

Step 2

The Erotic Smorgasbord

Long Term Intimacy Course



Step 2: The Erotic Smorgasbord

Now that we've spent some time working on your self-esteem and self-identity, we're going to turn our attention to the sexual side of things. One of the most important ingredients for an active and fulfilling sex life is a strong and secure knowledge of what you enjoy, and what turns you on. This chapter will give you some tools with which to explore your erotic desires and fantasies, and which will help you get a clearer idea of just what you want to happen in the bedroom.

One of the chief causes of disappointing sex is a lack of self-knowledge. After all, how can you expect your partner to be able to satisfy you, when you don't know where to begin the process of satisfying yourself? And even if you do have a fairly clear idea as to what does and doesn't work for you in the bedroom, this chapter is still worth a read. There's a huge range of sexual possibilities in the world, and even if you think you might have considered them all, there's almost certainly something new for you yet to discover.

Sex is often seen as something that it's not necessarily possible to get better at. Women in particular often bemoan the fact that they aren't able to achieve orgasm. If this is you, don't let this make you lose hope. Whilst approximately 75% of women cannot achieve orgasm from penetration alone, almost all women are capable of climax, even if they require help using clitoral stimulation. Plus, clitoral orgasms are often more powerful than the ones women receive from penetrative sex. However, if a woman does not climax during regular sexual activity (not necessarily penetration), even when there's clitoral stimulation involved, then it is often because they aren't comfortable with their bodies, or because they haven't taken the time to explore and understand what actually might really and truly turn them on.

Informed and adventurous self-exploration can, therefore, lead to a much more satisfying sex life. It can result in you trying new things, and finding that you enjoy them more than you thought possible. It can open doors to areas of your life that, previously, you might have found completely unimaginable. At the end of the day, it is an absolutely crucial element in building and maintaining a satisfying sex life in any long term relationship.

The suggestions in this step can be carried out alone or as a couple. Each approach has its advantages. By exploring as individuals, then coming together to share your discoveries, you might find yourself a little freer and less inhibited. Alternatively, by exploring with your partner you might find yourself lead along brand new tangents and into interesting territory that you wouldn't have considered on your own. Either way – alone or together – here's how to discover what truly turns you on.

Think About Your Best Sexual Experiences

The first and most logical place to look when it comes to discovering your fantasies is in your memory. Think back over your life and try to pick out your top five most satisfying, exciting and interesting sexual experiences. What were they? And what was it about them that made them so special? Is there something there that you enjoyed, but didn't fully understand? Is there



something that you liked but have never returned to? If you can, share these memories with your partner. Although it may be difficult to talk about any experiences with previous sexual partners with them, it is eminently worth doing. Being able to freely and openly discuss sex will help you relax and be completely at ease around one another. Moreover, talking about satisfying sexual experiences can be great form of foreplay!

Examine Your Thoughts as You Pleasure Yourself

Again, the best source of information about what turns you on is your own brain. When having sex with your partner you are almost certainly thinking about them. But what about when masturbating? Masturbation is a private and intensely personal activity – and it’s one that can be very revealing about our interior worlds. If you are in a long term relationship, it might have been quite some time since you last masturbated – but there’s no reason why, this week, you shouldn’t take some time to yourself and indulge. It may feel odd, certainly, to enjoy sexual pleasure without your partner – but think of it as something you are doing *for* them rather than just without them.

As you touch yourself, let your mind wander. What fantasies and images do you settle on? What comes to mind? You may be surprised by the results. Don’t hold back, and don’t try to suppress anything that you visualize or enjoy thinking about. Instead, just let go and allow your mind to move freely. Afterwards, make some notes: write down as much as you can about what you remember. This exercise can be a valuable insight into your deepest and most subconscious fantasies.

The Way You Masturbate

As well as being an excellent tool to help you explore your fantasies, masturbation is a valuable activity in its own right. By touching yourself regularly you increase your bodily awareness, and prime your brain and body for pleasure. It has been proven over and over again that those who masturbate regularly are bound to have more satisfying sex lives than those who abstain. With that in mind, it’s a great idea to spend a little time examining the way you pleasure yourself, and experimenting and exploring to take things that one step further.

If you feel a little lost, there’s **more detailed hands-on Sexploration techniques (and less reading) in the next step!**



For now, here are some tips to get you started....

For men, this can be a simple matter of changing your grip or using your other hand. Small changes like this can be enough to make masturbation feel like a completely different and new activity. Because you're not used to it, you'll gain a lot more pleasure from it. Consider also using a made-for-purpose lubricant to enhance the experience; tingling lubes can be especially pleasurable. And, if you haven't tried doing so already, experiment with involving the rest of your body. You might be surprised by how much some light pressure on the perineum, or a little play with your nipples enhances the experience of touching yourself, and changes an orgasm into a full body experience.

As men are primarily visual creatures, you can also intensify your solo sessions by watching pornography, or by looking at pictures that you find attractive. The key is to stimulate all your senses, and thus broaden the experience out into something really special. Take note however that some women may find you watching pornography as "cheating" or offensive. Talk with your partner and be respectful of her feelings. If watching pornography is an issue, perhaps you may instead indulge a little soft core porn together?

One final word for men: don't be afraid of the ass. Enjoying touch in this area of your body does not mean you have homosexual leanings, or that you want to take things any further. It is simply a fact that the prostate is located close to the anus in men, and that therefore stimulating the ass is quite often intensely pleasurable. Having a prostate massager inserted during masturbation, not only has health benefits by stimulating your prostate, but also provides a different kind of orgasm in many men. Some men have even reported experiencing a stream of ejaculation rather than spurts. Something to consider?

For women, comfort is one of the most important factors when it comes to masturbation. Make sure you allow yourself plenty of time, space and privacy to explore. Put on some music and burn some incense. Create an environment in which you feel safe, secure, warm and relaxed. Always use lubricant – unless you are naturally very wet – and begin by touching your vulva and clitoris gently but firmly in a way that feels pleasurable to you. As you get more into your session you can move on to putting your fingers inside of you. Even if this isn't a normal part of your masturbatory routine, it's worth trying as it can really enhance the resultant climax. Consider investing in a vibrator or dildo – almost all women own a toy of some kind, and most find it to be an invaluable aid when it comes to getting themselves off. Pay attention to what gets results. If you can come only when there's something inside you, and not just from clitoral stimulation, then that's what you should focus on. Don't obsess about getting off in a particular prescribed way – instead try to find out what works for you.

Women can also get great results by involving the rest of the body. Pay just as much attention to your breasts, your thighs and your stomach as you do to your intimate area. And be prepared to experiment with position. Most women default to lying on their back when they wish to pleasure themselves, but quite often you might get better results lying on your front, kneeling or even standing. Try a variety of different positions, and see what works for you.



[Read Erotica or Watch Pornography](#)

Men are predominantly visual creatures, and so are much more likely to enjoy pornography than women. Many women, on the other hand, need an emotional or psychic context for their sexual gratification – and so tend to enjoy erotica more than they do simple porn. Whatever works for you, take some time to browse through some erotic material. There are, of course, endless repositories of pornography and smut to be found on the internet. These can provide a great research tool for you both to expand your sexual repertoire. Make sure to browse as widely as possible, to give yourself the chance to be exposed to new and different things. Take note of what you particularly enjoy – even if you don't quite know why you enjoy it. If you're both comfortable doing so, share your favorite clips or stories with your partner and discuss them afterwards.

[Write a Dirty Story](#)

Even better than reading erotica, is writing it! You don't have to be an expert writer – in fact you don't even have to be very good with words. This is going to be a story just for you and nobody else. Imagine yourself in a situation that turns you on, and then write about it. You can write completely from your imagination, or you can start out with something from your memory and go from there. Either way, try not to plan too much in advance. Let the writing itself carry the story. If you feel as though you want your dirty tale to go in a particular direction, then let it! This is an act of exploration, and so explore and write about whatever turns you on. You may find yourself getting more and more turned on as you write. This is a good sign. Keep going though, and resist the temptation to retire from the story and relive yourself. If, once the story is complete, you feel happy and confident enough about it, you may want to consider sharing it with your partner – in exchange for a story of their own, of course!

[Search the Internet](#)

As well as being the source of a great deal of pornography, the internet is also useful as an information resource in its own right. Exploring your sexuality and your fantasies doesn't have to take place through the medium of explicit words or images. Instead, why not try searching for “sexual fantasies”, “sexual activities” or “common sexual practices”. You'll no doubt end up with quite a list of results. Take your time as you read through, and decide what you like the sound of, and what you definitely don't want to hear about again. It may be that some of the results you find are completely alien to you – but this isn't a problem. The internet, happily enough, can provide definitions and further information as well.

[Pleasure Your Body in Other Ways](#)

Masturbation isn't the only pleasure your body is capable of experiencing. Even if it's completely non-sexual in nature, a decent massage can help you raise awareness of your body and fine tune your response to physical stimuli. Body awareness is enhanced by touch and tactile experience – and because of this anything involving touch and intimacy makes for a fantastic way to explore your own sexual response. The simplest way to do this would be to lie in bed, shut your eyes and



simply allow your hands to roam over your body. Without thinking too hard about anything, simply note where you enjoy pressure and where you do not. You can also try different objects in contact with your skin – do you enjoy the ticklish sensation of a feather, or do you just find it irritating? Do you like the feel of soft things or rough things against your skin? The sensation of a hair brush for example?

There are plenty of other ways to explore as well. The above exercise doesn't have to be a solo one. You can try this kind of sensation play with your partner as well. Really though, any kind of physically pleasurable experience is a valid one. Perhaps the idea of simply settling into a nice, long, warm bath is one that appeals to you. If so, give that a try. Or perhaps you'd like to get a professional massage. If it feels right, then do it. Indulging these wants will help you get more in touch with your physical and intimate side, and may lead to some completely new discoveries about your sexual self.

Join The Kink Community

Ever since *Fifty Shades of Grey* hit the shelves, couples everywhere have been far more open to the idea of introducing a little kinky play in the bedroom. Of course, if that's not your thing, then that's fine. Don't feel as though your sex life is less exciting because it doesn't match up to the wilder images you might see on the internet or the wilder scenes you might read in books. What matters is that YOU enjoy it. That said, if a little bit of kink is your thing, you're in luck. No matter where you live in the world, there is almost certainly a kinky community close to you who can help you out as you explore.

How to find them? Well, thanks to the internet, the answer is nice and simple. Most of the kink community stays in touch with one another through the website FetLife.com. Create yourself a profile and have a look at what's going on in your local area. There will almost certainly be a social gathering or "Munch" which you can attend – there you'll be able to find others with similar interests who might be able to offer you words of wisdom or advice. If you're lucky you might also have access to classes, workshops, discussion groups and demonstrations – all of which will be designed to help ease you into the world of kink safely and enjoyably.

Read a Book

If put together in one place, all of the informative literature about sex in the world could probably fill at least a dozen libraries. Much of it might fall under the heading of purely



informative, but this is still worth a look: understanding why your body reacts the way it does to certain stimuli can offer a whole new perspective on your sex life. Not only that, but when it comes to explaining sex, each author has a different outlook, based on a different collection of experiences. By reading widely you'll educate yourself, until you're something of a sex expert. And let's be honest: who doesn't want to sleep with a sex expert?

A Word On Fantasies

In this chapter we've been focusing heavily on fantasies, kinks and sexual proclivities. I'd like to take a minute to just remind you that, whatever your sexual fantasy is, *it is valid for you*. It may be that you enjoy something rather tame – perhaps your greatest desire is to have sex in a new position, or to be wined and dined before being bedded. There is nothing wrong with this! Don't feel as though your sexual fantasies have to be as action-packed and exciting as a movie trailer. Instead, just focus on working out what you want and why you want it.

Similarly, you might find yourself a little troubled by some of your desires. The most common example is rape fantasies. These are exactly what they sound like, and are particularly common among women. You might fantasize about being coerced or forced into doing sexual things, or about being manhandled in the bedroom. Don't worry if you do, though! Fantasies are, just as the name implies, nothing more than idle wishes. It doesn't necessarily mean that you want these things to happen – merely that you find something about the idea exciting. Almost all fantasies can be explored in a safe and consensual manner – but in order to do so one must first accept the nature of the fantasy itself. Don't be afraid of what turns you on, even if it is darker or stranger than you might have anticipated. Instead, embrace it, and then start working out how you can safely and happily explore.

Now it's time for [Exercise 2 – Download it here!](#)

Notes:



