

# 50 Ways to Play - BDSM for nice people...!

Sex shouldn't be satisfying...it should be MIND BLOWING!!

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Prior to the release of the 50 Shades of Grey trilogy, BDSM had been viewed as being: what weird people did; perverse; violent, aggressive and abusive.

What the books did however was show that even mainstream people can undertake light BDSM activities in their lives, that sex could set you on fire, that you can turn every night into an erotic fantasy, that you can finally perform acts that others have only read about, that through BDSM you can connect with your lover like never before. The books opened up discussions around sex and BDSM in a country that is socially and sexually conservative.

## BDSM in the bedroom

You do not need a dungeon to do BDSM. You don't even need to spend copious amounts of money on furniture and equipment. You also don't need to be a dominatrix to facilitate BDSM fantasies with your partner.

BDSM is about an attitude and developing skills that can be easily taught. It is the playful use of sexual concepts, ideas, sex toys, equipment, furniture and role play to enhance partner intimacy.

BDSM at home is the use of household items and furniture and a creative imagination. Build your toy box slowly and over time and rather purchase good quality items that will last a life time.

## 50 ways to play

- **A red room of pleasure & pain** - Transform your bland bedroom into a spicy boudoir; remove family pictures, paint the walls a deep rich colour, and purchase linen in soft, velvety fabrics. And definitely get rid of the dirty laundry lying around! Light some candles and play some soft, sensual music in the background.
- **Sexual domination & submission** - Revel in sexual abandonment by forfeiting control. Decide which one of you in the relationship will be in charge during your playtime, and then surrender control to your partner.
- **Delayed sexual gratification** - Delay both of your climaxes for as long as possible to create sexual bonding. Take your time, and have lots of foreplay.
- **Behavioural restraint & mind games** - Give instructions and wait lengthy periods of time to build anticipation. Spend the day sending saucy pictures and messages to your partner, with a set of instructions for when they get home, telling them what you are going to do to them...build the anticipation.
- **Bedroom bondage & restraint** - Physical restraint (i.e. with cuffs) to create a sense of erotic exploitation. There is nothing like the feeling of being tied down and being helpless to what is being done to your body.
- **Japanese rope bondage** - Intricate rope work looks and feels good on the submissive, and the constriction of rope makes your sexual experiences all that more intense.
- **The ottoman empire** - Buy a simple ottoman to use as a piece of bondage/ spanking furniture in your newly revamped boudoir. You'll be amazed at how versatile this little item can be for spanking and bondage.
- **Standing/ Suspended sex** - Use your door frame or shower head to restrain your submissive with straps and cuffs. But just be careful when using your shower head...you don't want to flood your house should the sexual excitement force you to pull the shower head out of the wall!
- **Hold me down** - Consensual force fantasies are very popular amongst couples. But discuss these in detail first, and decide on a trigger that will let your partner know the scene is in play. You don't exactly want pepper spray in the face or armed response knocking on your door...you don't want your scene to crash and burn before it's even started.
- **Sex & sensory deprivation** - Use blindfolds, ear plugs, scents, gags, restriction of speech to enhance the sexual experience. When you block one sense, you'll be amazed to find how sensitive you become to what is going on around you.
- **Pain & pleasure** - Combine the elements of pain to maximise the physical & mental sensations of sex. A light bite or spank during sex can enhance an orgasm ten-fold.
- **Erotic spanking** - Spanking intensifies sexual pleasure by increasing blood flow to buttocks & genitals. The area becomes ultra-sensitive and you will be screaming in ecstasy when you finally spontaneously combust!
- **Flogging** - Add impact to other areas of the body with flogging. This brings the blood to the surface making the skin sensitive to touch. Run nails over the flogged area and watch those goose bumps! Combine this with lightly dragging the tails of the flogger over the body. The sensations will be



overpowering and your partner will be begging for more.

- **Love bites & scratches** - The throat is an extremely erogenous part of the body – switch between bites, nibbles, licks and kisses to stretch out foreplay. Running your nails and sensual scratching over areas of the body – engages you in sensation play.
- **Nipple clamps & toys** - Clamps are used to provide hands-free stimulation and can be tame to severe depending on the submissive. Adjustable clamps work best, so as to create varying intensities.
- **Feel the burn** - drip candle wax over the body to derive extreme, unexpected sensations. Only use the old fashioned white emergency candles found in most supermarkets and hold the candle approximately 20cm away from the skin, to maintain a manageable heat.
- **When ice is nice** - Dragged over the body, temperature extremes can intensify sexual stimulation. Combine the ice with your wax play to drive your partner mad with sensation overload.
- **Glass toys & temperature play** - Heat glass dildos in warm water & cool in the freezer to alternate between hot & cold. Temperature complements erotic torture very well.
- **Talk dirty to me** - Erotic language during play is an arousing element of sex and is fabulous when incorporated into role playing games. This is the time to lose all shyness and inhibitions. Ask for what you want, scream from the rooftops what you enjoy!
- **The sounds of sex** - Implements of BDSM, groans, cries of pleasurable pain intensify the experience for both. So wake up those prudish neighbours with your newly found sexual antics!
- **Public power play** – This is an adventurous way to engage in BDSM foreplay. When going out in public, make your partner use things like ben wa balls, vibrating remote controlled bullets and watch your partner squirm the whole night.
- **BDSM rituals** – These are performed to help partners transition from everyday life into roles of dominant & submissive. They serve as a form of foreplay to increase sexual anticipation, and can include things like getting dressed for your partner according to their set of instructions, prepping the room and equipment to help you get in the head space.
- **What should I wear?** - There are no lace, frills or rose petal designs in BDSM ...you are not a doily! Be more vamp, less girl next door to set the stage. So get the leather, PVC and latex out and dress up!
- **Voyeurism & exhibitionism** - To engage the control dynamics, a dominant may ask a submissive to perform a sexual act in public. It can really rev up the sexual excitement. But make sure you first establish if your partner is into exhibitionism. Another

aspect here, is as a form of foreplay, the play partners may attend a swingers club to watch others have sex...your very own live porn movie!

- **Erotic Humiliation** - Ordering a submissive to play with themselves while the dominant watches is an example of what one can do here.
- **BDSM & self-pleasuring** - A dominant may want to watch the submissive pleasure themselves. A dominant may also want to incorporate orgasm control – tease & denial – to watch their partner squirm – it is very pleasurable to the dominant and definitely frustrating for the submissive partner.
- **Rough sex & force fantasies** - Playing with the idea of sexual power & control is not for timid, unimaginative or lazy lovers. This is tough sex. Not tantric sex. It is not uncommon in BDSM where participants have fantasies of extreme domination, force & restraint.
- **Public power play** - An adventurous way to engage in BDSM foreplay i.e. a remote bullet vibrator, where the dominant keeps the remote control, keeping their partner on their toes when the bullet starts to vibrate. There will be lots of ‘oooooooooh’ moments happening, and the submissive needs to retain control in front of others.
- **Orgasm Control** – the dominant’s ability to have complete control over the sexual arousal of the submissive is the central principle to BDSM, including as to when they can orgasm. It relies heavily on delayed gratification & permission to climax.
- **The power pull** – the concept of switching places, so each partner in the relationship has a turn being the dominant or submissive.
- **Erotic electro-stimulation** - The use of ultra-mild electro currents to stimulate the genitals and nipples. These machines are very similar to those that physiotherapists use, but the adaptations have been custom made for sexual pleasure.
- **BDSM sex toy box** - BDSM requires a disresponsible wardrobe and wide range of accessories, so build up your toy box and wardrobe, slowly over time.
- **Tickling** - Use of feathers, rubber tassles or anything else that will deliver a pleasant sensation over the skin.
- **Erotic torture** - Involves the submissive being restrained, while the dominant over a lengthy period of time, subjects the submissive to varying sensations to deliver more pleasure than pain.
- **Bondage positions** - As your BDSM play progresses, you may want to experiment with more restrictive or creative positions for restraint. Don't go all Karma Sutra on your partner if they are not into it!
- **The crotch rope** - Used to stimulate a females' genitals. A rope is tied around her waist and extended between her legs, to stimulate the clitoris.

- **Sexual positions & thrusting techniques** -

Determine which positions are best for you both, to achieve maximum pleasure.

- **Fetishes** - Fetishes can be incorporated into BDSM play to result in a tailor made sexual experience i.e. foot fetish, high heel fetish etc. so if your man likes feet, make him worship them!



- **BDSM & cunnilingus (female)** - Adding the excitement & novelty of bondage to oral sex can increase the enjoyment tenfold for a submissive female. If however she is a dominant female, she can order her submissive partner to worship her and bring her to orgasm – she just needs to instruct him what to do the whole way through to the very climatic end!

- **BDSM & fellatio (male)** - As a domination aspect of BDSM, playing the role of dominant allows a man to be more selfish in pursuit of oral sex, by instructing his submissive partner to go down on him. A submissive man on the other hand, can be driven to distraction when fellatio is used as a form of orgasm tease & denial by his dominant female partner.

- **Anal play** - Is very pleasurable for both partners. Use a finger, butt plugs or dildo to stimulate the area. Just make sure to have condoms, gloves and lots of lubricants at hand.

- **Anal sex** - Even though considered taboo, it is a big fantasy for men to have anal sex with their partner. A lot of women also have double penetration fantasies. Just make sure to use lots of lubrication and take it slow in the beginning.

- **Sex & mirrors** – Mirrors during sex add amazing visual impact to play. So when you revamp your bedroom into the red room of play, hang lots of mirrors around the room.

- **Pornography** - Can be used as a form of foreplay, or to fulfil fantasies of voyeurism. So watch a blue movie with your partner and see where the night ends...

- **Erotica** - Well written erotica is a great alternative to pornography - it initiates arousal, encourages escapism & stirs sexual imagination for both. Remember what 50 Shades of Grey did for most women who read the book...?

- **BDSM & defamiliarisation** - To ensure that BDSM play doesn't become routine, predictable or boring, couples should continuously try to add something new and exciting to the mix. Change the light bulbs in your play area to a different colour, use different

parts of your house to play in, play outside in the garden etc.

- **A BDSM getaway** - An anonymous hotel room is the perfect backdrop to kinky pleasure. Maybe travel incognito to help dissolve sexual inhibitions.

- **The softer, soapier side of BDSM** - Incorporate a mental element to domination & submission to provide a sensual break from the rough stuff i.e. for a male submissive, give a massage or a body-to-body massage, with a strict no touching policy. A submissive can be washed (in the bath or shower) to orgasm – also with the instruction that no touching of the dominant or movement is allowed.

- **Aftercare** - BDSM is an emotionally & exhausting experience. It is very important that comfort, reassurance and validation of the experience is given. It also includes a debrief & feedback to find out what worked & what didn't

**Remember: Couples who play together...stay together!!**

**Have Fun! Play Safe!**



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