

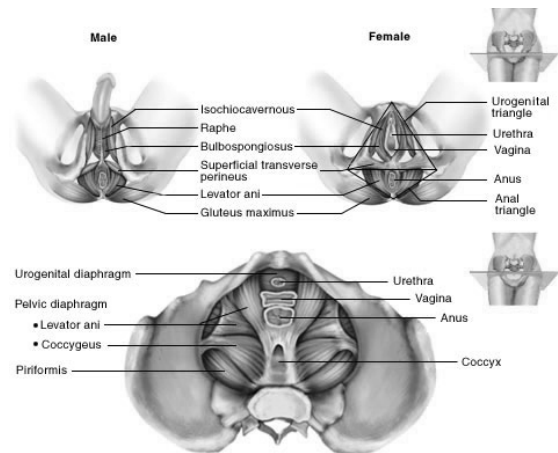
ROUGH SEX FOR NICE FOLKS...

with Reid Mihalko of ReidAboutSex.com

WHY WE HUMPH & WHY SOME FOLKS LIKE BEING TIED UP!

Understanding Pelvic Floor Muscles, Erectile Tissue, and Sexual Arousal Can Make You MORE AMAZING AT SEX!

- **Your PC Muscles & Pelvic Floor Muscles:** Think of your pelvis like a bowl or basket, and the bottom of the basket is lined with sheets of muscles, various ligaments and tendons.
- **Your Erectile Tissue:** When folks get aroused, the erectile tissue in their genitals becomes engorged with blood and the “feel good” nerves become more sensitive. Your erectile tissue and nerves for your genitals and anus are attached to, rub up against, or actually pass through those sheets of muscle.
- **Why We Squirm When Aroused:** Engorged erectile tissue takes up more room in the pelvis, making it easier for it to rub up against and get tugged on by shifting pelvic floor muscles. The squeezing and releasing of PC muscles, and leg, hip and back movement also increases the tugging and pressure on engorged arousal tissue, which, in turn, increases pleasure. Viola! This is why we squirming and hump: We're tugging on our feel good parts from the inside!
- **Throw Your Weight Around!** Using your body weight to give your lover something to push and hump against can allow them to get more “torque” and leverage on their own pelvic floor muscles, thus increasing their pleasure!
- **Use Your Arms and Legs To Push and Pull Each Other.** Squeezing and holding on while your lover tries to push and pull away can increase pelvic floor leverage for both



partners. NOW you know why wrestling and sitting on each other can feel so good!

- **Experiment With Direct Pressure.** If your lover is humping your thigh or hip... How about the flat of your palm against their pubic mound or your forearm across their hips?
- **Put Pressure Across Their Shoulders.** Did you know that putting pressure on someone's upper torso helps them gain more torque and leverage in their lower body? Try it!
- **Tie Me Up!** Some folks like being tied up or handcuffed/restrained because it allows them to squirm and “fight” against the restraints in ways that augment what's happening in their pelvic floor and nervous system. And some folks also like it because it's erotic (more on that below).

Why Some Like It Rough... When Pain Turns Into Pleasure: Some people, when they're highly aroused, begin to register intense stimulation as pleasure, meaning that what would once have been painful to their nervous system now feels *reeeeeeeaaaaly gooooooood*. This is why your lover, or you, wants to be fucked really hard sometimes, spanked, scratched with fingernails, pinched/bitten. **Pro-Tip:** Becoming highly aroused can sometimes take 15-20 minutes or more. Take your time!

SAFE WORDS & CHECK-INS, AND AFTERCARE

Great rough sex requires good communication. Being able to check-in with each other quickly and easily and clearly communicate “slow down,” “keep going,” and “stop” is SO helpful! ☺

- **Credit Where Credit Is Due:** Big thanks to the BDSM & Kink Communities who've been figuring out and teaching these tips and tricks for decades.
- **Red, Yellow, Green:** The traffic light approach is simple and powerful for that reason. Red = stop what we're doing immediately. Yellow = slow down but continue. Green = Keep doing what you're doing. During rough sex (or any sex), simply ask, “Red/Yellow/Green?” and your partner can give you a sense of where they're at by replying with just one word!
- **What if I can't speak?** Some sexy things can make it impossible to speak your safe word (maybe a ball-gag or a lover's bodyparts in your mouth, am I right?), in which case, have your lover hold a bell or object that they can let go of when they're a Red and want/need to stop.
- **What's Aftercare?** Aftercare is whatever you need to feel grounded & “back in your body” after intense sexual experiences.

WHAT'S SENSUAL? = Turns your body on...

- **Touch.** Which ways or types of touch usually turn you on more than turn you off? Finger tips? Fingernails? Firm touch? Feather light touch? Tickling? Licking? Kissing?
- **Positions.** What positions feel better and more arousing to your body? Laying down? On your belly? On your hands and knees? Standing? Kneeling? With your legs up in the air? Sitting?
- **Sound:** Your moans and groans can be a turn on, plus tell your partner it's okay for them to make noise! Bonus Points: Google "Vagus Nerve" to learn how growling and moaning can heighten pleasure and connection!
- **Textures and Temperatures?** How things *feel* can be arousing: Satin sheets? Hot showers? Naked skin-on-skin? Icecubes on your nipples? Long hair across your inner thighs? Beard scruff scratching your neck?
- **Smells and Tastes.** What aromas arouse you? Incense? Your lover's sweat? The smell of fresh baked bread? Leather? What tastes drive you wild? Whipped cream? Chocolate? Red wine? Your lover's salty skin?
- **Lighting & Visuals.** How bright or dim do you like it to be when you have sex? What gets you in the mood more: Pitch dark? Candle light? Lazy afternoon sunbeams or sunset? Sex beneath the stars? By campfire or fireplace?

WHAT'S EROTIC? = Turns your brain on...

- **How do I know when's somethings erotic?** Ask Yourself: What scenes, scenarios, objects, and fantasies get your mind going? What things, just by thinking about them, give you that special tingle? ☺
- **Fucking with Culture = Hawt.** Breaking the rules can often be a turn-on. Subverting power dynamics & gender roles, breaking taboos, etc., can be arousing for some!
- **Erotic Anchors.** Objects and erotic turn-ons can be used as "anchors" to create arousal. The idea of being tied up and spanked turns your brain on? A smart lover knows that sexting you a picture of rope and your favorite spanking implement (a hairbrush, for example) is going to get your juices flowing. You arrive home, later, and those things are on your bed with a note: "Get ready for your punishment."
- **It Turns Me On But I Don't Want To Actually Do It...** Erotic things can totally arouse you and you may never want to actually do them! The thought of being kidnapped by pirates and made their sex slave gets your super horny, It's okay to never want to *actually* be kidnapped by pirates! ☺
- **Brain-Sex, Anyone?** Maybe you're a Sapiosexual, which is someone who gets aroused by intelligence and smarts. Erotic can be about more than just spaking and BDSM. *Talk nerdy to me!*

GREAT ROUGH SEXY THINGS TO EXPLORE ABOUT SENSATION PLAY...

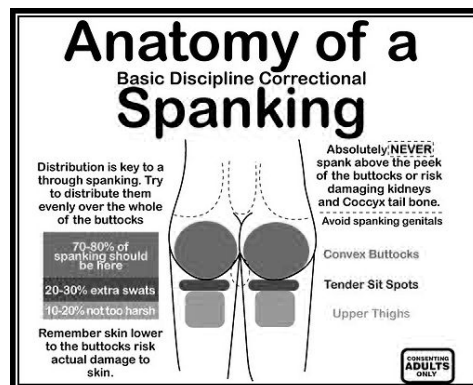
"Sensation Play" is the concept of exploring various types of sensations to see which arouse you "sensation-wise," and/or which feed into your erotic turn-on.

Are You Stingy or Thuddy? When it comes to rough sex, some people find slappy/spanky sensation more arousing. Some people hate stingy, and prefer heavier, pounding sensations that go more "thud" or "thwack." Stingy is like being snapped with a rubber band, smacked with a wooden ruler, or hit with a riding crop. Thuddy is like being hit with a Nerf baseball bat or with a heavy pillow, or punched/kneed where you have a lot of muscle. [The *idea* of being spanked or beaten could also be an erotic turn-on for your brain]

Are You Pinchy or Chompy? In biting, for example, *pinchy* = using your front teeth to bite/pinch the upper layers of the skin. *Chompy* = using your whole mouth of teeth and biting down semi-hard on more meaty/musclely areas. Nipple clamps tend to be pinchy. Grabbing your lover's ass-cheeks real hard with your hands is more "chompy."

Hair Pulling 101: Slide your open hand close to your partner's scalp, letting their hair flow between your fingers. Gently, as close to their head as you can, make a closed fist. This will give you a hand full of their hair and allow you to tug on their scalp. Gentle, firm tugs should do the trick. No need to yank hair out of their head or wrench their neck. [Tension on one's neck and scalp can feel sensually wonderful, while the idea of being "controled" turns your brain on erotically.]

Spanking 101: The "sweet spot" to spank is the "meat" of the ass cheek, above where the upper thigh curves into the butt and below the hips/belt line. Also, stay away from the cocxy/base of the spine. Using an open hand tends to be more "stingy." A cupped hand can be more "thuddy."



Visit Reid's **SEX GEEK BOUTIQUE** at www.ReidAboutSex.com/store

And **Save 10%-Off** nearly all Reid's products when you use **SAWREIDLIVE** at checkout!

Reid@ReidAboutSex.com • ReidAboutSex.com • [Reid on Facebook](#) • [Reid on Twitter](#)