My favorite part was you cheering for that crazy triple play!"

"Thank you for dinner last night. I especially enjoyed the delicious Chardonnay you chose for us."

"I had such a great time bowling with you. The way you wiggled your butt on the approach was super cute"

And yes, tell him that you enjoyed it when you did get physical!

“Every time I think of last night, I get a delicious tingle through my whole body.”

“I swear my legs are still quivering from that amazing orgasm you gave me.”

“You totally rocked my world last night. I sure do enjoy sex with you! ;)”

“Thanks to you, I can’t even concentrate on work today. Would rather think about how incredible you feel.”

It feels amazing to be appreciated. As humans, we naturally want to be close to the people who appreciate us and make us feel special.

By using these steps in concert with each other, you are showing him that you are worth chasing and that a relationship with you makes him feel great, both sexually and otherwise.

Frequently asked questions

How much time should I give him to commit before I give up?

There is no magic number here. Some guys might be asking for exclusivity after just a week or two. Other guys may take a lot longer. That is why it’s imperative that you keep living a full life without making him the center of your world.

If you are continuing to operate as a single woman and you are meeting other men, one of two things will happen. Either you will eventually meet someone else who you would like to commit to (and who wants to commit to you) or this one guy will eventually commit.

Can I use some of the other techniques and dirty talk with him before we are exclusive?

Certainly! However, remember the video game analogy I gave you. Think of your sexual superpowers as special gifts. Not every man you date gets to experience these fantastic things with you. Save some of it for later when a relationship starts to develop.

Look, it’s totally possible to use most if not all of the techniques in this program with a man who isn’t your husband or boyfriend. Like I’ve said before, not every woman wants an exclusive long-term relationship.

But if you are a woman who desires an LTR, be selective with what you share with a man at the beginning.

I've tried doing every step and he isn't acting any differently toward me.

That is disappointing, no doubt. Heartbreaking even. But remember, even if he might be wonderful in many ways, if he isn't able to commit to the type of relationship you want, you need to be willing to walk away. Settling for half a relationship isn't the answer. Walk away and make yourself available for a man who does desire a commitment.

Can I use this technique on more than one guy at a time?

Sure! I do think being selective about who you want to commit to is important. And by being selective, you tend to weed out the men who aren't quite the right fit (Mr. Right-for-Now versus Mr. Right). But it is within the realm of possibility that you could meet two men who each would make a great partner for you. If that is the case, there is nothing wrong with using this technique simultaneously on more than one man.

Just be discreet about it! While part of this technique does serve to stir up a little competitiveness, it's icky to intentionally pit these guys against each other.

Will this work on a guy to get him to leave his wife?

Um, no. Just no. Don't seek out a man who is already taken. You deserve someone who is available to you, girl! If you have to keep your relationship secret, that's a gigantic club over the head that you deserve better. Plus, it is just all kinds of not cool to mess around with another woman's guy. If you meet a great man who happens to already be attached, simply tell him, "Look me up when you're single," and walk away from him.

THE *Language* OF *Desire*

Module Seven, Part 3: Friend to Fantasy

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Friend to Fantasy

This is a special technique if you've been friend-zoned by a man you are attracted to.

There are a couple of friend-zone scenarios that I want to outline, because while you may be in the same zone, the ease with which you get out of it is slightly different.

Scenario 1: You chose to friend-zone him

Maybe you met while you were already in a relationship. Maybe you met at work where dating was a no-no. Maybe he's been your buddy for several years and the attraction developed over time. The point is... you chose to some degree to just be friends with him. But now you've realized there could be some romantic potential.

Scenario 2: He chose to friend-zone you

He's the guy friend you've always had a crush on, but he just treats you like one of the guys or like a little sister. You have felt that spark with him, but he has only ever wanted to be friends.

I am going to tell you that it is going to be slightly easier to get out of the friend-zone if you were the one who initially chose it. It's not impossible to change his mind if yours is scenario 2, you just have a few obstacles to tackle along the way.

Outside of a logistical reason (i.e. one of you is already attached), a woman generally gets friend-zoned when there isn't an immediate sexual attraction. He probably enjoys things about who you are, he just doesn't dream about seeing you naked... most likely.

It's the same reason we friend-zone a guy. We probably think he's nice or funny, maybe even cute, but he isn't getting us all hot-n-bothered.

Now this may sting a little bit... but some guys also do kind of a messed up thing where they judge whether a woman is "attractive enough" to be with. Like would his friends think you're hot? Would he be proud to walk around with you on his arm? I cringe even writing it. But it's an unfortunate reality and a possibility for why you've been friend-zoned.

Does this mean that if you aren't conventionally pretty or carry extra weight that you are forever doomed to be in the friend-zone with this guy? No. You can counteract this problem through your confidence. And that is what this technique is all about.

Quick side note: You should never make yourself crazy trying to make one particular guy find you attractive. It is quite possible that this particular guy may never be attracted to you. Harsh? Yes. But it's good to accept this possibility now. And, as a woman who at one time tipped the scales at well over 250 lbs., I can promise you there are men out there who love ALL shapes, sizes, and types of women! There are lots of men out there who will find you desirable, I swear to you.

Another quick side note: This technique isn't something that will happen overnight. In fact, it may take a month or two to see results.

Step One: Stop being his buddy

If you hang out to watch the game in your sweats or generally do things with him as “one of the guys,” stop immediately.

To change his perception of you from friend to potential lover, you need to reframe how he sees you. That means curtailing the “buddy time” to a degree. Can you still hang out? Yes. It just won't be as often if you spend tons of time together currently.

Along with not hanging out like one of the guys, you need to pull back on what you share. That means adding a little mystery. If you are close and talk daily, don't tell him every single detail of your day. When you go out with other friends, don't check in every hour and be purposely vague at times about what you are up to. Give him the chance to wonder a little bit about you.

Step Two: Put effort into your appearance

Sure, one of the great bonuses of having an awesome guy friend is that you can be yourself and not spend hours primping before seeing him. However, you want him to sit up and take notice of you in a different way. So when you do spend time with him, take time to look good.

Makeup, hair, flattering outfit, jewelry, sultry perfume. Get ready like you would for a date.

This also means taking care of your health. If you aren't happy carrying excess weight, now is the time to embark on a healthy eating and exercise plan. This does NOT mean crash diets and becoming a complete gym rat. Just put in the effort to transform into the healthiest version of YOU you can be.

Step Three: Be friends and date other guys!

If you've been obsessing about wanting to get romantic with your guy friend, chances are he's picked up on it to some degree. And that can feel like pressure to him. What you need to do is take all of that pressure off of him... so much so that there is ZERO pressure because you are interested in other guys.

Even though you want to be more than friends, you need to authentically adopt the attitude that you are ONLY friends. Stop daydreaming about your future wedding and get busy living in the now.

If you are a chronic daydreamer, get yourself a rubber band and put it around your wrist. Each time you drift into a romantic reverie, snap that rubber band. Hard.

If you aren't already, go create an online dating profile. It's the easiest way to nearly immediately conjure up a line of guys beating down your virtual door to date you (FYI check out the *Online Allure Formula* for an awesome step-by-step guide to online dating success).

Let your guy friend know you are dating. Don't go into tremendous amounts of detail about it (like you would dish to a buddy), but casually tell him you joined a site and have met a few interesting men.

Step Four: Flirt with him

At this point, he's probably noticed something has changed with you. You no longer hang out in your scrubby clothes with him at a moment's notice, when you do hang out, you look like a million bucks... and he knows you are out there being courted by other men, men who don't see you as their buddy, men who see you as a sexy and desirable romantic possibility.

Chances are he's started thinking of you in a slightly different way. Maybe he's even begun to wonder why he isn't dating you.

Now you are going to test the waters with a little flirting and innuendo. This may feel weird at first and definitely requires confidence, but I know you can do it!

Compliment him on how he looks.

That new haircut is pretty sexy.

You look very manly with that 5 o'clock shadow.

Those jeans look... wow, they look nice on you.

I have to tell you that your hard work in the gym is paying off.

You look very handsome in that suit and tie.

Tell him he finds you attractive. This one is hard to do but works! The trick is to wink or laugh when you say/text it. It's playful, not over-confident.

I love that truck of yours. I look good riding shotgun ;)

I saw you checking me out in this dress. It's ok, I don't blame you ;)

I know it's distracting when I look this good ;)

*Totally random, but I had a dream we made out (or had sex).
It was quite something!*

Look for opportunities to make sexual jokes and innuendo. Even if they are silly like Michael Scott in *The Office*. He is your friend, so it's okay to be goofy with him.

Years ago, I had a crush on a guy I'd met professionally. We developed a friendship, but things were definitely stuck in the friend-zone. One night, we went out to play pool together. (I highly recommend playing pool with your guy friend – more on that in a sec.

It was my turn to rack. I was leaning over the table (totally flashing cleavage) and adjusting the rack just so. I knew he was watching me so I looked up at him and said "Are you admiring my nice rack?" and laughed. He was caught off guard and totally cracked up. But it added a little sexual tension to the game for sure.

Obvious flirting with him may be enough to get him to make a move out of the friend-zone. Judge his reactions and responses as objectively as possible. If he starts to flirt back, that's a great sign! If he doesn't, you don't have to give up hope yet.

Step Five: Do activities together

I told you to curtail the vague "buddy" hangouts. What you can do instead is get out and do a focused activity, like a friendly "date."

Like you learned in the Cuddle Hormone lesson, doing new activities together has a chemical effect on the brain. Re-read that lesson if you need a refresher on the concepts. But I want you to invite your guy friend to go do some friendly competitive activities with you. Things like...

Playing pool: This is a game totally designed to check each other out. When you are leaning across the table showing some cleavage or bending over to take your shot (totally showcasing your booty)... make sure to make eye contact and smile.

Shooting darts: Again, great opportunities to let him check you out. As you step up to take your turn, glance back at him over your shoulder and say, "Watch this!" Darts are an easy game that anyone can play, no need for athletic prowess. Bonus: you can touch his hand when you hand over the darts.

Driving range: If you aren't a golfer and he is, this is perfect. He will need to get close to you in order to help you with your swing. Lots of opportunity to innocently touch each other. And whenever you can, make eye contact!

There are lots of other fun things you can go do together, like bowling, go kart racing, miniature golf, or the batting cages. Anything that gives a chance to be a little competitive, check out each other's bodies, and touch will amp up the Cuddle Hormone between you.

Step Six: Lay it on the table

This is the scariest step. Because after doing all of the other work, if he hasn't made a move on you, there is a chance you may get rejected. However, there is also the chance that he's waiting for a clear invitation from you. After all, you've started treating him differently, and he knows you are dating other guys.

So, if after all of this time when you've been dating other men, you still carry a big torch for his guy who hasn't made a move, you need to either get an answer or cut your losses and move on.

I've been in this situation before. And when it got to this point, I had already realized we were only ever going to be friends. And I opted to move on without making a bold declaration. But if you are the type of person who needs a definite answer, here are a few possible ways to give him that clear invitation:

Next time you hug goodbye, pull away a bit and look him in the eye. You can say, "Funny, I think I want to kiss you right now."

Tell him your last hangout felt like a date. Ask him if he noticed that at all.

Tell him you went on a date with a guy and you found yourself thinking about him instead.

Or you could just really be bold and tell him you have romantic feelings for him.

How do you know his answer? Well, he's either going to kiss you, tell you that he thinks of you in a dating sense too, or tell you he has romantic feelings back.

If he doesn't kiss you, or changes the subject, or tells you he doesn't want to "ruin the friendship..." you have your answer.

And while you might be terribly disappointed that this guy only wants to be friends, you can take heart in the fact that you've been feeling sexy, meeting other men, and working toward being your healthiest and most spiffed-up self. And you can finally move on with a clear answer!

THE *Language* OF *Desire*

Module Seven Worksheet **Are You SURE He is the One** **You Want?**

by Felicity Keith

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Are You SURE He is the One You Want?

The desire to have a partner is a strong one, so strong that it's led many people to end up in less-than-stellar relationships because they feel that any relationship is better than no relationship.

Luckily, you are a smart and sexy single woman. And you value yourself and understand that settling for someone isn't in your plan.

But even the smartest of smarties can fall into a haze of hormones that blurs her vision temporarily when lust strikes.

So before you even remotely start to even think about doing the Monogamous Male Maximizer... or before you say yes to exclusively dating a man... I want you to go through this checklist and answer it honestly.

	Yes	No
He treats you with respect and values your opinion.		
You have similar life goals and lifestyles. For example, you both do (or don't) want children in the future.		
You have confirmation that his finances are in order or at least satisfactory. This isn't about finding a Sugar Daddy, but about making sure he is financially responsible.		
You have interests and things you enjoy doing together aside from sex (but the sexual chemistry is definitely hot).		
You encourage each other to spend time with friends/family separately from each other.		
He has shown you that he is a man of integrity.		
You admire and are attracted to how he lives his life, not just how he looks or what kind of car he drives.		
You both live life by similar moral codes.		
You don't suspect that he's hiding anything major from you.		
The friends/family who have met him like him.		

You don't have to answer every single question with "yes." But I will tell you this: even one or two "no's" here give you some solid information.

Either you don't know him well enough yet to know for sure if he's boyfriend material, or you really should reconsider whether or not this is the type of man you want to give a lot of importance in your life to.

A man doesn't have to be perfect, because neither are you. None of us are! However, these questions are some of the foundational building blocks that make a healthy relationship. Choose wisely, you deserve a happy relationship!

THE *Language* OF *Desire*

Module Eight, Part 1: Planting Desire Seeds

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Planting Desire Seeds

By this point in the program you've probably gathered a lot of great ideas and inspiration that are fueling your fantasies. However, it may still make you nervous to boldly and directly describe them to your guy.

And while the direct approach is best and subtle hints can go unnoticed, with this technique you are going to combine the two. A blend of direct and subtle that will plant "seeds" in his mind so that at the exact moment you want, you can have him leap into action and make your desires come true.

Well, that may be a bit of a stretch (though I do get a giggle imagining my guy "leaping into action"). But what this technique does is provide him with enough information about what turns you on, yet puts him in the seat of power. He is orchestrating your pleasure, and as a result, gets to bask in the glow of his sexual prowess.

It's important to note that this exercise doesn't have to literally bring your fantasy to life. It can, but it doesn't have to. The true goal with this exercise is to grow your sexual connection and his confidence in knowing what turns you on.

Step One: Gather your fantasies

In your journal, I want you to write down some of your personal desires and fantasies. This is just a brainstorm right now.

Remember that fantasies aren't "good" or "bad." They are simply representative of your sexual imagination. Sometimes what we find arousing may not even make much sense.

Here are some key words to get you started...

Sexual Acts

fellatio (blow job), cunnilingus, masturbation, mutual masturbation, certain positions (doggie-style, you on top, reverse cowgirl), ejaculation on your body, ejaculation in your mouth (swallowing), nipple stimulation, hand job (you or him), fisting, anal penetration, mouth to anal stimulation (rimming), threesomes, swapping partners

Clothing and Props

schoolgirl outfit, military uniform, sports uniform, work uniform, masks (ski mask, costume, masquerade), hats (cowboy,

tiara, ladylike hat), formal wear (gown, tuxedo, suit), gloves, maid uniform, fully nude, one partner nude/one clothed, no panties under a short skirt, sex toys, strap-ons, restraints, blindfolds, clamps/clips, handcuffs, collars, hairstyle (ponytail, pigtails, bun, loose), wigs/disguises, using food/edibles (whipped cream, syrup, honey, fruit)

Places and Scenarios

bedroom, living room, kitchen, bathroom, outside, by the pool, hot tub, on the beach, at a park, mountain trail, in a parked car, on the hood of a car, camping, nightclub, airplane, in public, where you could (or do) get caught, someone is watching you, you are watching someone else, multiple person orgy, sex party, while watching porn, at school, in a locker room/gym

Reading through those keywords, you likely found a few ideas and things that started to arouse you. Note what those were and start to combine them in appealing ways.

For example...

- At a fancy restaurant, you aren't wearing panties under your dress; he rubs your clit/vagina until you climax.
- Camping in the woods, sex outside of your tent in daylight, caught in the act by a forest ranger.
- You are nude stepping out of the shower, he bends you over the vanity and takes you from behind and you watch in the steamed up mirror.

Write out a couple of specific ideas that sound fun/interesting/arousing to you. Don't worry right now about logistics or how you will bring it to life. Just think of what turns you on.

Step Two: Make a selection

Again, without really spending time thinking about the "how," choose a scenario that is your favorite.

Got it? Good!

Step Three: Put it together

Now that you have your scenario, you are going to pull things together to use as your “seeds.” These will be tangible items (clothes, props, books) as well as digital items (photos, videos). You will need to be a little creative, but I will give you some ideas on how to do this.

Also, this can be as involved as you want it to be, and it can also be done fairly simply. I’m outlining this process as the full-meal deal so you have the tools to be very detailed. I will show you how it can be scaled back, too.

Clothing and props

- What are the details of the clothing? What are you wearing and what is he wearing. Does it involve toys or other props?
- Are these items things you already own or can acquire easily? If so, get them.
- Gather photos of the items and save them on your smart phone (you can also create a secret Pinterest board if you’d like).

Location/Place

- Where does this take place? Are there specific items that correlate to the place? For example, if it was a scene in the kitchen, utensils or spatulas could work to symbolize.
- Is this a specific locale, like on vacation or an airplane? Gather photos of the place.

Sex acts

- What are the specific sex acts taking place?
- Can you find photos or video that depict the sex act? If so, download/save to your phone.
- Look on Amazon for erotica books that feature that theme or sex act. Purchase digitally or in paperback.
- You can also write down the details of the sex act in your fantasy.

Step Four: Plant your seeds

This is where it gets fun! Again, you will need to use some of your own creativity, but I will walk you through several ideas.

What you are going to do is start sending him clues, leaving him subtle hints as well as overt surprises that get him on the same page as you and your fantasy.

Examples of clues to give him:

Send him a photo of you dressed in the fantasy outfit; no explanation, just a photo.

Tuck a pair of panties or other prop in his jacket pocket or briefcase for him to find.

Text him a link to a video to watch that shows something related to your fantasy.

Write out part of the fantasy and stick in on a Post-it on the bathroom mirror. Or slide it into the book he's reading or paperwork he's working on.

If you have a book that describes the fantasy, bookmark it with a ribbon and leave it for him to find with a note that says, "Read me."

Leave him a voicemail message of you reading a passage from the book or describing the fantasy for him. Read as if he's listening in on something happening: jump right into the action.

Text him some fairly vague phrases and hints about the fantasy with winky-faces. "Visions of making love on a tropical beach ;)" or "We walk into the party not knowing what to expect. . . but we see beautiful naked bodies in states of bliss and pleasure"

Send him photos of clothing, sex toys, or other images that relate to the fantasy with no explanation

Step Five: Timing

You don't want to bombard him with all of these clues at once. You will need to calculate how to space them apart. You want to pique his interest without it feeling necessarily urgent. This is a slow build at this point.

One plan is to send him something every few days. For example, send a picture text on Monday. Tuck a pair of undies into his pocket on Thursday. Leave a book for him to find on Sunday. Leave him a voicemail on Wednesday.

You can even space it out further than that, but you want to keep it somewhat top of mind. Wait too many days, and he may forget about it and not be able to easily follow your train of thought.

Continue to plant seeds until he starts repeatedly asking about them. . . or takes action.

Step Six: Tease

He will probably ask you what you are doing. What does that text mean? Why did you send him a photo of that outfit? Why did he find a sex toy in his briefcase?

Feign innocence. Tell him that it was just something you saw and thought he might like. Say you don't know how that sex toy got there or where that book that said "read me" came from.

And then try to change the subject and leave him without any specific answers.

Eventually, he will get persistent and keep asking. You can then ask him, "What do you think it means?" and see if he guesses. If he does guess that you are hinting at a sexual fantasy, ask him if he'd like to bring it to life (if he hasn't already suggested that).

If he seems genuinely stumped, you can lead him closer to the answer by saying they are "just some ideas" you have that sound fun or sexy.

Step Seven: Bring it to life

The seeds have been planted. If he's a more sexually adventurous type or you've already played with bringing fantasies to life, he may get it immediately and bypass asking questions and go straight for sex.

If he's more reserved, you may have to be a little more patient.

If he isn't picking up on your clues the first time around, you may have to be more proactive. The next time you plan to have sex, have one of the props there with you. Coily ask him what he thinks about it or if he has an idea what it's for. Or you can begin to bring the fantasy to life by talking it through.

Now, how does this work if your fantasy is that you are a stewardess who is seduced by a sexy passenger and you have sex in the airplane bathroom?

Well, this where the power of imagination come through. Short of booking airline tickets, you could have a sexy stewardess outfit and you could role play pulling him into your small powder room to have sex standing up.

You can also bring the fantasy to life simply by narrating it while you have sex in your bed. See, to feel the pleasure of your fantasy, you don't have to literally act it out. Think about it. . . if you've gotten aroused by this fantasy before, chances are you haven't actually experienced it. It is simply an idea that arouses you, and your imagination does all the work while your body responds.

So that is why I told you to not worry about the logistics or details with this. You can rely on your imagination and creativity to bring it to life.

Step Eight: The afterglow

This is a very important piece of this exercise: you need to specifically thank him for tending to your desires. Tell him you loved how he was able to guess what your clues meant. Or, if he didn't guess them, thank him for being willing to participate in exploring your desires. Let him know how much that turned you on and how you felt so loved and appreciated by his ability to satisfy you.

By doing this, you are reinforcing all of the positive connections you made together. Especially if he seemed uncertain about what your clues meant. Praising him and letting him know how much this pleases you sexually increases your intimacy. It also opens the door for you to do it again with another fantasy AND for him to know the ways in which he satisfies you.

Frequently asked questions

I planted my "seeds" but he just seemed really confused by the whole thing. Did I do something wrong?

Not at all! Remember, some men can be very singularly focused and task-oriented. And the first time you try this, your clues will seem totally random to him and not really connected to anything concrete. He very well may be clueless (haha) despite your efforts.

That is why, especially the first time, you may have to lead him to the big idea. It's okay if he didn't "leap into action" this time like I half-way promised. Chances are, though, the next time you set about leaving clues and hints, he will definitely put two and two together.

My fantasies are really straightforward and just involve romantic lovemaking. How would I give him clues for that?

Fantasies don't have to be kinky or off-the-wall! I know a lot of women fantasize about their man making tender and sweet love to them. In this case, think of all the details you would enjoy. Pretty lingerie, candles, poetry, fine wine, soft music. Send him a photo of a gorgeous nightgown. Play him a link to a beautiful love song. Tuck a love poem in his wallet. Buy a bottle of wine. Text him a description of how he takes your breath away when he is romantic. The clues are bountiful with this scenario!

Do you have a question for me about Planting Desire Seeds? Share it in the comments below.

THE *Language* OF *Desire*

Module Eight, Part 2: The Lust Mirror

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The Lust Mirror

Oh how I LOVE this technique! It's probably one of my favorites :)

Two things make this technique super-powerful. First, you are reflecting his masculinity back to him in a very direct way that he understands and appreciates.

Think about all the times in your relationship when you cut him down without even realizing it.

If you are saying in shock “Felicity, I NEVER cut my man down!”

Stop. . . and listen. And answer honestly if any of these phrases sound familiar. . .

You always forget to do the things I ask you!

I do all of the work around here, a little help would be appreciated.

You are loading the dishwasher wrong. Here, just let me do it.

No! Towels get washed in their own load on hot. Don't mix shirts in with them.

Here is your “honey-do” list for the weekend.

You never surprise me romantically anymore.

Wow. A new vacuum cleaner for Mother's Day. Thanks.

When are you going to finish that yard project. You know, the one you started LAST summer?

Take your boots off at the door. You tracked mud and dirt all through the house!

Ouch.

Sure, these are pretty extreme examples, but if they sound even remotely like things you say to your guy, it's important to listen.

When we talk to men like this, they feel scolded, nagged, and all around less than powerful and manly. It feels like we've become their mother, telling them what to do.

And the thing is, we do this both directly and in subtle ways that erode his sense of manhood. We don't mean to do it. And we don't even realize we are doing it.

And once you learn how these words hurt him, you might feel ashamed and guilty.

But now you know, right? AND you can use this technique to build him up and make him feel masculine again.

Now, does it mean you can't ask him to help around the house or lose your shit when he tracks dirt all over the place? Not exactly. We are human after all! And it's not a hall pass to never help you out.

However, if you speak to your man like this without taking steps to counteract it and build his masculinity back up – your relationship is going to be in trouble. In some ways, I think of this technique as a relationship saver!

In general terms, when you build up his masculine self and he feels good, he is more apt to focus on you and your needs. I see it as a win-win.

And you know, I could write a program teaching men about women's sexuality and how to feed your desires. Maybe I will :)

The second way the Lust Mirror is powerful is that it engages you both in a frenzy of heated dialogue that practically makes you explode with lust for each other.

That's the part that is so much FUN :)

Here is how it works

You are going to engage in a back-and-forth conversation all about sex and desires via text.

Remember the game you played as kids where each person in a group added a line to build a story? That's what is happening here, except it's just the two of you creating the story.

First I do this, then you do this. Then you do this, and I do this.

The entire time, you are fueling his masculine desires as well as showing him how you yearn to be touched, kissed, licked, teased, sucked. . .

Example of the Lust Mirror in action. . .

Me: Let's create a little story together, ok? ;)

Him: Um, sure?

Me: I will write a line and then you write a line. Sound good?

Him: Ok

Me: I just took my shower and I'm getting dressed. You walk into the bedroom. With a grin and without saying a word, you walk over to me and put your hands on my...

Him: I put my hands in your hair and pull you close for a kiss. Then one hand wanders down your back, to your bare ass.

Me: You give it a little smack ;) You are wearing too many clothes. So I begin to pull off your...

Him: Pants! You naughty naughty girl :)

Me: Oh yes, I love being your naughty girl :) I pull down your pants and sink to my knees. You are practically begging me to...

Him: Suck my hard cock. I love how you give me a wet BJ :)

Me: I love pleasing you that way :) I'm looking up at you while I have your dick in my mouth, and you moan. I'm overcome by desire for you, so I stand up suddenly and pull you...

Him: You pull me onto the bed. I know you want my cock but I want to make you cum first :)

Me: Mmmmm...how'd I get so lucky? You move my knees apart and cover my pussy with your mouth. You tease my clit with your tongue. Flicking and then gently sucking...building pressure and speed until I...

Him: Until you let out a big long moan. Your whole body is shaking as I make you cum.

Me: Damn baby, you leave me breathless. I can't wait to see you. Hurry home tonight! :)

You can see that we each altered things slightly. He also didn't provide cliffhangers, but that didn't stop me from giving the next bit of the story. I also said his words back to him a few times. That builds confidence, reinforcing that I like what he's saying.

The Lust Mirror story doesn't have to end in any particular way. In this case, I had a conference call I'd forgotten about, so I needed to wrap things up quickly.

Kicking if off

The first time or two you do this technique, you can open it up by sending a text that says...

Let's create a story together...I'll say a line, then you say a line.

It's fun once you've tried this out a few times to just jump into it out of the blue. Send a text with a sentence describing an action without telling him you are creating a story. After you've done this a few times, he'll understand what to do next :)

Volley back and forth

You begin by saying what you're doing and what he's doing.

As I step out of the shower you are standing there naked...

You wake me up by running your hand over my tits...

I'm washing dishes and you press up behind me, kissing my neck...

We've just gotten home from a night out, we walk in the door...

We were on the couch watching a movie...

Next you need to give a cliffhanger to your sentence so he has to fill in the next bit of action...

...and then you...

...then I say...

...then you touch my...

...then I begin to...

...then you ask me to...

...then I ask you to...

...I take off my...

...you take off your...

Now, he will volley back with the next part of the story. It will keep you on your toes since you won't know what he will respond with. That is part of what makes this exciting: you can't plan too far ahead for it. Play off of what he says to you.

He might not remember to add in the little cliffhanger, but don't let that stop you from sending your next part of the sexy story.

The beauty of using texting is that it's okay to take a minute to craft your reply. You can also be spontaneous and type out what immediately comes to mind. Don't think about it too much or be critical. Momentum is sexy, and believe me, he's not analyzing your grammar or sentence structure!

Use what he sends you to inspire your reply. Giving appreciation and positive strokes are key to amping up the lust. When you do it for him, he's likely to follow suit. Notice how in my example, I give him appreciation several times.

I love being your naughty girl

I love pleasing you this way

I'm overcome by desire for you

How'd I get so lucky?

You leave me breathless

I can't wait to see you

I also reinforce the technique I like him to use when he gives me oral. Flicking and gently sucking and then building up speed and pressure. Even though this is through text message and a made up story, I'm coaching him on what feels good for me.

Pay attention to the things he says to you, too. He's probably giving you lots of clues about specific things he enjoys or wants you to do!

Also, if the story takes a weird turn, you can always steer it in another direction. The plot is yours to create! Course correct with these phrases. . .

I love what you are doing but I surprise you by. . .

I want to tease you by slowing things down so I. . .

I'm overcome by desire so I. . .

Your story will likely naturally follow a similar rhythm and order of events that sex does.

Foreplay

Oral sex

Intercourse

Orgasm

Does it mean you have to follow this order? NOT AT ALL! Many times I use the Lust Mirror and only take it as far as oral sex. Sometimes it's both of us, sometimes just one of us. Other times, it's the full meal deal where we create a story that includes every stop along the way. There isn't a wrong way to do this!

I always like to follow up at the end with a positive line like

You make me feel so good.

You know just how to please me.

You always satisfy me.

I love how you leave me so satiated.

I love making you feel good.

I love making you cum hard like that.

And then the final message is looking forward to real life sex :)

I can't wait to see you.

Be ready when I see you.

Hurry home.

Can't wait for this weekend.

Can't wait for tonight!

Cut out early from work and come home now :)

Frequently asked questions

What if I start the Lust Mirror and he doesn't respond?

There may be a few reasons for this. Maybe you caught him at a busy moment. Wait a little while and send a message saying something like "You must be busy. To be continued later ;)" Which gives him the chance to answer when he does have a minute to focus and you can go on to other things, too.

If you think he's not answering because he's shy or isn't sure how to respond... I recommend looking at The Boiled Frog to start with. That technique slowly builds up his confidence in texting sexy things to you.

He may even be brave enough to tell you he isn't sure how to do it. Reassure him there isn't a wrong way to answer. It's meant to be playful and fun.

What if he only focuses on me pleasing him when I do the Lust Mirror?

If he seems to have a one track mind, just switch it up on him. Redirect the story to him pleasing you. Tell him it drives you wild when he sucks your nipples or goes down on you. Giving him encouragement this way and describing how great it feels will usually get his attention where you want it.

You can also switch to a technique like the Erotic Action Movie where you tell him the entire plot before using the Lust Mirror.

Or you can be like my friend Sandra who told her husband in a sassy (yet playful) way that he pleases her first in the story and then he gets his reward ;)

THE *Language* OF *Desire*

Module Eight, Part 3: Erotic Telepathy

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Erotic Telepathy

Understanding your man's unique desires and fantasies and then acting on that information and eagerly meeting those fantasies is one of the most powerful things you can do to make him feel accepted, loved, desired, and connected to you.

Learning what those fantasies are can take a bit of effort.

Understanding fantasies, desires, and sexuality

Fantasies and desires are complex things. Some men can easily, even casually, tell you their fantasies, while other men might have no clue how to actually put into words what they deeply desire.

A lot of times what goes on in our secret sexual brains can be difficult to describe. What we respond to sexually or the images we think about when we climax may not even make a whole lot of sense to us. The thought impulses are flying fast and furious during orgasm.

Those images and private mental movies may also be wrapped in shame and fear.

For example, a fairly common fantasy for both women and men is being taken by force or against their will. Which, by definition, is rape. Sex without consent is a crime. Rape is also something that both women and men fear and (most) know is very wrong. So this particular fantasy can be highly disturbing and confusing. It's one that few may be willing to admit because it's wrapped in both shame and fear.

Some men may fantasize about being sexually humiliated. Being urinated or defecated upon. Having insults hurled at them. Being put into the role of cuckold – where his wife/girlfriend openly cheats on him and he lives with the embarrassment. Not something he may want to talk about.

Also, some very hetero guys may also experience some homosexual fantasies. Does this mean he's gay or bi? Not necessarily, and depending on how open his family, friends, or lover is... he may not even understand how to comprehend—let alone talk about—this fantasy at all.

One man I interviewed told me that right before he came sometimes, he thought about mice gently nibbling on the head of his penis. He could joke about it because he understood it was some wacky wiring in his

brain. He didn't judge himself for it. He had no desire to get freaky with some mice! But nonetheless, that image sometimes popped up in his mind.

Now these are a few extreme examples. However, what a lot of people don't connect with is that sometimes the things you may fantasize about are not activities you actually want to bring to life and experience.

Even less extreme types of fantasies can be scary to discuss; it's revealing our most private sexual selves. And because we tend to judge ourselves (or at least wonder "am I normal?"), we fear that our lover will totally judge us. Or freak out. Or think we are disturbed.

So it stands to reason that for a lot of people, what we are willing to openly talk about regarding fantasies might not be their deepest ones at all.

So why did I even create this technique?

I created it because even if your man harbors an intensely private fantasy that he may never ever talk about, there are still plenty of fantasies he either will tell you or show you through his actions and preferences.

And by acknowledging, accepting, and even celebrating his unique turn-ons, you will create a deep bond of trust and intimacy, which opens the door to deeper sharing down the road.

Discovering, accepting, and integrating my man's fantasies is one of my favorite things about being in a trusted and committed relationship. The fact that I know how to speak to him this way and that I can celebrate his unique sexuality has strengthened our relationship and deepened our intimacy – both emotionally and physically.

He trusts me because I hold this information at a sacred level. And he does the same for me. It's also why I am not threatened one bit by any other woman he might find attractive: I am the only woman in his life who holds the key to his rich fantasy life.

A word on acceptance

I mentioned above that everyone—regardless of their fantasy—fears being judged or ridiculed if they share it with another person.

We all wonder if we are “normal” for desiring whatever it may be. Even those who are the most sexually confident and knowledgeable, who understand a lot about the quirks of human sexuality, are prone to having some insecurities in this area.

When you ask him to reveal his fantasies... or you clue into what they may be through your research... accept them and him with an open heart.

Understand that no matter what his fantasies are, they aren't a reflection of who he wants you to be. They also are completely normal (despite whether they shock you or not).

Even if his fantasy initially repels you or causes you some fear, I am going to teach you how it's possible to incorporate his fantasy in several ways, ways that don't necessarily require you to act it out in a literal sense.

This technique is a little different

I have tried to make these lessons as done-for-you as possible through this program. This particular lesson is not that way. You are ultimately the one who is going to create the actions of this technique. I am going to walk you through my process of how you can gather the information to actually put the technique to use.

Step One: Research

Discovering your man's fantasies requires you to put on your researcher hat and take notes. There are two methods you will be doing in this step.

Ask him

You can, and should, directly ask him to share his secret fantasies with you. Approach it casually and be prepared to listen... and share yours, too, if he asks.

Honey (or whatever pet name you use), I'd like to ask you something kind of personal.

I'd really like to know what your secret sexual fantasies are. I want to know all of the ways I can turn you on.

He may be willing to just share away right then. Awesome if he does!

He might share one or two vague or general things.

I love seeing you in lingerie.

I fantasize about a woman giving me endless blow-jobs.

Or he might say something like this. . .

I only fantasize about you, honey.

THAT is really common. He might fear that you'll freak out if you think he thinks of other women or activities that you might balk at, so he goes with the safe answer.

Gently push him to share more. . .

That is so sweet you say that. But I'm sure there are some things you haven't told me about. I truly want to know because I love you. And this is a judgment-free zone. Want me to tell you one of mine?

Go ahead and be vulnerable. Share something you've never told him before. Or give him more details and context about a fantasy you may have partially shared. This creates a safe space for him to open up to you.

Revisit the conversation if he hasn't been particularly open.

Remember when we talked about fantasies the other day? I've thought of another I'd like to tell you about.

Share it and then ask him if he wants to share with you. Make this type of conversation a somewhat regular thing to keep learning about each other.

Analyze his preferences

This is where you really go into research mode. While he may tell you some of his fantasies directly, there are other clues that you can gather based on the sex you are already having.

Here's an example from my life: My guy and I both like to do it doggie style. Not anything particularly out of the ordinary, right? But here's the little detail that I finally picked up on. He would always scoot my knees up under me. He never said why, I just let him move my legs in that position. What I finally realized is that he did it so he could have a completely unobstructed view of my ass and was able to watch his penis enter me.

This wasn't a complete fantasy, but I made the connection that he was highly turned on by my ass and the visual that this position provided. This was key information I could use when I fed his fantasies. I will show in Step Four how I utilized this information.

So what I want you to do is make a list. Answer these questions:

What sexual positions does he favor?

Are there any specific or unique things about the positions he likes?

What hairstyle does he most compliment you on?

What outfit of yours does he request you wear and what body part does it most accentuate?

Has he mentioned certain actresses that he finds attractive?

If so, what movie or specific characters does he mention?

What phrases and words does he use often in your dirty talk?

What phrases and words does he use when he climaxes?

What phrases and words do you use during dirty talk that really get him aroused?

Once you have your answers, you may realize this exercise has sparked other observations, so write them down!

Step Two: Connect the dots

Now that you've asked him to share his fantasies and have also made many observations and notes about his sexual preferences, it's time to determine how you will bring the fantasy to life for him.

Understanding the themes of his fantasies is very important. You might think it's just about re-enacting a specific scene or activity he's described... which you can absolutely do!

However, like I mentioned at the beginning, sometimes our fantasies aren't exactly literal. They might appear confusing or random. Also, there might specific things he shares with you that cross a boundary.

For example, a lot of men fantasize about being with two women at the same time. However, not every woman is comfortable actually participating in a threesome. Even if you aren't willing to have a threesome, you can still bring that fantasy to life for him in some way.

At the core of the threesome fantasy is actually a desire to be sexually worshiped and be able to display remarkable prowess. To sexually satisfy two women? That takes talent, skill, and stamina!

Because you understand the core theme, with a little creativity, there are several ways you can incorporate it! More on that in Step Four :)

First, you need to determine the patterns and themes.

Look for patterns like:

Does he have a strong preference for being dominant? Does he consistently take a strong, commanding and aggressive demeanor with you?

Does he show you he prefers being submissive? Does he display language or consistent responsiveness to you being the aggressor? Does he have a strong attraction to a dominant female character/actress.

What body part of yours does he fixate on?

Is there commonality between the celebrities he's attracted to? Demureness, girl next door, wild woman, overtly sexual, or highly virginal?

Of the fantasies he's shared, what themes show up and what desires are at the core? It could be to be worshiped, it might be adventure, it could be control over a woman.

Look over your notes and determine one or two major themes of his fantasies.

Common themes are:

Being dominant (commanding, controlling, BDSM)

Being submissive (he wants you to dominate him)

Being worshiped (threesomes, definite preference watching you give him oral, particularly kneeling before him)

Seducing a virginal woman (likes the girl next door, likes hair in pigtails, turned on by the schoolgirl outfit)

Exhibitionism (sex in public or unusual places, being secretly taped or watched by others)

Voyeurism (secretly watching other people have sex, secretly watching you masturbate)

Now that you know the theme of his fantasies, you can bring it to life in a way that turns him on but doesn't cross a boundary for you.

Step Four: Bring the fantasy to life

In this final step, you are going to take the reins and figure out how to make his fantasy a reality. I wish I could write it all out specifically for you, but I can't without knowing your unique info. However, I have faith that your diligent research has given you all of the information you need.

What I can do is share how I would create a real-life fantasy based on some common themes, including the personal one I shared with you.

The voyeur fantasy

If your man has a desire to secretly watch other people have sex, there are a couple of ways you can bring it to life without actually spying on other people (without their knowledge anyways).

In most major cities, there are adult social clubs centered around sexual fetishes and fantasies. If you are daring, you can do some Google searches and possibly find an event to attend. Voyeurism and exhibitionism are commonly combined, like when the exhibitionist couple has sex in the open while the voyeurs observe (openly or via "secret" windows).

If that sounds too scary (or it's not available near you), you can get creative with a little make-believe. Put on a porn or erotic movie that shows people having sex. Role-play that they are not actors in a movie and that you are secretly watching them. It may sound silly, but the power of imagination works!

Ask your man to step outside your room but peek in behind a partially closed door while you masturbate as if he isn't there watching you. If that feels too vulnerable, use phone sex instead. Let him "listen secretly" as you pleasure yourself.

The threesome fantasy

If this fantasy is beyond your comfort zone, you can still bring it to life without having an actual menage à trois.

Watch a movie together that has a lengthy threesome scene in it. Have sex while you watch it. He can visually be stimulated by the action on the screen while being physically pleased by you.

Write an Erotic Action Movie that features the two of you taking part in a threesome. Deliver via text, phone, or Skype. Make sure to describe the other woman in detail. Focus on how he satisfies you both. Use your imagination to describe the sex scene between you and her. Face it, you know better than he does what cunnilingus feels like and the techniques that work. Use that!

The exhibitionist fantasy

If you are completely willing to live this fantasy for him, do a Google search for a social sex club in your area. Most major cities have them. You can join the club or attend a private event and have sex while people watch you.

That may not be your cup of tea, so another way you can bring that fantasy to life is to role-play that you are having sex in public. Getting busy in a different area of the house can provide a new thrill. Leaving a window open with the blinds up (even if nobody can see you) is also risky.

You can also park your car on a secluded street or empty parking lot where the chances of getting caught are minimal. Although—full disclosure here—I did that once and was startled by an officer tapping on the car window. Oops!

One other way to bring it to life is write an Erotic Action Movie where you have sex in a public place (I actually describe doing it in a restaurant for you).

Dom/Sub and BDSM

This fantasy scares a lot of people, but there are so many ways to have fun with it! I actually enjoy the dom/sub fantasy quite a bit and devoted an entire lesson to it in this module!

Characters and role-playing

If you've determined there is a specific character or type of woman your man fantasizes about, bring that persona to life for him!

Purchase an outfit, buy a wig or style your hair in the manner he likes, adopt her mannerisms. Become this persona! Use the lessons from Module Two about channeling sex symbols to get into character.

Specific body parts

I mentioned my particular situation with my guy who was highly turned on by my ass and watching himself have sex.

I went out and purchased some super cute thong and G-string underwear, and then gave him a fashion show. I also sent him pics of cute panties to get his “opinion.”

I bought a curve-hugging dress that totally showcased my butt. It was way more revealing than I would ever have been comfortable wearing in public, but I put it on and served him his favorite home-cooked meal. I made sure to do a lot of exaggerated posing and bending over so he could admire my “ass”ets during the meal.

I knew he loved watching himself penetrate me. So I made sure to talk about that specifically during our texting and anytime I used dirty talk. I painted a vivid picture of what it felt like and how much I enjoyed knowing he was watching.

I also got a few mirrors and placed them in strategic locations in the bedroom. I made a point, too, of having sex in front of mirrors whenever possible, including using the reflection off appliances when doing it in the kitchen.

Final note

As I always like to say, there is no wrong way to do any of these exercises. With bringing his fantasies to life, you don't need to worry about getting it “perfect” before trying it out. Like most things regarding sex, it's a learning process. Be open to experimentation and pay attention to the specific things that turn him AND you on, and then build from there!

THE *Language* OF *Desire*

Module Eight, Part 4: The Romance Rotator

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The Romance Rotator

If you are like a lot of women, sometimes what will get you totally in the mood for sex actually has zero to do with sex.

Help with the dishes, monitoring homework for the kids, doing laundry, or taking out the recycling can be foreplay to some of us at times!

We also enjoy being seduced and romanced to get in the mood and even feel comfortable enjoying carnal pleasures of the raunchy sort.

A lot of this program probably feels like it's only focused on getting his needs met. And if you feel that way, you are partially right. But the feedback I've gotten from everyone I know who has used *The Language of Desire* says that their man has become more attentive and romantic by proxy.

However, take heart, ladies. The Romance Rotator is the technique that puts your desire for seduction and romance in the spotlight.

How it works

I've mentioned many times that men want to feel desired and masculine. They also want to be the hero in your life, the knight in shining armor who slays the scary dragons for you.

It is that need that you are going to activate with this technique.

Now the way do that and combine it with the romance you desire may seem a little sneaky, but he won't be complaining. It's what you'd call a win-win.

What you are going to do is weave your requests for romance in with seduction AND making him feel like a hero. It sounds complex, but it's actually pretty simple.

Step One: Ask for help

You are going to put a new twist on the honey-do list, making him feel both desired and like a hero.

Remember our friends Sharon and Mike from Module Six? I'll refresh your memory...

*Sharon and Michael knew how to have fun with each other.
They'd been high school sweethearts who had now been happily*

married for 22 years. And while they've had highs and lows over the years, they still had a lot of chemistry. Anyone who spent time around them saw it: Sharon knew exactly how to get Michael's attention with unabashed flirty teasing.

"Hey, hon, I'm going to go wash the truck!" Michael hollered on his way out to the driveway.

"You enjoy getting those strong hands all slippery and wet, dear. I may have a similar way to put them to use when you're done!"

Sharon uses the Romance Rotator all the time.

When she has a chore for Mike to do, she alternates between making it playfully sexual and making him feel like her hero. In the first example, she dangled a sexy innuendo and possible reward as Mike headed out to wash the truck. Listen as she switches her approach. . .

"Honey, I could really use your help with something!" Sharon called out.

"Sure hon, what do you need?" Mike asked coming into the kitchen.

"Can you grab the canning jars from the top cabinet? I'd do it myself but that old step ladder feels wobbly and it scares me. Can we get a new one?" she sweetly asked.

Mike easily grabbed the jars she needed and said, "I need to run to the hardware store to grab some fertilizer. I will get you a new step ladder while I'm there, love."

Okay, so this exchange doesn't seem particularly sexy. But what Sharon did was ask Mike to help her. Men LOVE to feel useful and helpful. Asking for help was her first step. Then she brought out his protective nature by telling him about the scary step ladder. Could Sharon have run out to the store and gotten a new one herself? Sure. Did she stroke Mike's ego by letting him be her hero and "thinking of it himself?" Totally.

Now before you gag, thinking this is some sort of 50s housewife ploy, think back to the lessons on sexuality. The desire to be his woman's hero is an integral part of his identity as a man.

Looking for these simple ways to allow him to be your hero is important rather than manipulative. And setting the stage in non-sexual ways fuels his sex drive. It may sound weird, but it's true.

So make your list of things you want your guy to do. If you live together, this is simply part of the equitable distribution of household responsibilities. If you don't live together, I'm sure there are a couple of tasks he probably wouldn't mind helping you with.

Specifically ASK for help

When you ask him to help you, ASK for his help. It's simple. But so many times we phrase it in other ways that don't trigger his inner hero. . .

I need you to. . .

You need to. . .

I want you to. . .

Instead, phrase it as "Will you help me with something?" or "I need your help with this." It seems subtle, but he will perceive it in a completely different way.

Step Two: Sexy reward or white knight

Then decide whether you are going to dangle a possible sexual reward or bring out his white knight.

Throw in some sexy

You can feed him some genuine appreciation by telling him flirty things like. . .

You look sexy mowing the lawn. Like my own personal hot gardener!

I love seeing you get your hands dirty changing the car's oil. So manly!

Seeing you handle those power tools makes me think of some other things you can handle

Hurry and finish that chore. . .I've got another task for you in the bedroom.

The white knight formula

To bring out his white knight, simply tell him how he can further help you. If you can add a reason his help will be valuable, all the better. Like in Sharon's example, she let Mike know that the rickety step ladder

scared her. It made him understand why getting the new ladder was important and helpful.

I need your help with _____.

I value your expertise/help because _____.

Here is how you can help me even more _____.

You don't have to say it in those words exactly. That's just the formula to remember :)

Step Three: Plan some romance

A lot of women complain that their guy isn't romantic. And it's true... a lot of men have no clue what romance really means to a woman. It's a bit of a foreign language since it's not generally part of their sexual needs. Add to the confusion factor that romance isn't some universal thing... it can mean different specifics to each woman.

What romance generally boils down to is feeling appreciated and adored. However, men are not mind readers. They respond to simple and clear directions.

So this step is going to involve you telling him exactly how he makes you feel appreciated and adored, both sexually and not sexually. This is Part A.

I feel adored/appreciated when you...

...take me out to a nice meal.

...arrange for a babysitter so we can have a date night.

...bring me flowers for no reason.

...run your fingers through my hair.

...kiss me sweetly when you get home at night.

...sneakily grab my ass when we are out in public.

...spend a lot of time on foreplay.

...when you do what it takes to make sure I've had an orgasm.

...send me out to get a mani/pedi while you watch the kids.

...cook dinner and do the dishes after.

...massage my shoulders after a long day.

I'm sure you've got a bunch more things you can add to the list. The point is, you are going to tell him the specific ways he makes you feel adored.

Part B is when you outline that when you feel adored and appreciated, you get horny. Because it's probably true! When you feel validated, understood, valued, and appreciated by your man, those sexy feelings start to flow.

So now, you are going to tell him that!

When I feel adored/appreciated...

...I want to have sex.

...I get turned on.

...it makes me horny.

...I want to drag you into the bedroom and show you how much I love you, too.

...I want to give you a BJ.

Whatever it is that you want to do, tell him! It can be sweet or it can be explicit. Personally, I usually go with sweet and then shock him with a totally graphic reply.

Me: I felt so adored by you when you massaged my neck and shoulders after I was so sore from my workout.

Him: I knew your trainer kicked your ass and you were feeling it.

Me: Well, you know that when I feel adored, I get turned on. I think your cock needs a special tongue massage...

Side note: Geez, what is it with me and blow jobs all the time? ;)

THE *Language* OF *Desire*

Module Eight, Part 5: 50 Shades of Experimenting

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50 Shades of Experimenting

The silk scarf tied around my wrists was cutting into my skin. The blindfold shut out every bit of light, and yet I still had my eyes closed behind it.

A sudden sharp pinch of my left nipple made me yelp in delicious pain.

“Shhhh, Felicity. You aren’t allowed to make noise. Do it again and I will spank you!” he said.

I thought about defying him. . . just to relish the smack of his hand against my ass. But before I could open my mouth to tempt fate, I felt the tickle of a feather running up my inner thigh and then his mouth met mine in a passionate kiss.

He stopped suddenly and pulled away.

I felt lost for a second not knowing where he’d gone. But this was part of the game. Stopping and starting. Hard and soft. Pain and pleasure.

My senses were on the highest alert not knowing which way he was going to pleasure me next.

He knew I was anxious and he reassured me. “I love watching you so turned on and wanting me. Nod your head yes if you want me right now.”

I wanted to be cool but I nodded my head vigorously. I couldn’t see it, but I swear I could hear his smile widen.

“Now before I fuck you, I want you to spread your legs as wide as you can for me. And hold them there until I tell you that you can move”

I obeyed.

I felt completely exposed. Tied to the bed. Naked with my legs as wide as I could make them. Totally vulnerable. I was a little scared. . . but I did it anyway.

Which absolutely thrilled me.

Unless you’ve been living under a rock the last few years you have heard of the *50 Shades* trilogy (now being made into a movie). The series tells the story of an innocent young woman who falls in love with and

marries a handsome, wealthy, and kinky man who introduces her to the pleasures of BDSM.

Now, I won't weigh in on the merits of the books other than to say it has given a wide audience of women a peek into a fun and highly misunderstood kink/fetish.

And to me, it is always a plus when some type of creative work influences people to explore their sexuality in new ways. According to an article in Huffington Post, sales of BDSM related toys and accessories have skyrocketed over the last three years. Woohoo!

The acronym BDSM is more complex than you might realize. It stands for:

B/D - Bondage and Discipline. This includes restraints (being tied up), spanking, and punishment.

D/S - Domination and Submission. One person controls the actions of the other sexually (or beyond).

S/M - Sadism and Masochism. Enjoying various degrees of pain. Inflicting pain as well as receiving pain.

BDSM is the practice of using role-playing, props, toys, and specific activities to build sexual tension and then enjoy the sexual release. The heart of most BDSM partnerships is one partner identifying as the dominant and the other partner as the submissive. Although the roles can flip flop, and really, there are no "rules" to it – each partnership can determine what exactly BDSM means to them.

BDSM includes a wide spectrum of participants. There are couples who just dabble in it as a fun addition to their otherwise vanilla sex lives, like maybe using some restraints or blindfolds occasionally. There are some people who must have some manner of BDSM present in order for them to perform sexually, so they use it every time they have sex. And on the furthest end of the spectrum are people who live a BDSM lifestyle 24/7 where the dominant rules over every aspect of daily life for their sub.

One of the things about BDSM that is highly misunderstood is that many people think it's a form of humiliation or it's only about pain as pleasure. What shocks a lot of folks is that BDSM is really about honesty and trust more than anything. Sex is just the medium used to build the honesty and trust.

Where honesty and trust come into play is that the number one priority of the dominant partner is the submissive's safety. The use of safe words as well as hard and soft limits on activities is critical. The submissive has to have complete trust in the dominant partner to honor the limits and maintain safety.

It's sort of like a trust fall or ropes course... except you are naked and the ropes are used to tie you up ;)

Why do women yearn to be dominated?

This is a complex question, and the answers are as unique as the person giving them. I can only answer from my own personal perspective.

I am a woman who has enjoyed a busy and thriving career. I make decisions. I get shit done in the world. I am all about gender equality and female empowerment. I have opinions. In every arena of my life, I am comfortable taking charge. And the one place I absolutely love to relinquish all control is in the bedroom.

To have trust with my partner where I know he will keep me safe yet will delight in pushing me right to the edge of my comfort zone is something I crave. It's thrilling and exhilarating. And it's FUN.

I don't always have to role-play in this manner, and not every man I've been involved with has been into it... so I'm much more of a hobbyist than anything. And I definitely enjoy taking the reins once in awhile and being the aggressor with my man.

I was first introduced to the idea of BDSM several years ago when I met a man deeply involved in the BDSM lifestyle. Make sure to check out the transcript of some of our chats in the Bonus section of the program!

If you've been curious about dabbling in a little BDSM but haven't known how to get started, this technique is for you!

Step One: Determine boundaries

Go back to your sexploration quiz from the first module. Decide what activities on that list turn you on and that you'd like to try. Some common ones associated with BDSM are:

- Spanking or paddling with hands, whips, paddles, crops
- Blindfolding
- Restraining hands, feet, or both
- Using a ball-gag (making sure breathing is not obstructed) or just ordering silence
- Voyeurism

- Sex with a dom/sub twist – one partner must submit to the other's every command

Next, you do need to talk to your man about it. It may feel anything but spontaneous to discuss it ahead of time, but if this is something new, it's important to talk it through before you act.

Decide what your limits are and how you will indicate that you want to stop an activity with a safe word or hand signal. Mutual consent is absolutely necessary!

If you are nervous about bringing up the subject, you can combine steps one and two. Grab your laptop or tablet and tell your guy you want him to look at a website with you.

Go to the couples section of babeland.com and click around. Ask him what looks fun or interesting to him or what he's game to try out to open up the dialogue.

Questions that you can ask to get the conversation flowing:

What have you always fantasized about trying?

Does the idea of inflicting or receiving pain with pleasure turn you on?

Would you want to play with being my "master" and I become your sex slave?

Step Two: Shop for accessories

You can shop together or you can do this step on your own. I've found shopping together really opens up the dialogue and creates fun anticipation.

Take a trip to a sex store. I like going in person so I can see the merchandise and comparison shop. The sales staff at most stores are usually very helpful in making recommendations.

If you don't have easy access to a brick and mortar store, hop online. Amazon.com has a ton of great props, toys, and accessories with honest reviews from customers. You can also check out Toys in Babeland or Adam and Eve. There is even a line of 50 Shades products on the market now!

Items to look for and experiment with:

- Whips, riding crops, paddles
- Feathers (usually attached to sticks - they look like cat toys, lol!)

- Nipple or genital clamps
- Cock rings that vibrate
- Restraints and blindfolds
- Vibrators
- Anal beads and butt plugs

You may have several items already at home:

- Long silk scarves or regular neck ties make great restraints and blindfolds
- Ice cubes and melted candle wax on the skin give interesting sensations
- Whipped cream, honey, or chocolate sauce can be drizzled and licked off various body parts
- Chill a thick necklace chain in the fridge for an hour and use it to drag over various body parts

Anything that turns you on is fair game. And you don't need to spend a ton of money and outfit your own "red room of pain" in order to have fun with BDSM. One or two props or toys, your words, and your imagination are really all you need!

Step Three: Play time!

Set aside some alone time when you won't have to watch the clock and won't be disturbed. Making a special night of it is fun. Going to a hotel room for the night opens up tons of role-playing possibilities.

You can be elaborate and do something spicy like...

- Pretend you are strangers who meet in a hotel bar. Have a drink and make small talk. Then slip this sexy stranger your room key.
- Role-play that you order up an in-room massage where the sexy masseuse delivers more than a rub-down from the spa menu.
- Take advantage of a different environment and furniture. Sometimes it's easier to let go of worries or inhibitions when you are in unfamiliar surroundings.

And you can also try this out in the comfort of your own home. There isn't a wrong way to experiment!

Step Four: Using words

The sky is the limit when it comes to dialogue – anything and everything goes!

If you are role-playing a specific scene, adopting characters and talking like them is natural. For example, to really get into the dom/sub role-play of master and slave, act like he has complete dominion over you. Call him master. Talk to him as if he carries ultimate authority over you.

Yes, my master.

Please, master.

As you wish, my king.

Yes, sir.

He may call you his Pet, too.

In my example above, I was forbidden to speak, and my partner was the one making commands. It was as simple as him telling me what he wanted me to do, how to move, and describing what he was about to do since I was blindfolded.

If you do use a blindfold, your voice (alternating with silence) plays a big role. Keeping your partner off guard by not talking and just acting adds an element of surprise. Asking him to describe in detail what is about to take place heightens the anticipation for you. . . if he's blindfolded, telling him what you are about to do to his body will totally turn him on.

Using the play-by-play technique is always helpful. Saying out loud how something feels, how much you like it, if you want it harder, slower, longer, more. . . all of it works! I've found that when engaging in BDSM where I feel more vulnerable as well as more naughty, it definitely brings out a raunchier side to my dirty talk.

My BDSM failure

Always remember that sex is fun. And occasionally, really funny. Trying out something new might not go totally perfect the first time, and that's ok!

Let me tell you about the time I had a sexy interlude go horribly and hysterically wrong. . .

I'd purchased a little jar of minty edible lubricating gel at the sex store. The package said it provided an intense tingling sensation when massaged on the penis and it also extended his erection.

Sounded like fun!

So one night, I blindfolded my guy. I told him he was in for a night of exciting sensations. I was pinching his nipples, rubbing feathers on his skin, running an ice cube up his inner thigh, and occasionally teasing his dick with my mouth and tongue.

Then I pulled out my little jar of minty magic. Without reading the instructions, I scooped out a giant dollop and went to town rubbing it all over his penis.

He was squirming in pleasure for the first 30 seconds. But then the "warming effect" took hold. All of a sudden, he screamed and literally levitated off the bed and jetted into the bathroom. "OHMYGOD! OHMYGOD! WHAT DID YOU PUT ON MY DICK!" he cried as he ran.

Needless to say, I felt terrible, and it wasn't what I had planned for the night. He showered, getting all of the minty magic gel off and luckily, all turned out okay. His penis survived unharmed.

I learned to read the instructions on any new product (a dime size drop was what I should have used) and he did learn to trust me again. It actually became one of our funniest stories to tell.

The bottom line: have fun and experiment. Not everything you try is going to be a spectacular success. It's okay!

Frequently asked questions

Do I have to always be submissive?

No. A woman can be the submissive, she can also be the dominant. It all depends on you and your partner and what you find exciting.

If I consent to being a submissive, does that mean I'm not really doing it if I say no to certain activities?

Absolutely not! As I state in step one, you both decide your individual boundaries and limits. BDSM is never about one partner pushing the other to do something they don't consent to or don't want to do.

What if my man has no interest in experimenting with BDSM and I do?

Again, mutual consent is the most important factor. However, some people shy away from the term BDSM because they imagine it involves painful and hardcore kink.

If you think that may be the issue at hand, you can try removing the term “BDSM” from your conversation. Tell your man that you’d really be turned on if he blindfolded you some time. Or if he spanked you a little during doggie-style. Or describe a role-playing fantasy where he ravishes you. The point is, he may very well be open to playing and experimenting if you give him clear parameters around what you want to try.

I am single but interested in exploring BDSM. Are there ways to meet men who are into this?

Definitely. Like I mentioned in the intro, there are many people who make BDSM part of their entire lifestyle 24/7. For most women new to the idea, you probably don’t want to make such a huge commitment to a new lifestyle right away, though.

My best advice is to bring up your interest in experimenting with a man you are dating and intimate (or soon to be intimate) with. Use this lesson as a guide to experiment and see if you enjoy it.

If you recognize that BDSM is something that you desire to have as a permanent part of your sex life, there are websites that cater to all sorts of kinks and fetishes. Check out the transcript in the Bonus section. My friend gives tips for novices and lists out resources to learn more.

THE *Language* OF *Desire*

Module Eight Worksheet

Fantasy Journal

by Felicity Keith

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Fantasy Journal

In this module we will be exploring fantasies. I want you to use this opportunity to create a journal of your sexual fantasies.

Remember my approach to sexual fantasies: don't judge them! Fantasies are creative impulses of desire. They are totally normal and everyone has them. Just because you fantasize about something...

...it does not mean you actually want to act it out

...it does not mean you are deviant in any way

...it does not mean you want to sleep with someone outside of your relationship

Here is a list of some of the most common sexual fantasies that women have:

- Sex in a public place
- Sex with a stranger
- Sex with a boss/co-worker
- Being dominated by a man
- Dominating a man
- Watching each other masturbate
- Having sex outdoors
- Having a threesome
- Sex by force (this is a tricky one – I talk more about in lesson 8.3)
- Watching other people have sex (voyeurism)
- Having people watch you have sex (exhibitionism)
- Having sex on an airplane
- Sex with a celebrity/athlete

- Being videotaped during sex
- Using food and sex toys during sex
- Recreating a specific sex scene from a movie
- Seducing a younger man/cable guy/pool boy/gardener

Some fantasies are very detailed and tell an entire story, while other fantasies might be more like flashes of imagery or ideas that happen as you are approaching and experiencing orgasm. I find that a lot of people dream about their fantasies. Our subconscious has free range when we are sleeping, and the edit button is turned off. This can be where some of the stranger fantasies show up.

Some fantasies make absolutely no sense! Just remember - don't judge yourself!

Step One: Write 'em down

Grab your journal and jot down some of your personal fantasies. Take a moment to get centered and just let your thoughts flow.

Treat this as a brainstorm. You can write little keywords (like “domatrix” or “outdoor”) or be totally detailed and write out the entire scene. There is no wrong way to do this!

I've found that once I get the ball rolling, I will begin to remember other fantasies. They show up seemingly out of the blue as well as when I'm having sex. Boom! Image of George Clooney dressed as a pirate seducing me at a karaoke bar. See? I told you sometimes they are strange.

Go back to your list and add to it as needed. Also, use this exercise as the foundation for completing the exercises in this module (and others).

THE *Language* OF *Desire*

Module Nine, Part 1: When Sex Isn't Possible

by Felicity Keith

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When Sex Isn't Possible

I get a lot of questions from women like you about how to keep the spark alive in their relationships. Occasionally I get questions that take this a step further: How to keep the spark going when sex isn't possible.

Listen, there will be times in your life when sex isn't an option. One partner may have a health or medical issue, or maybe you are separated by distance for an extended period of time. It's easy to think that "no actual sex = no sex life."

WRONG!

The truth is, you can maintain a very hot sex life even if physical sex—whether that is just no intercourse or actually no physical touching of any kind—is off the table.

Sex is more than penis in vagina

A lot of people carry around a very narrow definition of sex: they use the term to mean intercourse. As women, we understand that sex is more than just "doing it."

Making out is sex. Foreplay is sex. Oral is sex. Masturbation is sex. It's amazing that a little three-letter word can mean so many wonderful things!

And for women, so much of what constitutes sex for us is happening between our ears... at least as much as between our legs. That is why I've spent a lot of time in this program getting you aware of the many things that turn you on.

When you become attentive to all the things you find sexy, every little bit of your life can become a sensual adventure despite whether or not you are "doing it." You are taking control of your sexuality, and that is a beautiful (and highly attractive) thing.

This awareness expands your thinking beyond just intercourse, too, so that if you are faced with a health-related or distance-related period of abstinence, your sex life won't actually suffer at all.

The mental edge

It is widely accepted that women are seduced mentally while for men, seduction is generally visual and physical.

As I explained in detail in Module Three, guys don't read a steamy romance novel and get turned on. Their brains (and their sex drive) are just wired differently than ours.

Men can be seduced mentally, however. It's just in a different way than how you or I would be seduced. In fact, most of the techniques I teach throughout this program use some form of mental component.

What I'm focusing on specifically with these lessons is using the mental edge to bypass any concerns that "no intercourse = no sex life," turning the obstacle into something fun, making a game of it. . .

For both of you.

In this module, you will learn a variety of techniques that will keep your sex life sizzling whether you can have intercourse or not. In his eyes you will continue to shine as a sexual superwoman.

Using this module

Some of my suggestions may not be in your comfort zone, and that's cool. You don't have to try anything you find uncomfortable. That being said, if you are separated by distance or facing a health issue, I encourage you to consider these ideas with an open mind.

FYI - You can use this module even when there is no obstacle to intercourse. I like to throw these techniques in for variety, even when all systems are go.

Try out one or two that sound interesting just to switch it up between the sheets. Remember the concepts of novelty and surprise from our module on brain chemistry!

THE *Language* OF *Desire*

Module Nine, Part 2: Dirty from a Distance

by Felicity Keith

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Dirty from a Distance

When miles separate you from your partner, use the opportunity to get dirty from a distance. Rather than look at the separation as a negative, it is possible to use it as an advantage in your sex life.

It does take effort to maintain a sexual connection across the miles, and it takes a willingness from both of you to keep that connection humming.

Technology plays a key role here. Texting, phone, and Skype are your sexy secret weapons.

In this lengthy lesson, I'll give you specific techniques that match your situation, whether it's an:

- LDR – you are in a long-distance relationship where miles separate you 24/7, except when you have planned visits
- LTS – you have a longer-term separation with a specific date to be reunited (such as a military deployment or a 3-6 month work contract)
- STS – you have a short-term separation due to a business trip or other circumstance (generally a few weeks to a few days)

Sexting

Sending sexual texts is the easiest way to get dirty when miles separate you. You can say crazy perverted things without showing your nerves. And you don't have to worry about privacy or scheduling logistics like you do with phone or Skype.

Let me show you a great example.

My friend Katy is in an LDR. She lives in the States and her boyfriend is an ex-pat living in England. They have a scorching sex life despite being separated by an ocean. The following is a flat-out raunchy sexting conversation she shared with me:

K: If you only knew...

Him: If I only knew what? :)

K: ...how hot I'm getting thinking about your amazing dick right now.

Him: Oh really? What would you do if me & my dick were there with you?

K: First I'd tease you by running my wet tongue up and down your shaft.

Him: mmmmm

K: Then when I knew you were dying to grab my head and force yourself inside my mouth, I'd take you all the way in to the back of my throat in one move

Him: I'm so hard right now

K: ...swirling my tongue over your tip each time I slide my mouth over your entire length

Him: oh god...I get so hard thinking about you sucking my cock. I want to grab a fistful of your hair while you are sucking me.

K: I love fucking your cock with my mouth. God I want your dick so bad my mouth and pussy are aching.

Him: I'm going to cum in your mouth and watch you swallow. Then that pussy is all mine. I want to taste you then fuck you so deep.

K: mmmmm...

Him: I'm going to spread your legs and your lips so I can lick your clit and stick my tongue inside you. Your whole body trembles and quakes as I lick and suck your sweet pussy.

K: Make me cum baby then give me that dick. Throw me on the bed with my hands behind my back. Yank my hair as you push inside me. Hard.

Him: I'm going to tease you first. Just the tip. Until you beg me to go deeper. Beg me Katy. Tell me how bad you want it.

K: I want your cock so bad! Fuck me now baby!

Him: I push my rock hard dick into your tight little pussy as deep as I can. I pound you from behind and spank your ass because you are my dirty girl.

K: I am yours baby. Do what you want with me. Everyone in a 2 mile radius will know because I'll be screaming your name!

Wow.

Ok, they sound like sexting pros. Would you believe that just a few months before Katy shared this with me, the idea of saying anything remotely CLOSE to this left her terrified and tongue-tied?

It's true.

The first time or two you sext, it's normal to feel nervous. That's why I want you to do it over text first, before using a phone or Skype. You can build up your confidence. It's a great way to get comfortable with the dialogue, have time to craft great replies, and let your inner pervert out to play.

Do I have to be THAT raunchy?

Absolutely not! You can tailor your dialogue to suit your taste level. It is totally possible to have a completely erotic sexting session without cursing or being raunchy.

The trick is to be descriptive. Say how it feels. Describe the action in detail. Tell him what you want him to do to you.

Read through the Naughty Thesaurus from Module Five to see tons of descriptive and alternate words for body parts and sex acts.

Creating a sext-starter

I like to start out with a playful text that begs for a response.

If you were here...

I wish...

Guess what I'm doing...

Stop...

Mmmm...

Know what? :)

You have me soooo...

Using the ellipsis after the sentence tells him that there is more to the thought. At first he may be confused by your message, but over time, these little hooks become the signal that he's in for a sizzling surprise. The sext-starter gets his imagination revved up.

From there, you can steer the conversation any direction you'd like. You can jump right into the action (a sexting "quickie") or start slowly and more innocently for a drawn-out tease.

Here are some possible ideas for you.

Playfully innocent

If you were here...

...I would meet you at the door totally naked :)
...I wouldn't be able to keep my hands off of you.
...you'd see just how naughty I'm in the mood to be.
Very very naughty ;)

I wish...

*...I could feel the weight of your body on top of mine
right now*
*...you could feel exactly how turned on I am right
now*
*...you and what's in your pants were in front of me
this second ;)*

Mmmmm...

...do you have any idea how turned on I am by you?
*...the thoughts I'm having right now. Are you blush-
ing? You should be.*
...I am longing for your touch right now baby

Jump into the action

If you were here...

*...I would take you in my mouth, licking and sucking
until you lose control*
*...you could bend me over the back of the couch and
take me... hard and fast... the second you walk in the
door*
*...you could pour honey all down my naked body and
lick it allllll off... inch by inch*

Stop...

*...making me so horny. I can't get any work done
thinking of what I want you to do with my body.*
*...filling my head with deliciously dirty ideas ;) (then
go on to describe)*

You have me sooo...

*...turned on. I need you inside of me, filling me up,
making me moan sooo bad right now.*
...wet right now.

Sexting quickie

If you were here...

...I'd be stroking your hard cock and begging you to fuck me.

...I'd be face down, ass up on the bed so you could fill me up soooo deep.

...you'd be enjoying my tight, wet kitty cat. purrrrrr...

Mmmmmm...

...my pussy is so ready for you, baby

...I want to wrap my mouth around your cock right now

You have me sooo...

...horny right now. I need you to fuck me baaaa

...turned on and wet, omg I want to feel you inside me, fucking me hard

Hopefully he'll decide to jump into the action and provide his own dirty commentary back to you. Unless you are delivering a pre-written movie script (like the Erotic Action Movie in Module Five), let him have a hand in steering the dialogue. Both of you being active participants is part of the process of building the connection across the miles.

If your man is shy or not totally comfortable sexting, asking questions that only need a simple yes or no response is perfectly acceptable. Things like:

Does that feel good?

Would you like that?

Want me to keep going?

Are you hard/turned on?

Sometimes you might not get a response right away after firing off a sext-starter. You can decide to continue on and send the second part of your message after a few minutes, or you can simply wait. Perhaps turn it into a tease when you see or speak to him next. Ask if he saw your text. When he says, "Yes, what were you going to say?" you can say, "Only good boys who reply back get to know what was on my mind," and change the subject. This trains him to pay attention and reply if he wants the reward :)

When you get ready to send that first sext-starter, here is what I want you to do...

- Take a deep breath
- Remind yourself of how sexy you feel when you are with your man
- Revisit your list of things that turn you on
- Let go of the expectation of what will happen next
- Remember that you are confident and in control and will handle things as they happen

Memory recall texts

Using the power of shared memories in your texts is a great way to immediately get his mind exactly where you want it. **These also serve to stroke his ego by letting him know just how great of a job he did to satisfy you sexually!**

With these texts, you are going to paint a vivid picture about an intimate moment you've shared with your man.

You can start these with a curiosity hook or just launch into the story, the choice is yours!

I can't stop thinking about...

Remember that time...

My mind keeps drifting back to...

Follow up with the memory...

...when we snuck off to your truck at your cousin's wedding? You looked so hot in your suit and I couldn't wait to get you all to myself ;)

...last summer after the reggae concert at the winery. Grinding on the dance floor got us so turned on. When we got home the way you just took me straight to the bedroom, pushed my skirt up, and fucked me. Wow...gets me so wet every time I think about it.

...when you woke me up last Sunday with slow kisses down my stomach, to my hips, then to between my legs. The way you know exactly how to make me climax...mmmmm. That was the BEST way to wake up! ;)

Obviously, I don't know your specific memories ;) I just created a few examples. Use the Memory Journal Worksheet in Module Four to recall specific things from your sex life to use for material.

For longer memories, you can break them up into sentences and send them one at a time.

With memory recall texts, he might not respond, which is okay. At the end of the memory, you could ask a simple question that only requires a "yes."

Wasn't that a fun night?

Want to recreate that memory soon?

Are you as turned on now as I am?

If you want to get a dialogue going, you can ask him something that requires a longer reply:

What was your favorite part of that night?

What memory of our sex life turns you on the most?

Clear directions sexts

These texts get straight to the point. You are going to tell him exactly what you want him to do to you OR what you plan to do to him.

Basically, you can construct these texts using the following formulas or ones that are similar. Almost like Mad Libs. Very naughty Mad Libs ;)

I can't wait for you to _____ in my _____.

I can't wait for you to slowly undress me looking at me with your sexy bedroom eyes.

I can't wait for you to nibble my nipples. Licking, sucking, a little biting. Do you know how hot that gets me?

I can't wait for you to give me your hard cock in my hungry pussy.

Tonight I'm going to _____ your _____ until you _____.

Tonight I'm going to stroke you with my hot wet tongue until you go over the edge with pleasure.

Tonight I'm going to suck your cock until you cum.

Tonight I'm going to ride you until you cum so hard baby.

I want you to _____ my _____ until I'm _____.

I want you to lick my clit until I'm writhing and moaning and climaxing.

I want you to fuck me from behind until I'm making so much noise I wake the neighbors ;)

I want you to go down on me until every part of my body is shaking with pleasure.

First, I'm going to _____. Then I want you to _____.

First, I'm going to torture you with a slow, sexy strip tease. Then, when you can't control yourself for one more second, I want you to have your way with me ;)

First, I'm going to get on my knees, unzip your pants, and take you deep into my mouth. Then I want you to watch as I work my magic until you explode.

First, I'm going to slather whipped cream all over my tits. Then I want you to take your time as you lick it all off.

These are just a few basic formulas that make it easy for you to get started. And as you can see from the examples, sometimes you have to tweak them slightly so they makes sense for the specific direction you are giving.

As you grow comfortable, by all means unleash your creativity and write out your own explicitly specific texts!

Phone sex

Lots of people talk about phone sex, but if you are like many women, you have no idea how to initiate it or how to actually do it. The good news is that it's easy to learn :)

Talking dirty over the phone adds other elements that digital communication lacks. Your voice and the immediate back and forth of conversation definitely add another level of sexiness. The bonus is that you still have the safety of appearing confident without him actually seeing if you are nervous, but it's slightly more risky since it's live.

"Phone sex" is engaging in explicit sexual conversation for the purpose of sexual gratification (orgasm). Now that can certainly be a goal for some conversations, but not every sexy phone call needs to result in the Big O. I'm going to have you build up to the main event. We will start out just by getting comfortable bringing up sex over the phone.

How to start

One of the easiest ways to drive a phone conversation toward sex is by throwing in some sighs, moans, and other sexy noises.

Him: Hey babe, how is your day going?

You: Mmmmm... (breathy slightly moany sex sound) much much better now that I get to hear your voice. (add a sexy giggle)

This might sound a little cray-cray, but in order for you to sound natural, you need to be comfortable making those sexy sounds when you aren't actually having sex. Revisit The Madonna Moan from Module Two if you need a refresher.

Now the first couple of times you throw in a moan or sigh, he might not know what to think, and you won't get a big reaction. He may just think he's imagining things and move the conversation right along in a non-sexy direction. That is fine. You are just planting the seeds, here. He might feel just as unsure of himself as you do when it comes to phone sex, so taking it slow is perfectly fine.

What I recommend is to make a point to add in a moany sound just once during a routine "how's your day" type of call over a few days (or weeks). Get him comfortable and anticipating what might come next. Doing this in combination with dirty digital messages is a good strategy.

The next level

The second step up the phone sex ladder is having a back-and-forth conversation. These conversations may or may not end up with one or both of you masturbating, so don't focus on the end result. Yet.

The main point of dirty talking over the phone is to paint the visual picture in his mind of what sex with you feels like. How turned on you are. What you are wearing (or not wearing). Letting him know through your words and the sound of your voice that you are squirming with desire on the other end of the line.

Desire for HIM. Remember, this is your golden ticket to making him feel deeply connected to you. When you show him how desirable you find him, he feels worshiped, a feeling he deeply craves.

How you initiate the conversation is actually the same way you initiate via text or email. Start out with an open-ended question.

Guess what I'm doing right now...

Know what I'm thinking about?

Those are two really great ones to start with. When he asks “what?” you launch into a dirty description.

You: Know what I'm thinking about?

Him: What?

You: The way you look at me when you want to have sex.

Him: Oh really? What's that like?

You: You get this unmistakable gleam in your eye that instantly turns me on. It makes me so hot for you. I'm feeling that way right now actually.

From there, you can decide to continue the sex talk, launching into more description. He might decide to take the lead and start asking you questions or feeding the conversation.

Like you practiced in the Erotic Action Movie in Module Five, getting comfortable saying these words is important. If you haven't already done so, using your Erotic Action Movie is PERFECT for long-distance phone sex. Practice saying them in sexy ways. Alter the tone and cadence of your voice to find what feels good and sexy to you.

Again, you will likely feel really silly at first. But it's important to play around with how your voice sounds. The more you get used to verbalizing dirty phrases, the more confident you become.

Taking it over the top

Like I said, every time you talk sexy on the phone will not end up in orgasms for you both. But setting out with that as your specific plan is something I want you to try.

The first time you do phone sex with the goal of orgasm, it's best to plan it out a little bit. First, tell him you want to talk on the phone at a time where he is alone and not distracted. **If you are in a long distance relationship, this can become a key part of your sex lives.**

So you've selected the time for the call. He might have an inkling of what's to come, especially if you've been naughty texting. This is good, anticipation is your friend here.

Before you call him up:

- Take some deep breaths
- Read over your list of what turns you on
- Read through some of your dirty text conversations with him

- Put on lingerie or a sexy bra and panty set. . . or just be naked under the sheets
- Dim the lights
- Make sure all distractions and interruptions are at bay (children, pets, etc.)
- Have a vibrator or dildo handy. Don't have one? Go get yourself one! Ordering online is very discreet if the idea of going to a shop is too uncomfortable to you.
- Remember: you are confident and sexy and you are about to totally blow his mind! ;)

I find that the best way to do this is to plan on following a bit of a script. There are countless variations, but what needs to happen is that you describe the scene, give him lots of juicy details with adjectives, and talk through having sex.

Here is an example script you can follow. This is just a guideline; I want you to read it through and then determine ways you can make it personal. Recalling intimate memories of times you spent together in the past is a great way to personalize the experience.

Him: Hello?

You: Hi babe, are you alone?

Him: Yes, I am. What did you want to talk to me about?

You: I want you to sit back, relax, and listen. Close your eyes, okay?

Him: Okay.

You: I'm wearing something sexy for you. Want to guess what it is?

Him: (he tells you. . . whatever his answer is, use it for reference later) That black satin nightie I like.

You: Mmmm. . . yes, you know me so well. I'm wearing that. The silky fabric feels so good against my bare skin underneath.

Him: Mmmmm

You: I am thinking about some very yummy things right now. Want to know what they are?

Him: Yes.

Now you are going to run the show, narrating in detail step by step what would be happening if he were with you.

You: I'm running my hands over my breasts, imagining they are your big strong hands. My skin feels so soft and I'm getting little shivers.

You: Your hands are slowly moving down my body. I arch my back in anticipation of where they are headed... (sigh)

You: Your fingers reach beneath my nightgown. You can see I'm very turned on by how juicy and wet I am. This makes you happy doesn't it?

Him: Yes (if he can even talk, lol)

You: You slide your fingers inside me... slowly and gently at first. I begin to move my hips along with your rhythm. Damn, baby, you feel good... you know what I like.

You: Your mouth finds its way down to me... your tongue begins its incredible dance against my clit. Flicking, pressing, licking, sucking... oh my god, you drive me so wild... (sigh, moan)

You: But you know I'm a naughty girl and I need to feel your cock inside me. I need to feel your hard cock baby. Deep inside. (sigh, moan)

You: You push my hands over my head and my legs over your shoulders in one sweeping move. You stop and look me in the eyes before you push yourself inside. (sigh moan)

You: You start slow but you know I want it bad, so you start banging me fast and hard.

You: Oh baby, do I feel good to you? Do you like fucking me?

Him: Yes.

You: Yeah? You like how I feel? Because I love how you feel. Pushing your cock so deep inside me. I love how you fuck me. Oh baby...

At this point, you are both likely furiously getting yourselves off. Keep the conversation going if you'd like or you can just let it dissolve into moans of climaxing.

To reiterate, you can use this script or adjust to anything that feels good to you. I do recommend practicing it OUT LOUD a few times. Just like an actress knows her lines, the more you've said these words, the easier and more natural it will be during the phone call.

A naughty surprise

This is the phone sex quickie for advanced users. Get yourself turned on and aroused and ready to masturbate. Ideally you do this at a time when you know he will answer the phone but super ideally when he will answer the phone and other people are around. This way, he can only listen and not actively participate.

It's like a safe way to be an exhibitionist. Adding in some sexual risk when you are apart stimulates that potent oxytocin/dopamine cocktail I taught you about in Module Three.

When he picks up the phone, you get right to business.

1. Tell him you need to hear his voice but want him to listen only.
2. Say you are so turned on and touching yourself. Describe how you wish he was there, what you'd have him do if he were with you.
3. Quickly bring yourself to an obvious climax with moans and "oh my gods." When you are done, tell him thank you and can't wait to see him soon.
4. Hang up without any further conversation.

He will be left reeling with desire ;)

I actually had a boyfriend do this to me once. I worked in an open floor-plan office. He knew that I didn't have any privacy and that my co-workers could hear every conversation.

He called me on my direct line, and as soon as I answered, he said, "Here is what is going to happen. I know your co-workers are right there. Only you will know that you are listening to me jack off. I'm thinking about fucking you right now."

My face flamed bright red and I immediately got turned on. He proceeded to ask me a few questions that I could give a simple yes or no answer to while he masturbated to climax.

It was a little bit of delicious torture because even though nobody knew what I was hearing over the phone lines, I felt a little on display. It was a very sexy moment that caught me completely by surprise. And the thrill of it definitely made me feel closer to him.

Skype sex

This is the scariest level of Dirty from a Distance. Skype sex essentially equates to masturbation on camera. This can be solo or mutual.

Yes, the idea of it can be downright terrifying. Skype sex is powerful, though. It is the most intense way you can share your bodies with each other when you can't be face to face or touch each other.

And as I've mentioned all throughout this program, men yearn to feel desired. They are hard-wired to want to feel like alpha-male sex gods, yet rarely do they ever get to bask in that adoration. When you share your naughty desires with him, when he can witness your unbridled passion because of his sexual prowess, and when you reveal just how fucking turned on he gets you. . . it is the most powerful way to bridge the distance between you two.

Even if your voice is slightly timid and shaky at first, or if your cheeks flame up bright red. . . trust me, he is NOT judging your performance. At ALL. He will find you so beyond sexy in that moment, and that is the memory that will be forever burned into his brain: YOU as confident, passionate, sexy vixen and HIM as the total sexy stud who got you that way!

Once you try it, I think you will absolutely LOVE how thrilling it feels to be so bold!

Skype sex prep

Install the app and do a trial run. This is just a non-sex Skype call to make sure you know how to connect online and can position your webcam and microphone.

When you are alone and not connected online, practice seeing yourself from different angles on your webcam. On your webcam dashboard, you can view yourself and how you look on the receiving end. It's important to feel attractive and sexy when you are "on display." This bolsters your confidence. Also, experiment with lighting and ambiance.

Schedule your Skype call when you know that you both have privacy, time, and no distractions from kids, pets, or roommates.

Get yourself primed and pretty just like you would on a face-to-face date. Wear your favorite lingerie under clothes. . . or just start the call in your lingerie. Or, to give him that sense of ownership we talked about in Module Three, wear one of his shirts. If you want to use a vibrator or other sex toy, have that with you.

Initiating Skype sex

He will likely have an idea of your intent when you schedule the call and ask him to make sure he's alone with no distractions and complete privacy.

He will certainly get a clue when he logs on and sees you dolled up. . . and he'll absolutely know if he flips on the camera and sees you in lingerie or nothing but his button-down shirt!

1. Start out by telling him you miss him and wish he was there with you.

2. Just like phone sex, you are going to let him know where your mind is. Some ideas could be:

Just looking at you is getting me turned on.

Do you have any idea how sexy you look right now?

I am not wearing any panties right now. And I'm already getting wet just looking at you.

My tits look amazing underneath this shirt. Want to see?

You are so sexy.

You turn me on with those bedroom eyes.

You know exactly how to get me hot/wet/in the mood.

3. Segue into touching yourself. Removing some or all of your clothes is natural, you could even perform a saucy little striptease if you want. Tell him what you want him to do to your body if he were there, and describe what you'd be doing to him.

You can go into descriptive dialogue like you'd use in sexting/phone sex works, such as:

If you were here I'd lick you from your neck to your waist, trailing little kisses and bites all the way down until I reached your dick. Slowly, I'd take you into my mouth, letting you savor the warm wetness.

I want you turn me over, grab my hips and give me your cock. Slowly get deeper and deeper until you're all the way in, feeling how tight and wet I am.

You pinch and tug on my nipples, knowing that sends a jolt of electricity through my whole body. You tease me by taking one into your mouth, sucking, swirling, and nibbling hard.

You can also use shorter sentences if you find it tricky to carry on dialogue while you are touching yourself.

I love it when you/how you. . .

pinch my nipples.

rub my breasts.

lick my clit/pussy.

fuck me hard.

smack my ass.

pull my hair.

I want you inside me now.

You feel so good inside me.

I love how good your dick/cock/penis feels.

4. Solo or mutually masturbate to climax. You don't have to position the camera so he can view your hands or vibrator. It is something that he probably would love to see, but for some of you, that may feel too exposed.

5. Vocalize what is happening and what you are feeling. Make sure to give him encouragement if he's masturbating at the same time. If he's not being vocal, you can get him to talk by asking questions or making demands.

Do you like what I'm doing?

Do you like this?

Tell me what you want to do to me

Tell me what you want me to do

I want you to cum for me

6. It's okay to giggle or break character, this is a real-time human experience. And just like face-to-face sex, sometimes funny things happen!

7. Enjoy a little "pillow talk" afterward. Just like you would if you were face to face, revel in the after-glow. Let him know how wonderful it felt or what you liked best. Talk about other desires and things to try next time.

A couple of variations. . .

If you are timid about talking, Skyping, and masturbating at the same time and you know he's bold. . . or if you are into the dominant/submissive angle with sex. . . you can do this: tell him you want to do a Skype call where he "directs" you to orgasm. He will tell you the dirty things he wants to do to your body while you close your eyes, lean back, and get yourself to climax while he watches.

If you are flat out uncomfortable with masturbating on camera but don't fear talking dirty, you can do the opposite. You talk him through a sex scene while watching him masturbate.

Either of these options still accomplishes the goal of sharing a sexual experience together.

Cautions and concerns

I have to give a word of caution here. If you are doing Skype sex with a new partner, it is a good idea to discuss and agree on your rules, such as not grabbing screen shots to share online or with other people. My personal preference is to only do this with someone I am in a committed relationship with and who I deeply trust.

Like I discussed in the lesson on boundaries, never feel pushed into doing something you don't want to do. If Skype sex is just too scary for you, sexting and phone sex are still plenty exciting.

Summarizing Dirty from a Distance

- You can keep a strong sexual connection even if miles separate you
- Using tools like texting, phone, and Skype keep you connected
- Introduce novelty and surprise by varying the raunch factor
- Use other lessons from the program to fuel your sext, phone, and Skype activities

THE *Language* OF *Desire*

Module Nine, Part 3: No Touch Lay

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No Touch Lay

If you are separated by long distance or you can't be physical due to a health limitation, this is a great technique to build an intimate bond without removing one piece of clothing or even touching :)

You can use text or phone as the medium for this. What you are going to do is describe in a deliberately slow and descriptive manner what it feels like to make love with him.

This is less raunchy and absolutely erotic. Even romantic.

Romantic? I thought you said men don't like "romantic."

Yes, yes, I know I've told you that men don't like that flowery-romantic type of stuff that women enjoy. That's still true. The difference here is that you are giving him ego strokes throughout the story. Telling him how he makes you feel desired, sexy, and satisfied. Those are the key things to focus on!

Here is an example of the No-Touch Lay my friend Willow sent me to share with you. She and her fiancé, Brian, were separated for a year when his National Guard unit was deployed. While he was gone, she had a lot of fun using this technique to keep their intimate bond intact.

W: Hey babe, I was sitting here thinking about that time we went dancing in Cabo on vacation. Remember that night?

B: I sure do. That was a lot of fun ;)

W: Mmmm... yes it was. Sit back and listen while I replay it for you, ok?

B: Okay ;)

W: The sun had just set. We were breathless and sweaty on the dance floor. The band announced it was their last song before a break...

W: You grabbed my hips and pulled me close to you. Tight. Everybody in the whole club knew I belonged to you. ;)

W: I don't even know what song was playing. I was so lost in feeling your body pressed up against mine. Swaying together in the heat. Breathing in the sweet tropical air... mixed with a little booze and sweat ;)

W: You had your hands resting right on the top of my ass. Possessive. Provocative. I love that.

W: I was moving my hips in a slow gyration against you. Sending a message to you of what was to take place when we got back to our room.

W: The song ended and you pulled your face away from where it was nuzzling my neck. I took one look in your sparkling eyes and knew my body was in for a treat.

W: You grabbed my hand and pulled me through the crowd, away from the club. I love the confident way you walk, by the way ;)

W: The night air was warm, but I had goose bumps dancing across my skin. The dirty thoughts running through my mind on that quick walk to our room could barely be contained.

W: We got to the room, and the second the door closed behind us, you were on me. Kissing me and walking me backward to the bed.

W: I immediately tried undoing your belt in a rush, but your strong hands grabbed mine and stopped me. "We have all night," you whispered.

W: "Take off your dress, please. Let me admire you," you commanded.

W: To tease you, I slowly untied the strap around my neck. I let the fabric gently fall away as I stood there.

W: You smiled. I turned around so you could see my hips and ass as I pulled it inch by inch the rest of the way off.

W: Did you like that view?

B: Mmmm hmmm. You looked so sexy, babe.

W: You must have thought so ;) In one sudden movement you grabbed me and twirling me around, pushed me down on the bed. Under you.

W: I could feel your erection in your pants, begging to be set free ;)

W: The faint sounds of the band started up in the distance as you kissed me. Hard.

W: I put my hands on your belt buckle. This time you didn't stop me. Eager to set you free, I practically ripped your pants getting them off ;)

W: Your mouth was moving its way south toward my breasts. I love how you enjoy foreplay, but tonight I needed to feel you inside of me. Urgently.

W: Before you could even suck one of my nipples, I grabbed your rock hard dick and eased it inside of me.

W: I think I surprised you at how wet I already was.

W: Do you have any idea how incredible it feels when you push yourself inside me? I always gasp a little because it literally takes my breath away.

W: The band was in full swing and the breeze was carrying the sound right through our window.

W: The rhythm was mesmerizing. You began making your thrusts in time with the music. Our bodies were in perfect unison like they were playing the songs just for us.

W: I moved my legs so I could have my knees over your shoulders. That way you could push your dick as deep as possible and I could watch your face when you came.

W: I couldn't help but moan so loud because you felt so good. I didn't even care if the room next door could hear me.

W: Faster and harder you fucked me. I knew you were close to orgasm.

W: "Cum for me, baby!" I commanded you. I wanted to feel you explode inside of me.

W: You closed your eyes and gasped for breath. You moaned in ecstasy as your orgasm took over.

W: I love watching you in that moment. The look of pure bliss you get when you cum is so satisfying to me :)

W: And then you collapsed next to me. Exhausted and empty. Satiated. You pulled me close to you and nuzzled your nose in my tousled hair.

W: I love making you feel that way, baby. You make me so very happy :)

Notice how she recalled so many details from that night. The sounds, images, feelings, and sensations. Throughout the story, she gave little nuggets of appreciation letting him know how much he satisfies her emotionally and sexually.

Step One A: Recall a scene from your past

The first time you do this, it may help to write it out ahead of time. Grab your journal or pull up a new Word document to use for your creation.

We are going to use Willow's story as an outline and substitute your own personal details as needed. Think about a time you made love that was memorable. If you can't think of something incredibly memorable, you can feel free to embellish, too.

Jot down the answers to these things:

Where it takes place

What were you wearing

Day of the week and time of day

Foreplay activities

Intercourse and positions

Afterglow

Step One B: Make it a fantasy

You can feel free to use Willow's story in its entirety if you want. Tell your man that you have a fantasy to share with him.

You: Doesn't the idea of a tropical vacation sound nice?

Him: Yes.

You: Sit back and listen while I paint a picture of how that might look...

And then type out the rest of the story.

Step Two A: Adorn the action if you are writing your own

As you can see from Willow's example, she added a lot of detail to the action taking place. She took his mind on a sensual journey with her words. You can use her language as-is (changing out the actual details)

or you can alter it to sound more like you. You can also feel free to create your own!

If you decide to write your own. . .

- Focus on how your body and his body felt. Describe the sensations – touch, scent, sound.

There was a thin layer of sweat on your chest. It tasted slightly salty when I kissed you there.

I ran my fingers down your arms, delighting in how your muscles rippled beneath my touch.

I arched my back when your mouth covered my breast. I wanted to push myself as close as I could to you. Every swirl of your tongue and tweak of your teeth sent shivers through me.

- Paint a vivid picture for him.

Your body was lit by the glow of the candlelight.

The last rays of the sun were sneaking through the blinds, casting a warm light over the bed.

Your eyes had a determined look. I knew without you even saying a word that you were going to make my body explode.

- Tell him how he made you feel emotionally

I felt so safe falling asleep in your arms.

No man has ever given me as much pleasure as you do.

I feel so incredibly lucky to have such a sexy man in my life.

The world around us just falls away when I'm with you.

Grab your naughty thesaurus and drafts of your Erotic Action Movie to find a variety of ways to describe sensations, body parts, and sexual acts.

Step Three: Deliver

Much like how you delivered your Erotic Action Movie, you are going to let him know that you have a story to tell him. He can sit back, listen, and enjoy :)

If you are delivering by text, remember to send just a few sentences at a time. Space each message by at least 10-20 seconds at the fastest. That way, your texts will deliver in the order you've sent them.

Variation

If you are face to face yet unable to have intercourse, you can use the No-Touch Lay and incorporate a full-body massage while you tell your erotic story. This **may** involve removing some clothes and/or lead into other sexual activities that are available to you.

If that sounds exciting to you... go for it! :)

THE *Language* OF *Desire*

Module Nine, Part 4: Invisible Chastity Belt

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Invisible Chastity Belt

If you haven't figured it out by now, I love creating role-playing scenes and using my imagination to practically conjure a magic spell around my sex life with my guy.

The Invisible Chastity Belt technique came about during a time when I was dealing with a female health issue that meant I had to refrain from intercourse for a few days to a week.

At the time, my relationship was hitting a sexual peak. We were super hot for each other and very physically affectionate. Basically, we'd been fucking like crazed rabbits.

The timing sort of sucked. We'd planned a sexy little overnight getaway at a local resort. Unfortunately, the getaway was taking place the day after my doctor gave me the news.

I was disappointed and thought about canceling our plans. But we'd made special arrangements to go, and I figured, if nothing else, we could snuggle and make out a whole bunch. Which would be nice (cue the sad trombone music).

On the drive to the resort, I told him what was going on. Bless his heart, he was concerned for my health and wanted to make sure I was ok. Which I was; the problem was more an inconvenience than anything. And he didn't seem bothered one bit that some of our anticipated activities were now a no-go.

Phew.

That evening, we listened to a live band and hit the dance floor in the lounge. We were having fun holding each other close and being playful and sexy while bumpin' and grindin'.

Knowing we couldn't go all the way that night, it reminded me of going to school dances as a young teenager. I'd be out on the dance floor getting close with a boy I liked, but both of us knew that sex was out of the question.

It was thrilling to flirt with the idea of sex, but chaperones and curfews made it impossible to actually do anything. The tension and hormonal frustration was electric.

That gave me an idea...

When the band finished, we went back to our room. He stretched out on the giant bed and flipped on the sports channel while I went to the bathroom to transform.

I emerged with my hair in a high pony-tail, “clean faced” (I still had makeup on, just a very natural ‘innocent’ touch), and in my short nightie.

I told him we were going to play a little game as I crawled into bed and straddled him.

The rules were simple. He could do anything he wanted to my body from the waist up. And his entire body was mine to explore. The only thing we were forbidden to do was “go all the way.”

And yes, I specifically used the terms “forbidden” and “go all the way” to get into that virginal character.

His eyes lit up and a big smile stretched across his face. The basketball game on the TV was instantly forgotten. “Anything I want from the waist up?” he asked, sitting up and practically drooling.

“Anything.”

“And my entire body is fair game?” he grinned, pulling off his shirt.

Why this works so well

Instead of making the inability to have intercourse a bad thing, it focuses on being creative with all of the activities you *can* do with each other.

It also brings back the notion of a conquest or chase. In a long-term relationship, you’ve already had sex and explored each other’s bodies. It is easy to take intercourse for granted over time. The tension of “is tonight going to be the night?” is gone.

This is one way to bring that back.

This technique rekindles anticipation with the feeling that intercourse is the forbidden fruit, that it is something to yearn for because it can’t happen.

Meanwhile, you both indulge in the delight of taking each other right to the edge of that rule with “everything except intercourse.” Like a horny virtuous teenager, you obey the rule...but get yourselves as close to breaking it as possible.

Use it in a variety of circumstances

In my example, I was the one who wasn't able to have intercourse. But this works in multiple scenarios:

There is a medical or health reason you can't have intercourse, but he is otherwise able to

If you are on your period and one or both of you prefer to not have sex while you are menstruating

There is a medical or health reason he can't get an erection

You are both able to have intercourse, you just want to throw in some variety to your sex life

Step One: Introduce The Invisible Chastity Belt technique

Tell your man that you want to play a little game to pique his attention. You can send him a text message to start out.

In my example above, I introduced the concept in real time. But personally, I'm a fan of the prolonged tease. Had I thought of it sooner, I would have gotten his motor running with texts through the day.

As always, anytime you send a flirty text, use the winky face.

Here is how the conversation could flow...

You: Tonight we are going to play a game you will love. I will explain later ;)

Him: Oh really? I'm curious. Give me a hint.

You: It will make you feel like a teenager again ;)

Him: A teenager? What, are you going to give me a hickey?

You: Oh, I plan on giving you a lot more than a hickey. But you have to follow one rule.

Him: One rule? What kind of game is this?

You: I will tell you everything when you get home. Now stop thinking about me and get back to work ;)

When he gets home, he is probably going to ask about this game right away. Tell him the rules. He can do anything he wants to you above the waist. And you get to do anything you want to his entire body (or

substitute your specifics based on your needs). The only rule is you can't "go all the way."

Step Two: Making out

You can get yourself into character with a specific hairstyle or innocent-looking outfit if you desire. But that isn't necessary to enjoy the full effects of the technique.

I think getting started with a hot and heavy make-out session is the best.

Pretend you are teenagers again and making out is a big focal point of your sexual connection. Focus on kissing in all types of ways. Slowly, passionately, sweetly, and/or with biting.

Dry humping is definitely encouraged, too. Making out was a big deal for most of us as teenagers. Savoring the make-out is an important (and fun) part of this game.

True story: as a grown up, fully able to have sex, I once had a four-hour makeout session with a man I was dating. We'd decided that we weren't going to have sex unless we were exclusive. But we had some major chemistry. So we made out on my couch for hours one night. Until our faces were sore, lol. It was super fucking sexy and hot, too.

Never underestimate the joys of a great make-out!

Step Three: More action, minding the rules

As you are both getting aroused, clothes are bound to come off, and you are going to go beyond first base (sorry, can't help but bring back the old terminology, haha).

If his hands, mouth, or other body parts venture too close to the forbidden zone, move him to a different place or change activity. For example, if he's playing with your breasts and his hand starts moving south (and your vagina is off limits for the night), grab it and place it back on your tit.

You can also tell him no in a playful way...

That area is forbidden tonight

No no no, mister, keep your hands on second base only

Hands on tits only please

Oh no, that's off limits tonight

Naughty boy, follow the rules!

Make sure you keep your voice light and fun.

Invite him to spend a lot of time on your breasts. Did you know that some women can achieve orgasm just from nipple stimulation? It's true! And for those who can't, a long session of teasing, pinching, and sucking can get you damn close to the Big O.

So tell him...if he pinches and sucks your nipples, he will drive you wild! Guide him to be harder or softer as needed. And if it feels good, tell him not to stop!

Step Three: Oral sex

This game is a perfect opportunity to give him an out-of-this-world blow job. I recommend incorporating some or all of the Oral Intensifier technique from Module Six. Or, if you are using the ICB because he is unable to have an erection, tell him you want him to go down on you.

And you can certainly make sure to talk about his penis if you give him a BJ...

I want to suck your dick

Want me to give you head?

Want me to suck your cock?

Give me your dick

I love sucking your dick

I love your big hard cock

Let me suck your dick

Can I suck your dick?

Let me wrap my mouth around you

Does that feel good?

And if he's giving you oral sex, give him a good play-by-play or directions...

I love how you lick my pussy

God, your tongue feels amazing

Lick it harder / softer

Suck on my clit

Make me cum with your mouth

Don't you dare stop

Keep going, you're going to make me cum

You know what I like

And don't forget to use your Madonna Moan!

Oral sex to climax is a natural ending point to the game. However, orgasm may or may not happen for you. You don't have to focus on cumming as the absolute goal.

THE *Language* OF *Desire*

Module Nine Worksheet **Libido and Longing**

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Libido and Longing

“They say when you are missing someone that they are probably feeling the same, but I don’t think it’s possible for you to miss me as much as I’m missing you right now” —Edna St. Vincent Millay

“so I wait for you like a lonely house
til you will see me again and live in me.
Til then my windows ache.” —Pablo Neruda

Longing is part of a long distance relationship. When you are separated from your love, it may seem like the seconds tick by so slowly.

Soooooooo slowwwwwwwly.

The exercises and techniques in this module show you how to keep the spark of passion alive in your sex life when you are separated, which is a wonderful way to stay connected on an intimate level despite not being able to be together face to face.

But what do you do with yourself in the here and now? In the reality of living in the space between seeing each other again?

To answer those questions, I present to you The Least Sexy Worksheet in this program!

When I was separated by distance, I found a way to keep myself productive when all I wanted to do was lie in bed and daydream of him. Because truly, I could lounge around like it was a flippin’ olympic sport. . . doing nothing but thinking about his sexy ass.

And I tell you, I would have taken the gold medal!

So instead of letting my life around me crumble in shambles of neglect while I lounged in a self-made purgatory of desire, I created a little game.

I did mindless tasks and daydreamed **at the same time**.

Let me show you how. We all have a to-do list of chores and boring grown-up responsibilities, right?

- Clean and organize the laundry room
- Sort out the junk drawer
- Pressure-wash the driveway
- Sort through old piles of mail
- Purge closets for charitable donations
- Sweep and dust under large pieces of furniture
- Wash the windows

You know, all the dumb stuff that tends to get overlooked when doing normal day-to-day housekeeping. Which, before you know it, you can't remember the last time you did the task.

So when I was feeling particularly yearny and reaaaalllly wanting to while away the hours daydreaming about him, I'd crank the tunes and pick a chore from my list.

Because the task at hand was mindless, I'd let my mind wander to thoughts of him.

Sometimes I'd daydream that he was there with me as I was doing the chore. Like he was sneaking glances at me. So I'd wiggle my ass or move more provocatively.

Sometimes I'd use the time to daydream about sex. Other times I would carry on imaginary conversations. Yes, out-loud pretend conversations. Like I'd completely lost my marbles.

Don't laugh!

But I found out was that doing things like this made the time tick by a little faster. It put some of that pent up energy to use. And it got some of that dumb shit DONE and marked off my to-do list.

Step One: Make your list

Go ahead, grab a piece of paper and make your list of tasks and chores that need to be done around the house.

You can think of areas in your home you know he pays attention to or are places you might want to “christen” next time he’s there (like the now-cleaned-up laundry room).

If you are one of those neat-freak Martha Stewart types who doesn’t have a list of neglected chores, you can play the same game while doing your regular chores.

You can also do things out in the community. Use your spare time to help someone out and get your mind off of missing him.

- Volunteer at a park or beach clean-up day
- Sign up to serve lunch or dinner at a homeless shelter
- Spend a few hours working at a food bank
- Volunteer to walk dogs at the local animal shelter
- Read books to school children or seniors

If you run out of things to do, you can also offer yourself to a friend or family member who’d appreciate the help with those sorts of tasks.

Step Two: Get to work!

This one’s pretty simple: pick a task and get to it, sister. And think of how great it will feel to mark that stuff off your to-do list! And let your mind wander to all manner of delicious and dirty thoughts about your man while you are working.

Don’t get me wrong, I absolutely do think it is nice to be self-indulgent at times and let yourself lounge about longing for your man. Balancing that lounging with some manner of productivity at times is also helpful.

But if they ever do make lounging while daydreaming about sex an olympic sport, I am soooo in the running for gold!

THE *Language* OF *Desire*

Module Ten, Part 1: What to Do if He's a Cold Fish

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What to Do if He's a Cold Fish

Okay, you've made it to the final module. Give yourself a high five for getting this far, sister!

I've covered some of the frequent issues that come up in some of the techniques, but what if you've tried a lot of these ideas and he's still not responding with gusto to your advances?

Well. That's a tough one.

My ultimate goal with writing this program is to see women all over the planet enjoying a totally fulfilling and fun sex life with their partners. Sometimes, despite our best intentions, our sex lives can get off track. For some couples, all it takes is a program like this one to give encouragement and insight into how to bring that spark back.

For other couples, the issues in their sex life run deeper than what role playing or dirty talking can fix. I'm obviously not a licensed medical professional, so I can't speculate or offer guidance on any medical specifics. However, here are some questions to think about that might at least steer you in the right direction toward a solution.

Is your sex life relatively active aside from trying these new ideas with him? In other words, are you having sex but he just isn't comfortable with this kind of sexual creativity?

If the answer is yes, then I suggest going back to some of the tamer techniques that focus more on building your emotional connection and less on revealing private fantasies, particularly The Cuddle Hormone and The Boiled Frog. Both of those lessons can be used without role playing or even getting particularly dirty.

If the answer is no, then it sounds like it's a bigger issue regarding intimacy, libido, and/or sexual function. I highly encourage you to look into seeing both a medical doctor and a couples therapist. Look for a therapist or counselor who specializes in sex, libido, or intimacy issues.

The sexual connection in your marriage or long-term relationship is a very important component, and it is absolutely worth getting professional help with if it's not optimal.

Are there certain lessons he does respond positively to?

If yes, then continue to use those and explore variations of them.

If no, ask him if he's open to talking about what things do turn him on. It's possible that even with this wide variety of ideas, we just may have missed his particular turn-ons.

Do you think he's simply not comfortable with you using graphic language?

Some men have very rigid ideas about what femininity looks and sounds like. If your man is old fashioned or highly conservative/traditional, try using more ladylike language with him. See if that gives a better response.

Also, let him know that you are exploring some new ideas just for fun, but it's important to you that he feels comfortable. See if he's willing to share the things he does like and what specifics he'd like to be different.

Can you simply talk candidly with him about your sex life?

I realize that doesn't come easy to a lot of people. Like I've mentioned before, many of us have been raised with the belief that sex is something to be ashamed of or isn't to be pleasurable. And we were never given the encouragement to speak openly about our desires, let alone any kinky fantasies.

Try gently opening up the conversation. Let him know that whatever he has to say is okay, that you love him and want to experience a mutually exciting sex life with him, that you desire him and are attracted to him and want to learn how to satisfy him. It can happen if you share your desires with each other.

No matter what your answers may be, I do want to commend you on taking the step to be brave enough to want to improve your sex life. It is a great gift that you've given both yourself and your partner to be willing to explore your sexuality!

THE *Language* OF *Desire*

Module Ten, Part 2: Overcoming Objections

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Overcoming Objections

You may have thought this lesson was about overcoming HIS objections. Nope! We are going to take some time to reflect on your objections. Tricky, huh?

At this point in the program, I hope you've tried out at least a few of the lessons and found some new and exciting ways to spice up your sex life. And I'm sure there were a few lessons that you read and thought, "NO WAY!"

Not everything I teach you will be in your comfort zone, so I didn't create this expecting that you'd want to try out every single thing (but hey, if you do, that's fantastic!).

Sex is a totally personal thing. What turns on one person is a turn-off for another. So it stands to reason that it's very possible that there are a few things in here that didn't sound fun to you at all.

That's cool. And while I always encourage everyone to respect their boundaries, I'm going to ask you to take a leap of faith and push yourself a little.

Right now, I want you to go back and choose a lesson that didn't sound appealing to you when you read it. Like it made you shrink back in fear thinking, "I could never do something that bold!" or, "Uh, no thanks. That does not sound sexy to me!"

Go back and read through that lesson, and while you read it, ask yourself:

- What exactly freaks me out about this?
- Does it make me feel too vulnerable?
- Does it feel too sexy or out of character?
- How could I possibly alter it to make it feel more do-able?

Spend some time and really think about your answers here. Write them down in your journal.

Ok, so why am I asking you to do this?

It's not because I'm going to tell you that you HAVE to go do that lesson. But if you feel like you want to after revisiting it, awesome. Go for it!

The reason I asked you to go re-read a lesson that you didn't immediately find appealing is to get more in touch with your own brand of sexuality.

Thinking through the reasons you might be afraid of something or why it doesn't turn you on is one step. Taking it a bit further to figure out how it could potentially be changed up so that it could be desirable for you is the second step, even if you couldn't find a way that made you suddenly think it sounded sexy and fun. That isn't the point of thinking this way.

The point of this kind of analysis is to make you more able to come up with your own ideas for sexual expression. It flexes your creativity. It helps you discover that you are probably more open-minded than you previously thought.

Now, I'd like you to go back and do the same exercise with any other lessons that you didn't find appealing. Ask yourself those same questions as you read it:

- What exactly freaks me out about this?
- Does it make me feel too vulnerable?
- Does it feel too sexy or out of character?
- How could I possibly alter it to make it feel more do-able?

When you approach sex from a place of "how might I make this interesting for me?" you begin to discover more avenues for pleasure. You also get more creative in your approach to your partner, too. If he is apprehensive, you can guide him to think about how an activity could be altered to make it more enjoyable. Also, if he suggests something outside of your comfort zone, you can easily figure out how it could work for you. You will feel more confident in experimenting, and that leads to more fulfillment for you both!

THE *Language* OF *Desire*

Module Ten, Part 3: Fine-Tuning Your Technique

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Fine-Tuning Your Technique

Alright, girlfriend, it's time to take your sexual superpowers to an advanced level of mastery.

As you've gone through this program and tried out these wild techniques, I'm sure you discovered that some things you tried went exceptionally well, while other things didn't.

Maybe they felt awkward. Perhaps your confidence was still a little shaky. You might have felt vulnerable and retreated back to activities or language you felt more comfortable with.

I may sound like a broken record (again. Ha!), but it's totally normal to not master something your first time trying it. With any new skill, it takes some time and practice to get it right.

For the activities that didn't go well the first time around, I want you to think about what didn't go right.

And how could that go better next time?

For example, if it was a Skype session, maybe dealing with the technology got you fumbled up.

If it was trying out a BDSM fantasy, it could be that the props were uncomfortable or you both didn't know how to easily use them.

Maybe it was during phone sex and you stumbled over a word that sent you into a fit of giggles.

Perhaps you were doing the Oral Intensifier and the mirror behind you toppled over and knocked you unconscious. Okay... I sure hope that didn't happen to anyone. Ouch!

No matter what it was that didn't go perfectly, it wasn't the end of the world, right? I'm sure you both still had fun and it increased your feelings of connectedness. And I think anything that sounded sexy enough to try once deserves a second try.

Back to what did go well...

Enough about problems. Let's talk about the stuff you had a blast with!

What were the techniques that felt like second nature?

And especially, what were the activities and language that got the biggest response from your partner?

Write all of that down.

Next, I want you to brainstorm some ideas on variations to those techniques.

For example...

- Did he go nuts for Pavlov's Erection? Head back to the drawing board for other innocent items you could use as your "bell" to condition him.
- Did he love the Erotic Action Movie? Re-read that lesson and write up a new, even more provocatively daring script starring him as the sexy hero.
- Was Verbal Viagra the magic bullet? Make a point of using that technique often. It gets even hotter when you do it in a circumstance where sex would be totally inappropriate. Think charity auction, your kids' school Halloween party, grandma's 90th birthday... anyplace where sex would normally be the furthest thing from your minds. That contrast amps up the heat.
- Did 50 Shades of Experimenting open up some newfound kinky interests? Take a trip to the sex store together to browse for new props and toys.
- With Erotic Telepathy, are there other fantasies he has hinted at that you could bring to life for him? This is an excellent time to revisit that lesson anyway. Your mind is chock-full of the things that drove him wild with desire. I bet you'll think of new things you can add there!

It's quite possible that you will develop a list of favorite techniques that will become your go-to sexual menu. By creatively brainstorming variations, you can keep the interest level humming on high even if you are only selecting from a handful of core concepts.

And if you ever feel like things are getting the slightest bit stale, pull out a lesson that you haven't used in awhile and give it a go. You may discover that it's time to add that one onto your menu of favorites.

Also, you will likely discover that he is going to be eager to share his ideas with you, and he will probably take the lead in introducing new sexy activities. How delightful for him to turn the tables on you!

THE *Language* OF *Desire*

Module Ten, Part 4: Planning Your Dirty Deeds

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Planning Your Dirty Deeds

One of the advanced tricks of mastering the *Language of Desire* is understanding how to build in peaks and valleys to your sexual adventures.

When I first started trying these ideas out, I got overwhelmed and exhausted. I felt like I had to constantly out-do myself. I naively thought that it was a constant progression of more, more, more and dirtier, raunchier, kinkier.

Thankfully, I discovered that wasn't the case before I freaked myself out and gave up altogether.

In reality, the way you keep the intrigue and interest levels high is by building in some highs and lows. It's also a way to give him that thrill of the chase he so desires. By varying your levels of intensity and dirtiness, you keep him guessing since he doesn't exactly know what you will throw his way next.

And don't forget, surprise is one of the ways you trigger that flood of delicious dopamine in his brain, too.

My point is that there should be highs and lows, some slow builds happening on the back burner while there are some immediate flashes of dirty texts or unexpected naughty romps. And then things cool down a bit for some breathing room and time to connect more romantically and lovingly.

You've learned a few back-burner techniques. What I mean by back burner is that they take a few weeks to actually put together, so some of the work is being slowly done over time. Pavlov's Erection and The Boiled Frog specifically take several weeks. Other techniques like Erotic Telepathy and Romance Rotator also have back-burner components.

When you start out, it's normal to do one lesson at a time. It's your trial and error period. After you've gone through this whole program and determined what you both really enjoy, you can begin to actually plan it out a bit.

Remember, sex is fun and is the way you playfully connect. When I tell you to plan it out, I don't mean to make it a chore or something you need to follow perfectly. It's more to give you a working game plan that will be effective. You are the boss, here!

Examples

I put together two specific examples of plans that you might consider when you create your own, and I've created a worksheet for you in this lesson that walks you through planning.

Example One: This four-week plan involves having sex about two times per week

Days 1 to 7:

Back Burner Technique: Pavlov's Erection (takes 3-6 weeks)

Immediate Technique: Verbal Viagra

Days 8 to 14:

Back Burner Technique: Pavlov's Erection (takes 3-6 weeks)

Immediate Technique: The Cuddle Hormone

Days 15 to 21:

Back Burner Technique: Pavlov's Erection (takes 3-6 weeks)

Immediate Technique: none, just flirty texts

Days 22 to 28:

Back Burner Technique: Pavlov's Erection (takes 3-6 weeks)

Immediate Technique: Oral Intensifier

Example Two: This four-week plan averages sex one time per week, sometimes two

Days 1 to 7:

Back Burner Technique: The Boiled Frog

Immediate Technique: Lust Mirror

Days 8 to 14:

Back Burner Technique: The Boiled Frog

Immediate Technique: Madonna Moan

Days 15 to 21:

Back Burner Technique: The Boiled Frog

Immediate Technique: 50 Shades of Experimenting

Days 22 to 28:

Back Burner Technique: The Boiled Frog

Immediate Technique: none, just flirty texts

Example Three: This four-week plan has one person traveling out of town

Days 1 to 7:

Back Burner Technique: none

Immediate Technique: Dirty from a Distance

Days 8 to 14:

Back Burner Technique: none

Immediate Technique: No Touch Lay

Days 15 to 21:

Back Burner Technique: Romance Rotator

Immediate Technique: Erotic Telepathy

Days 22 to 28:

Back Burner Technique: Romance Rotator

Immediate Technique: none, just flirty texts

I'm not prescribing a certain number of times to have sex. Some couples average 2-3 times a week, some average 2-3 times a month. And the benefit of planning things out isn't to have one more calendar you feel pressured to follow... it's to serve as a guideline for weaving in those intense techniques with the more romantic interludes. It's cliché but true... variety is the spice of life!

Make sure to do the worksheet with this module, where I walk you through planning out 30 Days of Desire.

THE *Language* OF *Desire*

Module Ten Worksheet

30 Days of Desire

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30 Days of Desire

Here you will map out a plan for the techniques you want to use over the next month. Keep in mind that this isn't a definitive guide that you need to follow absolutely. Rather, it's to make sure you build in some high intensity weeks and lower intensity weeks to keep an optimal balance of peaks and valleys.

Your immediate technique is what you will use in one interlude. You may have done the pre-work ahead of time (like Erotic Action Movie), but this is when you will unveil it. Your immediate technique for each week is where you will contrast between high intensity and lower intensity of dirtiness.

Remember you can use a back-burner technique that takes time to build, like Pavlov's Erection or The Boiled Frog. Use this in addition to the immediate technique that week.

Also, if you or your man will be out of town, you'll want to plan to use a technique that works for when you are apart.

Days 1 to 7 (fill in dates)

Immediate Technique:

Back Burner Technique:

Days 8 to 14 (fill in dates)

Immediate Technique:

Back Burner Technique:

Days 15 to 21 (fill in dates)

Immediate Technique:

Back Burner Technique:

Days 22 to 30 (fill in dates)

Immediate Technique:

Back Burner Technique: