

You love her, so why would you want to hurt her...?

You think that people should be treated with respect and courtesy. You find violence, particularly violence against women, reprehensible. You would never, under any circumstances, raise your hand in anger against someone that you love.

Now your partner is asking you to abuse her in some way. All this goes against everything you believe.

The first thing to understand is that it's possible to do things to your partner and still be a good person. While some of the things may superficially resemble abuse, there's an important difference.

Unlike an abuser, you are doing these things, because you will both be enjoying them, and you're doing them in a way that is safe, consensual and respectful of your partners' limits and desires.

You are playing a role, and if you and your partner play out roles for your mutual enjoyment, it doesn't mean you are being abusive.

For instance, you and your partner may want to play out roles in which you are harsh and demanding and she is your sex slave. This does not mean that you actually believe women should be subordinate to men.

There is nothing wrong and disrespectful about treating your partner, the way they want to be treated. Even if the way they want to be treated is not what you're accustomed to.

Not everyone has the same desires, wants or needs. Treating your partner with respect means treating them the way he or she wants to be treated. If your partner approaches you with the idea of exploring BDSM, then most likely there is some part of her which responds very strongly to filling that role.

There is no "right" way to behave that applies to all people, all the time. If something adds pleasure to your life and that of your partner, then it's not a bad thing, even if it's unconventional. And there is certainly nothing wrong in taking pleasure from bringing your partner pleasure.

There is no rule, which states that "nice" guys can't be adventurous in the bedroom. It's about learning what you like, learning about what she likes, and creating a scene that brings you both pleasure. Being a "nice" guy means being willing to explore avenues that bring joy to both your lives.

Both exploring your fantasies, you create a deep intimacy between yourself and your partner, which is hard to beat. This kind of exploration, and sharing of sexual fantasies and feelings, helps form a bond of intimacy and trust that's incredibly romantic and passionate. Ever heard the saying, "Couples who play together, stay together"?

Being a "nice" guy however, can sometimes prevent you from being able to really focus on your partner, to see what she wants. You may have social preconceptions of who "women are or should be". Women are individuals, so focus on the woman you are with, and what it is that she wants.

Being a "nice" guy, can also make you feel uncomfortable seeing your partner as a sexual being.

Don't forget that humans are sexual beings, and it's hard to imagine that anyone doesn't want to be seen as sexually attractive to her mate. Seeing your partner in a sexual light is not only healthy, it's an important part of any successful sexual relationship.

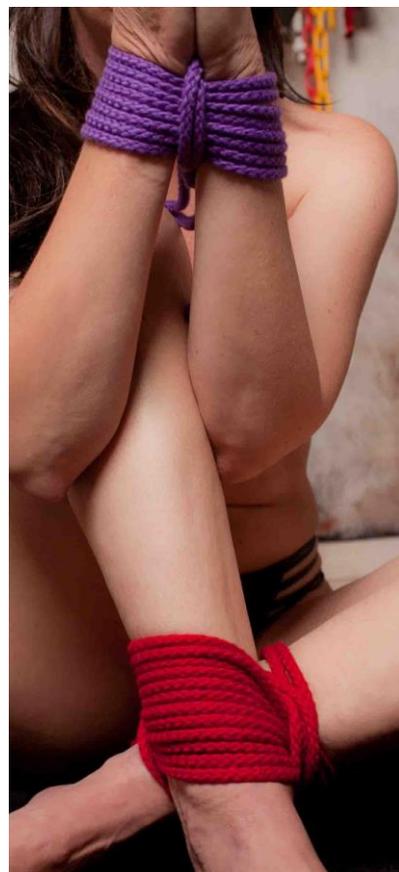
You need to start simply. Sex in general and BDSM in particular are learned skills and like all learned skills, you learn by doing. Start slow, learn what you like and she likes, and elaborate on the things you learn as you go along. You need to communicate with each other.

Discuss your fantasies, and don't worry about whether or not those fantasies are things you would really explore or not. You are just talking about things that could turn you both on. Don't be timid and ashamed, even if those fantasies seem extreme or frightening. These are fantasies, after all, not reality.

Even extreme fantasies that you would never consider doing in real life could provide ideas or suggestions about other things to explore.

It's worthwhile to discuss a few general guidelines as to start to explore:

- **Don't feel that you have to try everything all at once**
Don't do too much, too fast. You have plenty of time to explore and create together. It's far better to end a scene thinking you could have gone further, than ending a scene thinking you've gone too far.
- **Talk to your partner, especially when you've tried something new**
Talk to each other to find out how she felt, how you felt, what turned you on and what you would like to explore later on. Your partner will be able to tell you how she responded negatively and/ or positively.
- **There's nothing wrong with taking pleasure from dominating your partner**
What's the problem, if you find that your partner really enjoys being dominated in the bedroom and you've both enjoyed yourselves?
- **The greatest asset you have is a sense of self-confidence**
It doesn't matter if you don't think you know what you're doing, or if things don't always go the way you wanted. It doesn't matter if you're uncertain about something you are trying. All of this is normal. What does matter is that you project an air of confidence and control; just this alone, will get you through a number of problems. Chances are your partner, will not even notice, that things are not perfect.



- **Keep your eyes open and your common sense sharp**

The best safety tool you have is your common sense. Watch for problems. Don't leave someone tied up unattended. Don't try new toys and/ or equipment without you first having a sense of how they feel on yourself.

Now, she wants you to hurt her, but you don't want to.

Things are not always what they seem. There's a big difference between erotic pain and the ordinary, garden-variety pain. The experience of pain in an erotic context is nothing like what you may imagine. It's an incredible rush that adds a powerful spice to sexual pleasure.

Even things that look extreme can be deceptive. These things don't feel like you imagine they do, and in the right environment, with the right warm-up, they're wonderful. Once your partner's endorphins get going, it's the most intense, delightful high you can ever believe.

You need to remember that pain play is something you want to explore with care. You don't just jump right into it.

It takes time and practice to learn where your partner's limits are, and how your partner responds to things that deliver pain.

But don't be afraid to experiment with pain – your partner is less fragile than you might think, and in the right setting, pain is both a powerful aphrodisiac and pleasurable high.

You still don't know what to do. Here are some ideas to start with:

- **Pain play** - As in introduction, spanking, light pinching and biting of the nipples can be good ways to begin. Use your imagination by using household items like clothes pegs. Remember to start light and build up gradually to get those endorphins going.



- **Bondage** - The easiest way to do this is with plain old cotton rope. Nylon stockings and silk scarves tend to be difficult to untie. You can tie your partner to the bed, to a chair, or simply bind her hands behind her back. Once you've tied your partner up, you can go in a number of directions. For example, you can kneel over her and tell her to service you with her mouth, or you can penetrate her and have sex. Or you might want to try sensation play by running your hands, tongue, ice cubes or soft cloth over her body. Blindfolding her can make the sensations more intense.

- **Humiliation play** - This can be verbal, or you can involve things that you do to her or you order her to do. For example, you can order her to kneel in front of you and give you oral sex, while you tell her she's a filthy whore. Or you can order her to call herself a slut and beg for sex while you tease her with your fingers and tongue.

- **Give her instructions to do things that excite you.** For example, if you enjoy watching her masturbate, tell her touch herself while you watch. You can be as detailed as

you want, instructing her how and where to touch herself, how hard, how fast etc. Or take a different approach by taking her out to dinner, but give her detailed instructions about what she is to wear, something that makes her easily accessible, i.e. a skirt with no panties. Throughout dinner, keep her aroused by dropping hints about how you can't wait to get her home to have your way with her.

- **Surprise her.** Mix things up. If you're exploring dominance and submission, try calling her at work and tell her to remove her panties. Send her a text message telling her how to prepare and present herself to you, for later that night, give her a list of things to do to arouse herself, so that she is in the proper state of mind when you get home.

- **If you run out of ideas, try doing things you've done before, but in a new way, with a new element.** The possibilities for combining simple, basic ideas in novel ways are endless. By doing this, you can keep things new and exciting all the time.

Remember, you are doing this to have fun, to share yourself and your fantasies with your partner, you make your sexual lives more exciting and dynamic, and to increase your pleasure and that of your partner.

There's no right or wrong way to do it. Have fun, experiment, be creative and above all else, enjoy yourself!

Have fun! Play safe!



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