

# Reid's Slut Protocols!

with Reid Mihalko of [ReidAboutSex.com](http://ReidAboutSex.com)

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***The problem is that no one takes their casual sex seriously enough...***

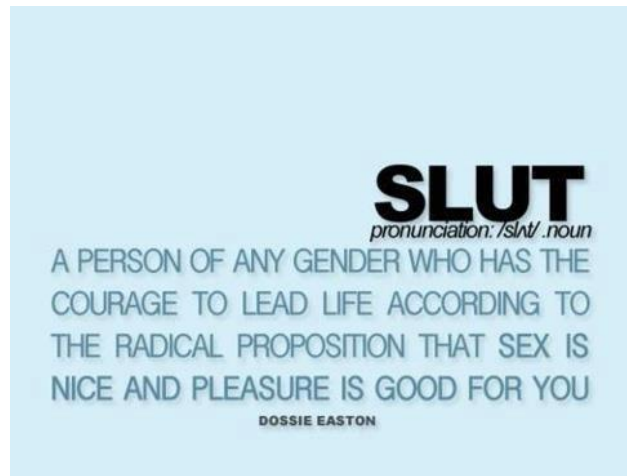
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If sex is nice and pleasure is good for you, how do you explore sex and pleasure with as little drama as possible? Implementing my Slut Protocols might help!

*Slut Protocols* is a term I coined to categorize my advice on how we can mitigate emotional imprinting and falling in love unconsciously when having non-exclusive sex with people. Falling in love is not a bad thing; however, falling in love unconsciously, especially when you're actively trying to "not have a relationship with a capital R," usually creates unnecessary drama and upset for all involved.

*Friends with Benefits, No Strings Attached, Hooking Up, Playing the Field...* Maybe you're non-monogamous, are in "an open relationship"... Maybe you're just dating a lot of people... Whatever words you use... Whether you're currently in, trying to create, or considering starting some sort of non-exclusive relationship(s) that includes sexuality, here are some super useful rules of thumb I think YOU should consider following...

Use these protocols for good, never for evil. Good luck!



❑ **Slut Protocol #1 – Limit sex to 1x a month.**

For most people, it's really hard to "fall in love" and "stay in love" if you only bone each other once every 28-30 days. For some folks, sex twice a month can work, especially if everyone follows the rest of the Protocols. The more frequently you have sex with the same person (especially GREAT sex), the closer you are to "having a relationship" whether you're calling it that or not. *Note:* If you're having sex with a lover more than 2x a week = You are definitely "having a relationship," IMExpertO.

❑ **Slut Protocol #2 - Limit how you stay in contact/communicate.**

This protocol can vary a lot from person to person, which is why it's not a hard-set limit. Basically: Be conscious of how you're staying in touch with your lovers/hookups. If you have a *Friends with Benefits* and you were already friends and already have a routine of seeing each other/communicating regularly before you ever hooked-up, and you follow Protocol #1, then there's a good chance you can keep communicating in the same as always. HOWEVER, if you're sexting/texting/calling/hanging out with each other every day or several times a week, and you weren't doing that before (or you're trying to turn a hook-up into an actual friend), you *may* unconsciously be sliding into "relationship mode." If you find yourself Facebook stalking your lover or getting upset that you don't see each other or talk "enough," realize that they've unintentionally become your "dopamine dealer," which means you're imprinting trigger has been flipped. You're "high" on "brain cocaine" and looking for your next "fix."

❑ **Slut Protocol #3 - Don't do sleepovers.**

Waking up next to someone you've had sex with the night before can flip the imprinting switch for some people. Your mileage may vary.

❑ **Slut Protocol #4 - Beware *The Morning Sex*.**

If you and/or your lovers imprint easily, having an unintentional sleepover (you have sex 'til late in the night and it's just more practical to crash in the same bed, or you accidentally fall asleep on each other and, boom!, it's morning!)... Realize that banging each other the next morning can flip the "you're dreamy" switch and trigger imprinting.

❑ **Slut Protocol #5 - No trips/weekend getaways together.**

Long weekends and trips together, by their nature, include sleepovers and morning sex! *Danger! Danger!* Going away on a trip with a lover, having several days of sex, lots of pillow talk, sharing meals together, waking up next to each other = dating and having a relationship, doesn't it? Disregard Protocols 1 thru 4 at your own peril because it's a perfect recipe for falling in love or having someone fall in love with you. You've been warned. ☺

❑ **Slut Protocol #6 - Explore group sex.**

It sounds crazy, but threesomes, foursomes, and moresomes change and diffuse imprinting triggers. I'm not saying that threeways and orgies will solve all the world's problems, but if you suffer from falling in love easily, and you don't want to "be in a relationship" right now, finding a few good people to explore group sex with (or attending a well run play party) might just do the trick! FYI, please check out my Safer Sex Elevator Speech article for tips (and a handout) on making safer sex sexy!

❑ **Slut Protocol #7 - Get your sexual needs (and social need) met from several sources/people.**

Having several lovers, a regular masturbation practice, and getting your social needs met from non-lovers... These things can go a long way towards helping you (and others) create healthy, thriving relationships from casual hook-ups to Friends with Benefits and beyond. Diversity in how (and from whom) you get your needs met helps keep you from putting pressure on any one person to have to meet "all your needs." Encourage your friends and lovers to do the same, too!

**Bonus Point Slut Protocols:** Because being a great lover = Being a great human being!

❑ **Slut Protocol #8 - Talk openly about what's working for you and what's not working.**

Build into even your sluttiest and "most casual" of hook-ups that everyone can talk openly about what's going on for them. Trust me on this! It makes for better sex, healthier hook-ups, and less drama, which allows you to achieve *Protocol 11!*

❑ **Slut Protocol #9 - Thank folks within 24-hours for the sex they have with you!**

"N.S.A." doesn't just stand for *No Strings Attached*... Make it stand for *No Shame Attached* by sending a fun and/or silly (yet respectful!) text or voicemail within 24-hours thanking them for, as I like to say, "being generous with their genitals." Why? Sometimes we get caught up in our insecurities about sex, especially casual sex, so sending a message letting them know that you think they're awesome often goes a *loooooong* way towards letting them know that you feel good about your time together and that they shouldn't worry or feel bad. It also makes you look like a class act, which you are!

❑ **Slut Protocol #10 - Respect people's privacy.**

Bragging or gossiping isn't sexy or cool. If you're excited about the sex you're having and want to tell the world, please ask your lovers if it's okay for you to share and how best you can leave them feeling respected.

❑ **Slut Protocol #11 - Leave the campsite better than you found it.**

After reading these protocols, you should understand by now that The Slut Protocols aren't just about "getting laid." Getting laid and leaving a trail of drama and upset in your wake means you're doing it wrong. The Slut Protocols are built on the foundation that sex and pleasure are good things; things that can be shared consciously and that enhance life more than take away. For this reason, if having sex with someone(s) isn't going to "leave their campsite better than you found it," then kindly decline from the sexy time. It's not worth getting laid if you keep upsetting people. Be the person who leaves smiles and orgasms in their wake. Be THAT person in the world!

**Want To Go Deeper?!**

If this information was useful for you and you want to go deeper, the next best, logical step for you is to identify where your Slut Protocol Weak Spots are, and how YOU can swap out your bad relationship habits for new, empowering, fun ways of dating/mating/relating that will help you avoid disasters and common "Love Mistakes" while leaving you feeling more confident in life and love, *and* help you and your lovers be waaaaay less clingy! Purchase [Transforming Your Slut Protocol Weak Spots Training Video and Workbook](#)

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