

NEGOTIATING SUCCESSFUL THREESOMES

with Reid Mihalko of ReidAboutSex.com

BASIC WISDOM FOR INCREASING YOUR THREESOME ODDS FOR SUCCESS...

- **Upgrade whom you sleep with:** Pick higher caliber people to date, relate and hookup with, as well as picking people who've already had several successful 3somes, and you might see your success upgraded as well!
- **When in doubt, call a time-out or shut it down.** When things get wonky, check in. If that doesn't help, then pull the plug on the threesome. Better to be the person who "called it off" than to experience a "crash with people's regrets and upsets the next day. Trust me on this one."
- **Master Reid's "The Awkward" Approach.** See below.
- **Expand your definition of what sex and a threesome are.** Three people making out naked in the shower is as much a successful threesome as double penetration and waking up the neighbors... The more crayons to choose from in your sexual crayon box, the more choice and less pressure for everyone. It's not all always about fucking and sucking
- **Figure out what your emotional and physical needs are to feel safer sharing your bed.**
- **Always have the Safer Sex Conversation!** Might we suggest [Reid's Safer Sex Elevator Speech](#) method?

THE AWKWARD Whether it's time to ask someone(s) if you'd all like to make out in the hottub or it's time for "the sex" to begin, when things get awkward, realize that things are often awkward for everyone else, too, and we're effectively trapped in a 7th Grade Hell of awkwardness. We're all looking for someone to break the ice. So, when things get awkward...

1. Take a breath and say to yourself, "The Awkward is upon us."
2. Announce to those around you, "I have an idea."
3. They will usually reply something to the effect of "What?" When they do...
4. Suggest something you'd like to receive or do which includes the rest of the group somehow.
5. If they agree to your suggestion*...
6. Grab everyone's hands and initiate your suggestion (Or else things will get awkward again. If so, repeat Steps 1-6).
7. *If people hesitate around your initial suggestion, make a 2nd suggestion. If they hesitate saying Yes to that, ask them, "Do you have a suggestion for something you'd like to receive?" If they make a suggestion and the group is a Yes to it, grab everyone's hands and initiate said suggestion.

Dating, Boinking, and Finding Your Species:

- Most of your group sexploration woes (and relationship drama) will be lessened if you upgrade the people you sleep with and "date your species," meaning that you pick people who like/are curious about similar things sexually and relationshipwise. Pick people who are already thinking about or have had successful group sexual/sensual experiences. How do you know who they are? You ask them.
- "Don't go shoe shopping at the grocery store," meaning, you'll get better results finding open-minded, sex savvy people at events and gatherings and on websites where such people congregate – FetLife.com, OpeningUp.net's resource page, LoveMore.com, CatalystCon.com, DarkOdyessy.com, KinkySalon.com, workshops, sex positive events and conferences

Reid's "Say What's Not Being Said" Difficult Conversations Formula/Script: Find it on ReidAboutSex.com HERE: ReidAboutSex.com/difficult-conversation-formula

SAFER SEX There's no such thing as completely safe sex and adding more people to the mix during the same encounter adds to the complexity. However, when we can take precautions to make things more physically and emotionally safe for ourselves and for those we frolick with, group sex can become less scary, more safe, and waaaaaay more fun and fulfilling.

Always have a Safer Sex Conversation: When you begin wondering when is the best time to have "the conversation," that's your signal to initiate it then. Most people's difficulty in having a Safer Sex Convo stems from the fact that no one ever taught them an easy way to go about it. Try Reid's Safer Sex Elevator Speech and see how that works for you! - ReidAboutSex.com/safersexelevatorspeech

Group Sex Safer Sex Savvy and Etiquette: *Some basic group sex protocols so you can let other sex geeks know you know how to keep them safe while having sexy fun!*

- **Default Lowest Common Denominator:** No matter what the majority/minority opinion is for the group, always default to the lowest common denominator for safer sex protocols and engage in play from there - It's easier and more respectful than trying to enroll the someone(s) to be comfortable with a level of risk that they're not. The safer and more respected people feel, the more you come off as a kick-ass sex geek and thoughtful human being. And thoughtful, respectful people tend to get laid more and laid better. Trust me on this one.
- **Get tested at least once a year.** If you're like Reid, get tested 2-4 times a year.
- **Always use condoms** for penetrative sex during group sex. Especially anal sex! (Good rule for 1-on-1 sex, too!) Don't leave your bodily fluids inside peoples' asses and vaginas.
- **Use gloves** for touching genitals (yours included) and change gloves when you touch different genitals! At the very least, wash your hands thoroughly with hot, soapy water for each new person.
- **Left Hand For Lucy:** When playing with two people at the same time, try assigning one hand exclusively to one person and your other to the 2nd so that you don't "double dip." Now *that* is being sex geeky polite.
- **Rinse your mouth with Listerine and wash your face** between oral sex with different partners. Do not brush your teeth as it leads to micro-abrasions, which increase risk of STI transmission.
- **Don't ejaculate in people's mouths or on their face without their permission.** (*Safer sex geek factoids:* It's technically safer to swallow cum than to hold it in your mouth to then spit it out. Shooting cum on someone's belly or chest or back is even more safe. Bonus points for a moist, warm washcloth or babywipe for clean up!)
- **Put condoms on your sex toys** if you're sharing them and change condoms and wash your toys between partners. And don't use other people's toys without their permission.
- **Latex Up!** Using and/or requesting dental dams and condoms for oral sex along with using gloves doesn't make you're a prude or germaphob. In fact, it's a great way to let other safer sex geeks know that you're "hip" to safer sex.
- **Leave the campsite better than you found it.** Don't be *that* person who leaves a used condom or a huge wet spot for someone to sit on/in! If you're particularly "juicy," use a towel underneath you or a Chuck; and wipe up after yourself.

Get Tested for Free and/or Anonymously: Go to ReidAboutSex.com's Safer Sex Elevator Speech blog post and scroll to the bottom to find free and anonymous clinics by Zip Code - ReidAboutSex.com/safersexelevatorspeech

Physical Safety and Emotional Safety: Physical Health Safety Factors are different from Emotional Safety Factors. Treat them separately. Emotional connecting is different from physical connecting, and one person's "safe" is not another person's "safe."

Physical and Emotional Safety Brainstorming Questions: To get your brain percolating, try answering/completing the following question and statements. Don't worry if you can't answer them yet or at all, these are just a place to start...

- What would you need to feel emotionally safe to sleep with someone who'd never been tested? Physically safe?
- _____.
- Would you fuck someone you wouldn't let go down on you? Would you let someone go down on you that you wouldn't fuck?
- Fucking someone would feel safest and more relaxing for me if _____. Fucking a group of people would feel safest and more relaxing for me if _____.
- My lover(s) fucking someone else would feel more safe and more relaxing to me if _____.
- Would you fuck someone who wouldn't let you go down on them? Would you go down on someone who wouldn't let you fuck them?
- In regards to sex with other people, I feel loved, honored and cherished by my lover(s) when _____.
- People sleeping over at my home after group sex exploration feels _____ to me.
- The STI I would feel most ashamed of catching/having would be _____.

- If my lover(s) caught an STI from someone, _____ would make me feel more safe.
 - Being physically included in group dynamics that included a loved one feels _____.
 - If a lover fell in love with someone
- we slept with, I would feel _____, and having/knowing _____ would make me feel more loved/empowered/honored/cherished.
- Getting a text/email/voicemail the day after a group sex exploration from my lover would feel _____.
 - To me, the difference between what is "equal" and what is "fair" is _____.

Great Group Grope and Group Sex Rules of Thumb:

- Always use condoms for penetrative sex! – It's the simplest, most powerful way to make sex safer by far.
- Sleep with people who are getting tested regularly. At least once a year, preferably 2-3 times a year.
- Be the person to initiate the safer sex conversation – If you're waiting for someone else to do it, that's your signal to initiate the convo. Simply ask them, "Would you like to hear my Safer Sex Elevator Speech?"
- If someone can't have an "adult" conversation about sexual health, you're probably better off not sleeping with them, no matter how tempted you may be.
- Don't play with people who aren't willing to be transparent about their sexual history – Transparency is usually an indication, but not a guarantee, that people will take better responsible action in a crisis. You're allowed to have your privacy, but when it comes to sharing genitals, "all cards on the table" is the best way to stack the deck in favor of your sexual health!

Got Jealousy? If you're worried about the Green-Eyed Monster wreaking havoc on your menage a trios, please check out [Reid's Day of Jealousy and his Battling the 8-Armed Octopus of Jealousy eCourses](#)

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