

HER FANTASY *LoveR*

BECOME HER ONE NIGHT STAND FANTASY - EVERY NIGHT!

INTRODUCTION:

Sex should be passionate, clothes torn off, frenzied, 'OMG did that just happen?', right?

Everyone with a pulse wants the kind of sex that leaves you **begging for more**. Now more than ever, (*thanks 50 Shades of Grey*) people are ditching the routine and venturing out into **kinkier, hotter, rougher sex**.

Maybe you've been with your partner for years, a new couple looking to escape the vanilla boredom or a singleton seeking new ways to **heat up your encounters**.

Sound familiar?

Whether you're completely fed up of hearing about your best friend's/ neighbour's/ hairdresser's amazing sex life, stuck in a sexual quagmire or curious about some new moves, **look no further**.

That's where this book comes in. Now more than ever, people are curious about the world of rough sex, BDSM and kinky role-play. Whether you've only just realised that getting **pinned down with passion** could be hot, or if this is a secret fantasy you've never had the nerve to try until now, let me encourage you to **begin the adventure!**

It doesn't have to be all whips, biting, and smack downs. Exploring rough sex is a fantastic way to liven up your love life, introduce new techniques and connect with your wildest fantasies.

Never tried it? **With this handy book, you are taking the first step towards a more adventurous sex life, one that you deserve.** I guarantee that by the time you finish this book, you will be armed with the knowledge to begin having the best sex of your life.

- Learn the different roles, identify which you are or would like to be!
- Know the associated terms.



- Understand “Safewords”, what they are and why you need them.
- Know the basic moves that will get you rougher, and hotter, quickly.
- Role play – let me tell you how to introduce it to your bedroom (or anywhere else).

And that’s just the beginning. I want you to say goodbye to just going through the motions. You **can** have amazing sex every time. Excited? Good. Read on...

Part One

What’s in a name?

If you’re new to this then even the term ‘rough sex’, or ‘BDSM’ can feel like a foreign (scary) language. No more. Let me cut out the crap and spread it out nice and simple for you.

Often people mistake Top/Master/Dominant for the same role. Likewise Bottom/Slave/Submissive is taken together.

“What is the difference?”

Think of it like this: some people are spanked because they like the sensation. Some people do it because it pleases their partner. Their motivation is not the same. So let’s separate, for clarity now and fun later, the different concepts. Of course these roles are open to either gender or orientation. It’s really a mix and match guide to finding what works best for you and your partner(s).



Top and Bottom

The Top gives stimulation and the Bottom receives stimulation. It can also describe the literal positions. If the stimulation is pleasurable – like sex – then the Top partner gives sex and the Bottom receives it. In other cases when the stimulation is painful (like a punishment), the Top gives pain and the Bottom receives pain. (And when I say ‘pain’ this can be anything from being pinned down during sex, your hands gripping their forearms to the kind of manoeuvres that will have your neighbours questioning whether they should call the cops).

Dominant and Submissive

This describes the power roles between two consenting

partners. The Dom is in charge of play and the Sub acts as the supportive partner. So Dom's you'd be the one doing the spanking.

FYI Some people consider themselves 'Switches' – and like to be a little greedy: they enjoy doing the biting **and** being bitten.

Master and Slave

The Master/Slave relationship is another power exchange whereby the Master (or Mistress) makes the rules, which the Slave must follow. It is different from Dom/ Sub as rather than just doing it the Master/ Slave relationship gets verbal:

Master: "Come here. Tilt you face towards me."

Master slaps the Slave's face

Slave: "More please".

Importantly...

Part of the thrill of rough and kinky sex is the subversion of norms, the power exchange and the giving of your self to the act. **Power-play is about attitude and safety.**

Trust is vital!

Part Two

Safety First

Before getting down to the hot and dirty details, partners need to establish trust and some ground rules between them.

There's a fine line between sexy surprises and taking your sex life to a level that your partner finds more intimidating than intimate.

Imagine getting into being dominant, holding your partner down, getting so turned on you can barely control yourself and being scolded by your partner because it's "not their thing".

Use your common sense and courtesy to



find out the absolute deal-breakers before you introduce something new into their world.

Remember, satisfying sex should be mutual.

So before we get into the nitty-gritty scenarios, let's run through some tips to make the experience safe and enjoyable.

What are “Safewords”?

Picture the scene: You have him tied up, blindfolded with your nails digging into his soft flesh. He moans. He cries out. He protests. “Stop, please stop”. Is this kinky-talk or a cry for help?

It's unsurprising that many who engage in rough sex will often hear protests and “stop” begged from the mouths of their playmates. However to ascertain the real thing from the role-play, **Safewords are a special code word that really means STOP.**

Common words like “No” and “Stop” may be an integral part of the fantasy, so think of a word which is completely unrelated, easy to say and not mistaken for another word (for example “Darwin” is a good word to use). If gagging is on the menu, one can hold a bell to ring or other object to signal distress and stop play.

Handcuffs and rope are sexy but remember to **keep the key in a safe place and have a pair of safety scissors nearby** with blunt edges that won't cut the skin if needed quickly.

Don't rush...

I know it's tempting to rush straight into the fantasy – and believe me you're more than welcome to do so – but before you do, engage some common sense, courtesy and take things slow. Establish the trust and put safety first. After that, **the only limit is your imagination.**

Part Three

Some Basic Moves

You want to try rough sex. You've done the homework, sorted out the safe word, and got a few toys on standby?

Great then let me introduce you to the basic moves that will take your sex from average to achingly hot.

Biting: Animalistic, and sensual, biting can be anything from rough enough to leave a mark, to soft enough to just slowly up the intensity as you nibble your partner's neck.

For a sexy twist try biting your partner in more intimate areas, like the inner thighs, and leaving a mark of ‘ownership’.

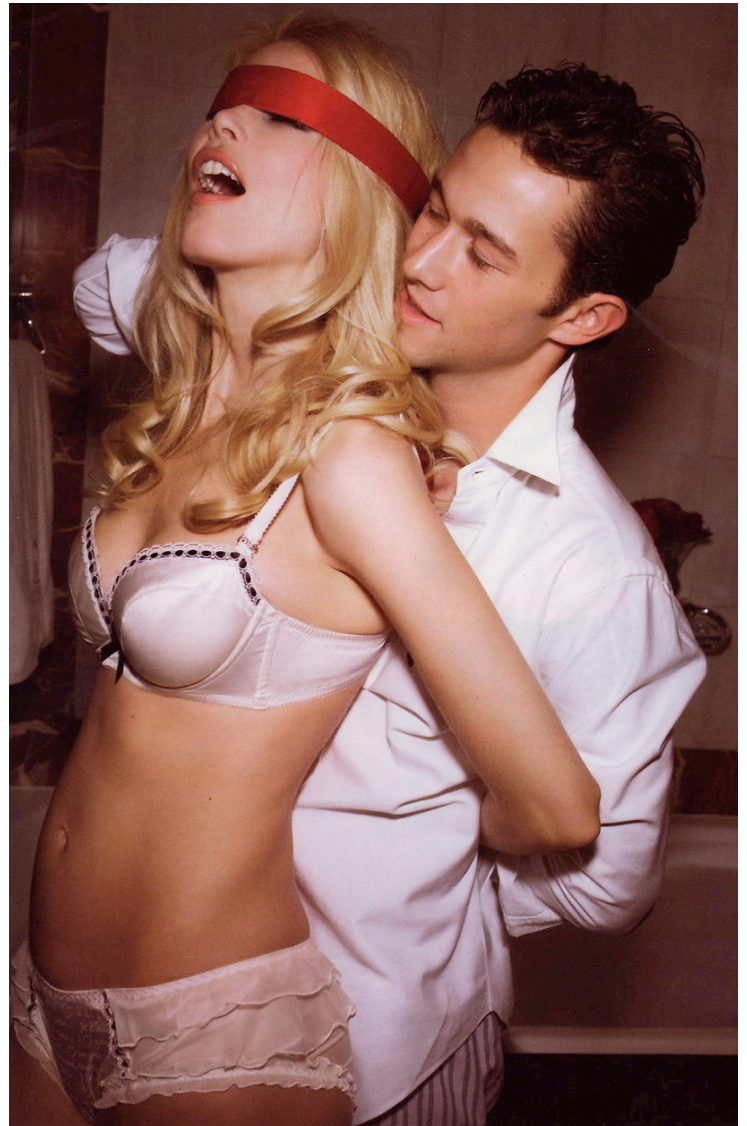
Slapping: Sexy but also daunting this is a move you start slow and wait for feedback from your partner. Begin by feigning to hit them around the face, and if you get moans of pleasure and the word ‘more’, only then progress to the real deal. And if you’re the person that likes being slapped, communicate clearly where your pain threshold lies and how often you want them to slap you ‘harder’.

Spanking: Best performed when your partner is bent over exposing their ass, start slowly using your hands and progress up to BDSM accessories like paddles, and whips. Perfect your spank by soothing the area that has been spanked after every hit with circular, soft movements. Combine these with the ferocity of the spanks for a great combination of pleasure and pain.

Pinning: A quick and easy way to start giving your partner the sex they want now, is to initiate sex more quickly and roughly. Stop waiting until you’re in the bedroom, and start pinning your partner up against elevator walls, throwing them onto the bed, or pushing them over the kitchen table, pants pulled down.

Hair Pulling: Is secretly enjoyed by the vast majority of people. It’s also under the radar enough to be done subtly in public to start turning the heat up. So after your next romantic meal in the taxi ride home, try sliding your hand into their hair, grabbing them by the nape of the neck and yanking them towards you for a deep kiss.

Clawing: Your nails are an easy way to start indicating that you’re beyond your average vanilla lover. Sure work up to deeply clawing your partners back when you’re a Top during sex **but** also work it into your everyday life. Next time your stroking your partner’s arm, or holding their hand, incorporate nail digs and little scratches to make your connection immediately more animalistic.



Spitting: More extreme, but very hot, if you like rough sex. This is best introduced after you already know that you both enjoy one partner being extremely dominant. So if you're getting whispers of 'more' when your partner is pinned down, throat (safely, slightly) choked then allow drool to run out of your mouth into their face, progressing up to more violent spitting as you get that all important feedback that they're enjoying this as much as you.

Choking: Is one of the ultimate power play moves as one partner submits utterly to the other's control. Again, start slow and light by just placing your hand around their neck, and slowly apply pressure.

Important: safe words may not work in this posture so make sure you have a safe gesture worked out instead.

Ok, so now you've got your basic moves pinned down let's think about some sexy scenarios you can incorporate them into.

Part Four

Role Play, Fantasies and Scenarios



'I really want to try something new tonight.'

The important thing to note is to **communicate effectively with your partner**. You don't want to seem pushy but need to get your point across. After all, kinking up your life is as important as anything. A happy lover is a happy person.

Be open, sensitive and non-judgemental. Allow the sharing of conversation and fantasies. **Lead by example**. Share your erotic aspirations first. Be proud and confident but check-in with your

partner to see how comfortable they are. Ask questions and elicit responses.

Seduction begins in the mind so be clever and use yours to get into your partner's psyche before you get into their underwear.

So if you've made it this far, wait no longer. **The answers are here!** There is so much you can do to incorporate rough sex into your life. So many ways to keep the good times rolling and the good feelings cumming!

Here is a list of role-plays, fantasies and scenarios to kick off the romp:

- **Pretend you're strangers:** There's nothing quite like the first time. But imagine what it's like to have the first time – everytime! Either you, your part or both of you dress up as rediscover each other. This may be as simple as assuming a new name or as elaborate as a make-over, wigs and “new” personality. Better still, these new characters give you permission to act out in tons of naughty ways that you or your partner may never have been able to as yourselves.
- **Cyber Sex:** Sexiness isn't just limited to the flesh. Sexting, booty calls and flirty emails set the scene for a raunchy encounter. This works particularly well on women since females get turned on like a dial. If you plan on pinning your partner to the wall when they get home from work: start being commanding in your messages to set the scene:

Come home now. Be wet for me.

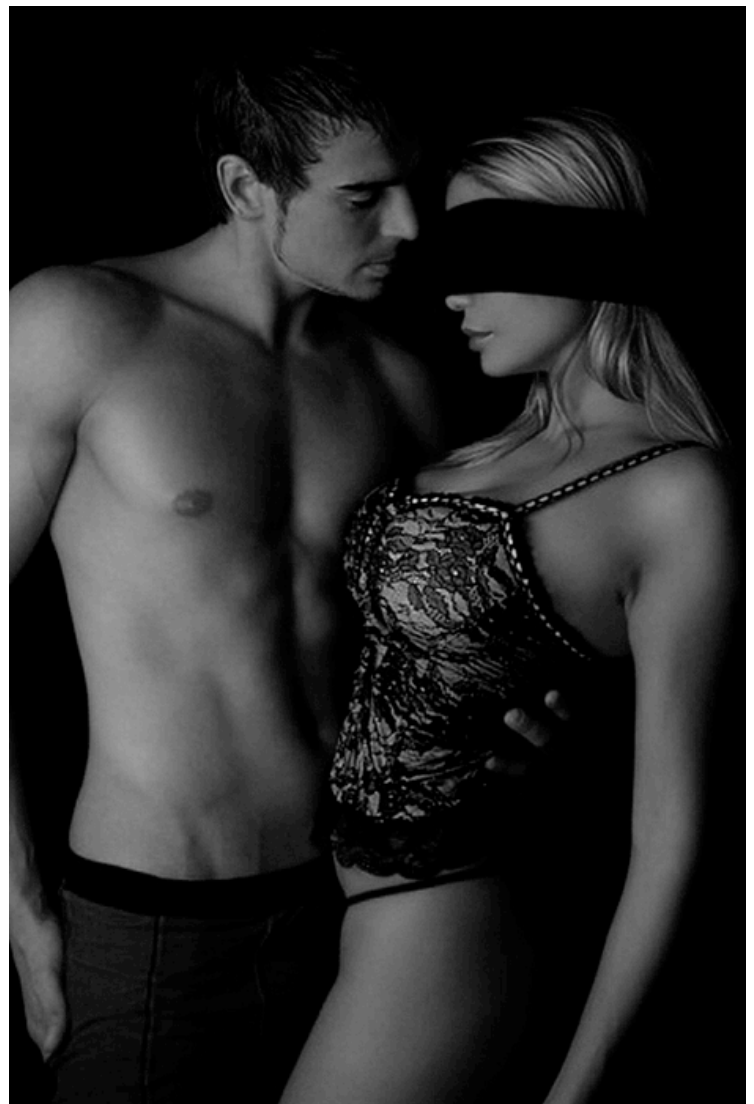


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Adults only: Watching an adult movie or even a normal movie with a rough sex scene can be a great way to start engaging with your partner. So next time you see your partner quaking at a silver screen sex scene grab them by the back of the hair, hold them beneath you and take the action into real life.

- **DIY toys:** Sometimes the impulse to get down and dirty overtakes us. LET IT! Don't let the lack of toys hinder you. Household items can be turned into the most delicious of bedroom-aids. Clothes pegs make amazing nipple clamps, rubber spoons or rulers are perfect for spanking, make up or shaving brushes feel amazing on the skin. Add a blindfold to heighten the effect.
- **Orgasm Denial:** Fun and frustrating, the point is to halt action just before your partner's orgasm. You can order your partner to masturbate over a week's period without release, throwing them into constant arousal. Or else you can do this for them in bed but always stopping before climax. The heightened horniness will leave them more susceptible and open-minded for kinkier sex.
- **Real Life Sex Doll:** The Sub pretends to be a sex doll and allows the Dom to control them however way they like. Any position, any way, any how. The Sub remains completely passive and is prepared for the roughest ride of their life!
- **Interrogation/Hostage:** This is a role-play scenario where the Dom plays interrogator who tries to get information from the Sub. The roughness of the interrogation can escalate according to the Dom's preferences. Anything from bondage, spanking, to full-blown aggressive sex can be used as a means of getting the Sub to "reveal the information". A variant on this can also be a "hostage" role-play where the Dom acts as a convict or kidnapper, who holds the Sub for ransom in the meantime taking full advantage of them.

These are only a handful of examples and ideas for you to use. Hopefully they will have triggered off a few more in your heads and pants.

You're only limited by your imagination and can really tailor sex to suit you and your partner.



CONCLUSION

Congratulations on your new sex life!

I want you to walk away from reading this book feeling **confident, inspired and excited!**

You deserve the best sex life possible and I hope this book has sparked off the wonder and sense of adventure that a good sex life should. Remember I want you to walk away from every sex session 'wowed' nothing else is good enough for you or your partner.

Remember there is no right or wrong, just consent and trust. Rough, kinky mind-blowing sex can be yours, you just need to awaken the sexual provocateur inside you. Be warned however, once you unleash it, you may never go back to vanilla again...