



# **STRICT MALE CHASTITY.**

A Guide for Curious Couples

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## Male Chastity

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## Introduction

Enforced male chastity is one of the fastest growing sexual practices in the world at the moment, and interest in the lifestyle is growing at an astonishing rate both in western and some oriental societies. The rewards it can offer to both men and women are hard to exaggerate, and enthusiasts of the lifestyle sometimes find it difficult to articulate just how much embracing chastity has improved their sex lives, happiness and overall well being.

Let us start with some first principles. Male chastity is nothing to do with a jealous or possessive wife or female partner preventing her husband or lover from having sex with someone else. If that is your intention then you are definitely on the wrong path and one that will make both of you unhappy. Neither is it about punishment, or at least punishment outside of a sexualised context. Rather it is a sexual practice consensually entered into, ideally by two happy and balanced individuals in a secure long-term relationship, with the joint aim of improving both their sex lives and the quality of their overall relationship.

To the uninitiated the whole thing may seem a bit one-sided, or even to have a negative affect on both parties in a relationship. The man is prevented from achieving a full erection or achieving orgasm, and the woman is denied access to her partner's penis, which may very well have been a source of not inconsiderable sexual pleasure for her in their previous lives. For some people that is a valid enough reason to shy away from the whole thing, and there is absolutely nothing wrong with that. But for others, it might take a bit of time, but when they fully understand what it actually means in practice, enforcing chastity on your partner, or having it enforced upon yourself can be an incredibly erotic and mutually rewarding experience.

In this Guide I undertake a comprehensive assessment of the chastity lifestyle and the quite extraordinary and positive affects it is having on the lives of so many people. So let us take a journey into the unknown, and at the end I hope I can persuade you, as so may others have found, that this could be one of the hottest, positive and most absorbing decisions you ever make in your relationship.

Kitty xx

Why it works.

Let us take a typical couple. They are happy enough, love each other, and are getting on with their lives, peppered with the usual work, family and money worries that confront us all. Sex happens, occasionally, and both parties know what they need to do to satisfy each other. But it is all a bit joyless. You roll apart and usually it is the man that falls asleep first. He has done what he has done, and has no further interest in the process. The female probably lies there a little longer, often with a vague sense of disappointment that it is all over so quickly, and once gain their partner isn't showering them with cuddles and kisses as he used to do when they first met.

Sounds familiar? Well it doesn't have to be like that. Let's take another scenario. Your husband can't get enough of you. He has been attentive, helpful, considerate and tactile with you all day. You communicate often and successfully and you enjoy each other's company, seeing the best in each other and not focusing on each other's faults. In the bedroom the atmosphere is electric. He is all over you, entirely focused on your sexual pleasure. You reach orgasm slowly, beautifully, on your terms and in your own way. Your partner, in chastity, remains intensely aroused throughout, but is not allowed to reach orgasm.

In his head he has a delicious conflict. He knows that he will not be allowed to reach orgasm and that is in some ways very frustrating. But overriding all of that is the absolute knowledge that he is going to remain aroused indefinitely. The disappointment of an orgasm, or at least the immediate aftermath, is perpetually avoided. The French refer to that moment of melancholy after orgasm as *La Petite Mort* (Little Death) and every man knows that feeling. What is actually happening is the body has released a drug called oxytocin, which has the effect of increasing feelings of trust and bonding between individuals, encouraging intimacy and stimulating orgasm by reducing stress levels. From an evolutionary perspective it is very good hormone indeed as it helps perpetuate reproduction. Nature doesn't care about the after affects of this hormonal release, as long as it had the desired affect of ensuring copulation takes place. Immediately afterwards the drug, still in the system, tends to leave men feeling a bit low, and often quite sleepy.

If your partner is in chastity he will never reach that state. His pleasure comes from pleasuring you, and he lives out his own sexual needs vicariously, by pleasuring you. Sounds too good to be true?

*Elaine.*

*When Luke is wearing his chastity device the whole dynamic between us changes. We both feel as if the relationship has gone into superdrive and everything we say and do together, every look, every touch becomes amplified in our heads. It is the best drug in the world. We spend far more time together than we did before, because it is just so incredibly erotic. Before we discovered male chastity we would spend long periods apart, often doing completely different things, even when we were at home together for long periods, at weekends or during vacation. It wasn't that we didn't like each other, or love each other, it was just that the intensity of feelings we had for each other when we first met had mellowed over time.*

*It is all quite different now. I really don't consider myself to be a dominant person at all. I like to be treated like a lady, and I love having sex with my husband. But somehow when Luke is in chastity I transcend to a different level of arousal. I enjoy the fact that I am in control, and I especially enjoy the fact that Luke will remain aroused and focused for as long as I wish. I guess what it really does is resolve that age-old problem where the man wants to have sex quickly and women like it long and slow. This way there is never any rush and I just love it."*

So, from the female perspective life is pretty good. Their partner becomes more attentive, is a nicer person to have around, is usually more helpful around the house, and sex is unhurried and more rewarding.

But what is actually happening to a man in chastity, which so fundamentally changes his attitude towards his partner? To answer this we have to look at how a typical man thinks. Men, and indeed all male mammals are driven in no small part by a need to have sex. This is an evolutionary necessity to maintain any species and is perfectly natural and normal. This desire is so strong, and the opportunities to actually have sex so infrequent, that men will resort to masturbation and engaging in sexual fantasies as a way to supplement any access they may have to real sex with another human being. This is where relationships between men and women often get into trouble. The man is not completely focused on having sex with his partner, because he can find relief through masturbation.

So, over a period of time sex with his partner becomes less special, less tactile and ultimately it can stop altogether. If you take away the ability for a man to masturbate then he will have to find another way to fill that void, to supplement that loss. That is when his attitude changes, because the only person he can turn to is the person who has locked him up. The clever thing here is that most men don't actually understand what is happening here. They think that the very fact that they are locked up is making them feel more attracted to their partner. In other words they think that the enforced chastity is increasing their libido.

What is actually happening is quite different. Because the possibility of masturbation has been removed, men revert back to the person their partner always wanted them to be: a caring loving man who thinks only about making love with their partner. They do this because there is no other option available to them, but what they find is that real intimacy is so much better than the fantasy world that they have created around masturbation, where they are almost certainly not fantasising about their wife, or at least not just their wife or long-term partner. Chastity forces men to revert back to a natural state of affairs, where the man desires his partner, just as he did when the relationship was in its infancy. So it works for both parties. The wife gets her man back and the man is forced to focus on his wife, and ultimately understands that his life is far richer, more honest and guilt free than the life he lived before.

There are many other things happening though, each of which we will explore in detail in the coming chapters. Most notably the affect that orgasm control has on both parties in a relationship, and of course the concept of power exchange. Women often don't appreciate just how arousing an exchange of power can be in a relationship until it actually happens.

*Georgina:-*

*I agreed to put my husband in chastity because he asked me to. I was rather ambivalent about the idea at first. It wasn't that I didn't understand what he wanted, but rather that I didn't see it as particularly exciting from my point of view. I rather enjoyed finding an erect penis in my hand during foreplay. It has always been one of those moments in life that has never failed to surprise and delight me, even now. We have a kiss and a cuddle in bed and hey presto, look what has happened to my man. So the fact that he would be locked away down there seemed to me to be a bit of a waste. How wrong I was.*

*The more I thought about the idea of controlling his sex-life, and I mean by that, having complete control over such a huge part of his life, the more aroused I became. It started off as just one week, a week in which both of us went through almost every emotion possible. The novelty factor, the excitement, and gradually what it actually meant on a practical level. Tom started off really keen, which I guess I should have expected, then went through a period of doubt fuelled mainly by frustration, and then gradually acceptance. He also became very attentive, and less assertive. I wouldn't say he was servile, but he was certainly much more willing to do what I asked him to do. But the over-riding thrill for me was the power exchange, which was just so hot.*

*We got to three months and I simply told him that I had decided to extend his time by a further three months. Just like that, a simple sentence, but it felt wonderful having total control over him in that way. At six months I extended it to a year, and also insisted he got a piercing, which he did willingly. I began to obsess about making it permanent, and that was reinforced in my mind by the increasing pleasure I was getting from the array of toys that I had amassed to replace my husband's penis, each of which was far more satisfying, especially when I made Tom use them on me. He could see that a dildo in his hands or even strapped on to him was pleasuring me much more than he ever could, and I just loved how distressing that was for him. The more inadequate and redundant he felt, the more turned on I became?*

*We have now gone for thirty-two months and I can honestly say I have never felt happier or more fulfilled. I am pretty sure that Tom will never be released for the purpose of ejaculation again, and I think we both know that now. Of course Tom could at any point just withdraw his consent, and sometimes when it is very difficult for him I wonder if he will, but so far that hasn't happened. When he is not screaming with frustration he tells me that he loves the sweet torture of chastity, as he puts it. Sweet thing."*

In my experience the subject of chastity is generally first introduced by the husband or male in the partnership. There isn't a typical type of person that is interested in chastity, but there are certain character traits which tend to associate themselves with individuals interested in the idea. These men often have hidden submissive tendencies, are generally bored or dissatisfied with their current sex life and are seeking something more fulfilling than that brief moment of sexual relief. If and when the difficult issue of that first conversation leads onto some form of mutually agreed trial period, and that is successful, couples are astounded by the affect that enforced chastity can have on their lives, and this can often be both extremely powerful and life changing.

David:-

*I admit to obsessing about chastity for years. The idea was incredibly exciting to me, and became the single most erotic sexual fantasy in my head. Ironically I was achieving more orgasms by fantasising about chastity than I did when my thoughts were restricted to conventional sex. It took me years to work up the courage to broach the subject with my wife, and I only did so one Christmas when we had both had quite a lot to drink. To my surprise Carol was actually quite interested in the idea, to the extent that she spent a considerable amount of time researching the subject, and the various devices on the market. Eventually she told me that it would only work (for her) if she had total confidence that I could not remove the device. She wasn't interested in a silly sex game, and she understood that almost every device could be removed if the penis was flaccid enough.*

*When we finally took the plunge at first I found the whole thing really quite challenging, and the experience was much less erotic than I had expected. My wife chose an elaborate and extremely expensive device, which not only locked up, but also completely hid my genitals, encased in a flat steel plate, suspended from a locked belt around my waist. The psychological affect of being unable to achieve an erection coupled with not being able to see or touch myself was quite unnerving at first, and I didn't like it at all.*

*I discussed all of this this openly and honestly with my wife, and we agreed to give it a few more days, and then decide whether it would really work for us, or not. That was eight months ago. It took me about a month to move from anxious and disappointed to, if not happy, at least to a point where I had some semblance of acceptance. What kept me going was the obvious enthusiasm with which my wife embraced the whole thing, and how arousing she found my obvious distress. I also found myself becoming increasingly subservient to her, and was surprised at just how much I enjoyed that, and perhaps more disturbingly, how much my wife clearly enjoyed it too.*

*I now find that I am in a state of almost perpetual arousal, and enjoy the feeling of my penis pressing up hard against my restraint. I am also told I am a nicer person. But the real change has been the exchange of short-term sexual release for long-term sexual excitement. Once you get your head around it, it really is quite the most incredible feeling possible. I do get frustrated, sometimes to an almost unbearable degree, but I know that my wife will never give into my protestations, and she knows that secretly that is both what I want and need. We are still learning, but for us it is no exaggeration to say that this is the single most rewarding decision we have ever made in our marriage."*

So, before we start to explore chastity in more depth we can draw some very broad conclusions. Chastity is a sexual fetish that is enjoyable for both parties. Women enjoy the power exchange, the added attention they get from their partners and a general improvement in their relationship. Men also enjoy the power exchange, which over time can lead them to think about other aspects of submission to their partner. Men enjoy the transfer from the pursuit of short-term sexual release to a feeling that they are constantly in a state of semi-arousal.

Finally chastity prevents masturbation, which desensitises men, making them less attracted to their partners, and this is unhealthy for both parties in a long-term relationship. Take way

masturbation, and men revert back to something more primitive and natural, a mammal in constant pursuit of sexual release through having sex with a female.



## Chapter 2.

### Getting Started. The importance of Attitude.

A dear friend of mine, in her early nineties and still on hormone replacement therapy, tells me she still enjoys orgasmic sex and has no intention of stopping any time soon. The secret, she tells me, is understanding that sex is entirely in the head. She is of course absolutely right, and when people ask me how best to get started with male chastity I always give the same advice. You have to have the correct mental approach to what you are about to get into.

To do that, it is essential to understand what male chastity is, and to be honest with yourselves about that. If you are about to embark on this journey both parties need to appreciate that an exchange of power is about to take place in the relationship. The male is going to hand over control of his sex life to his partner. Without wishing to state the obvious, this means the female is going to increase her control over her partner and the male is going to be, in a very real way and to no small degree, controlled by her wishes and her decisions. This is a form of female domination. Many people when they start out experimenting with chastity try to ignore this aspect, or even deny it. My advice is to accept and embrace this fact.

#### *Harriet:-*

*"I never considered myself to be a naturally dominant person. I am definitely not submissive, but rather have always considered myself to be a confident person, who can be assertive as and when I felt that I needed to be, or when I wanted to get my point across. My husband, on the other hand usually avoids confrontation wherever possible, and takes a more conciliatory approach to conflict resolution.*

*All of this was fairly irrelevant until we started to experiment with chastity play. Then it became crystal clear to both of us that my confidence coupled with my husband's lack of confidence, I guess, reflected something within us much more profound than simply the style, or approach we took towards conflict resolution. What I found was that when Philip was in chastity my confidence grew and his diminished, but more than that I began to understand that being assertive and confident and making decisions for my husband turned me on immensely.*

*We have now progressed our relationship far further than either of us had at first intended, and I think this has happened because we both understand much better who we are, and what our needs are. Philip is in chastity virtually full time now, and I have also gradually introduced several other controls over the way he lives his life. It started off slowly but soon reached a point where I now make virtually every decision and Philip pretty much does exactly what he is told without question. Our sex life has improved immeasurably, well at least mine has, and there is no way that I could go back to a normal vanilla relationship again. I know that Philip finds our new life very challenging at times, but that simply increases my resolve to continue introducing even greater levels of control. Perhaps I am a*

*naturally dominant person after all."*

*Charles:-*

*"I was rather flippant about the whole thing in the beginning. The idea of enforced chastity had always excited me, but I definitely hadn't thought about it in any great depth. When we actually started I realised very quickly that this was going to be much harder than I thought it would be, and a lot less pleasurable. I hadn't taken into account that for long periods of time, not only was I being denied any sort of sexual release, but that I would be either on my own or doing normal everyday things with my wife, such as shopping or cooking meals etc. This was fine with Veronica, but incredibly difficult for me. All I could think about all of the time was sex, but instead of feeling aroused by my incarceration I just felt trapped and extremely frustrated. Veronica seemed to revel in this, explaining to me on several occasions that it wasn't supposed to be easy, and that part of the pleasure for her was seeing my frustration and suffering. I think it took me about a month, but gradually I found myself being really turned on, not by my own suffering, but through seeing how turned on my wife was by my distress. That was the turning point. I am still frustrated, sometimes unbearably so, and I still have times, especially when I am alone when it is very difficult to cope, but the overriding reason I am still in chastity 6 months after we started is the incredible improvement in my wife's libido, and the thrill of knowing that that is a direct result of the suffering that she puts me through by keeping me in chastity for long periods."*

Charles and Harriet have both expressed fairly typical thoughts about the emotional journey that couples have to go through before they reach a point at which they understand and enjoy the experience. Harriet and her husband discovered that their respective personality traits, confident versus shy, could be transposed into Dominant versus Submissive. When they realised that they knew that it would work for both of them.

Charles, on the other hand, had to learn that his pleasure would come from giving his wife pleasure, and to do that he had to suffer. This is why we often see such an improvement in the way men relate to their partners when in chastity. Over a period of time they become much less egocentric and concentrate their efforts on pleasing their partner at the expense of their own happiness. It is pointless to think about yourself, because you are locked up and have no control over your sex life. This focus on your partner, the key holder, has the delightful consequence of actually making both parties happier.

The concept of chastity being a journey, and a journey on which both parties find a place in their head which makes the experience erotic and fulfilling is important to understand. To appreciate the brilliance of Shakespeare, or to understand why a truly fine wine is so special takes time and effort, and similarly it takes just as much application to understand the subtleties of a relationship where one party has given over power to another.

*Thomas*

*"I thought that the very fact that my wife was making the decision about when and If I was*

*released from chastity was as good as it would get. The idea of her taking control in that way was really hot, and I couldn't wait to get started. But, of course, it is much more complicated than that. There were a myriad of difference emotional experiences that both of us were exposed to.*

*I remember the moment that we started. Jane called me into the bedroom and made me stand in front of her. In silence she undid by trousers pulled them down to my knees and then proceeded to put the device on, making me look directly forward with my hands on my head. The whole thing took no more than a couple of minutes. I heard a final click and then it was done. She told me to pull up my trousers and put the kettle on. I still go back over that moment in my head, and realise just how erotic it was. It was the sheer banality and lack of theatre that made it so raw. Jane put me in chastity as if she had just adjusted my tie, and then we had a cup of tea.*

*It was only after a couple of days that the reality of the situation began to dawn on both of us. It became increasingly enjoyable for my wife and increasingly difficult for me. I am quite an impulsive person, and I actually don't like being told what to do. So being locked up and unable to do anything about it myself was, well quite unpleasant. On the other hand It was an incredibly erotic feeling. If I were to sum it up I would say there were several stages. First this incredible rush or thrill that we had actually started, then feelings of doubt followed by feelings of regret and even panic. I then began to resent the obvious pleasure my predicament was giving Jane, and that was, I think, the low point.*

*After a couple of months things began to improve. I began to accept the situation, and enjoy feeling turned on pretty much throughout my waking hours. Jane began to tease me more and increase her demands on me in the bedroom. She admitted to me that it was better for her when I was distressed, and that it slightly annoyed her when she saw me getting comfortable with the situation. So the whole thing evolved. The more I got used to being chastity the more difficult Jane would make it for me, and the longer she intended to keep me locked up. It was a vicious circle, and eventually we started to experiment with other forms of control, mild bondage and some corporal punishment. I am quite sure that neither of expected things to develop as far as they have done."*

*Jane:-*

*"Thomas is giving me more credit it than is due. Actually I didn't know how to start, that is why I just put it on and forgot about it. I had thought about some sort of ceremony, even a speech, but I am not built like that. I just wanted to do it and see what happened. I wasn't really expecting very much, to be honest. I slightly reluctantly agreed to put it on because Thomas kept asking me, and eventually I thought ok, why not?*

*It was much more difficult for Thomas than me at first, and I really felt for him, especially in the first month. But we had agreed that we would go for at least two months, and Thomas made me promise not to unlock it however much he pleaded, and he really did beg, believe me. It wasn't until his attitude towards me started to change that I really began to see how hot this could be. After a few weeks of bleating he started to calm down and focus on pleasuring me in the bedroom. He was incredibly tender, loving, caring, everything you could dream for. So, I just went with it. I started asking him to pleasure me with his fingers, his*

*tongue, whatever I wanted. Then I started telling him what to do rather than asking him, and right now it is more like a barked order (laughs).*

*I absolutely love it now. The rush you feel knowing you can make it permanent at any time is difficult to describe. Thomas is as nice as pie now, lovely to have around, and our lovemaking is intimate, unhurried and truly satisfying. The difference is that he remains turned on throughout, but is never allowed any penetration and definitely no orgasms. That would spoil him, and besides I know how much he loves being in his little cage."*

## Chapter 3.

### The Female Perspective.

Women generally find it more difficult to start the chastity lifestyle, but once they get into the rhythm of it they tend to become more severe and more determined than their male partner had either expected or originally wished for. There are a number of reasons for this. Women on the whole are better at applying themselves to a specific task and are more determined to see it through. They also find that the positive benefits that male chastity brings both to their own personal happiness and their relationship is far greater than they had envisaged. Thirdly, in many cases women enjoy feeling in control, and just as importantly enjoy observing their partner's loss of control. In this chapter we explore chastity from the female perspective, and examine some of the powerful and positive results, physical and psychological, that imposing chastity on a male partner can provide.

#### Lorraine

*"Chastity is a very important part of my life, and is central to the relationship I have with my husband. It is by no means the only technique I use to control him, but it certainly is the one that is most effective, and the one that gives me the greatest pleasure. My aim has always been to exercise complete control over my husband, and for him to accept that and enjoy a life where my pleasure is central to everything. It took about a year to get to that point and involved a considerable amount of time effort on my part, but I think it would have taken even longer without including chastity.*

*In the beginning our lifestyle choice was agreed consensually. My husband wanted me to take more control and for my part I was very happy to oblige. But I made it clear to him from the very start that I was going to adopt an uncompromising and severe approach to dominating him. It was either that or nothing at all. I also told him that once we started there was absolutely no going back, and that I expected him to apply himself enthusiastically and positively to the changes I would introduce.*

*To ensure we got off to the right start I chose a chastity device that prevented him from either seeing or touching his genitals. It was incredibly expensive and took several weeks to manufacture, but it was completely bespoke and fitted like a glove. A steel belt clipped around his waist attached to a steel plate that covered his abdomen and then curved down between his legs. It incorporated a steel tube, which held his penis in place and a steel cup within which his testicles were held. It was not possible for him to see or touch his genital area at all. The fact that I had instantly de-sexualised my husband was an incredibly thrilling and erotic feeling for me. I wanted him to understand that for me chastity meant exactly that. It was not a game, there was not going to be any tease and denial, no silly little keys hanging around my neck that I may or may not use, it was permanent chastity, nothing less.*

*I absolutely love everything about our lifestyle. My husband is kinder, more helpful, engaging, considerate and obedient. He satisfies my emotional needs and in the bedroom does everything he can to satisfy me, in an intelligent, caring and selfless way. Being a complete controlling bitch is incredibly rewarding, but central to everything is keeping my*

*husband in permanent chastity, without any hope of relief except for his daily supervised ablutions."*

Without wishing to be over analytical, there are three broad themes that women will refer to when discussing what male chastity means to them: the first revolves around aspects of power and control, the second around an improvement in their relationship with their partner and third around sex. Let's start by looking at power. Even women who are not naturally assertive or dominant find that the power they have when their partner is in chastity is quite intoxicating. These feelings may be confined exclusively to the bedroom or influence every part of the relationship.

*Paula:-*

*"I am not a dominant person at all. I love it when I am treated like a lady, have doors held opened for me and receive compliments on how I look. I also love my husband as a man, and have no interest at all in emasculating or, heaven forbid, feminizing him. I want him to be a real man. It is just that he is in chastity and that means that as far as that aspect of our life is concerned, I am the one in control. We both find that incredibly erotic. I decide whether my husband has a full erection and if and when he reaches orgasm. I can keep him in chastity for a day, a week, a month or even choose to make it permanent, the decision is entirely mine. That feeling is incredible. When I look at my husband I can see all sorts of powerful emotions in his eyes. It is a mixture of fear and love. The irony is that he fears two completely opposite things, that I might not release him and that I might release him. He will sometimes plead with me for release and later will thank me profusely for not doing so. I can play with his mind, teasing and confusing him. I can't see us ever stopping this wonderful game."*

*Georgina:-*

*Peter is expected to do exactly as he is told at all times. That is fundamental to our relationship. I will not tolerate any disobedience, any questioning of my decisions, or any lack of enthusiasm or application to the tasks I give him. I know that he sometimes finds that extremely difficult, and that simply adds to my enjoyment. The very best it gets is when I tell him to do something in front of friends. He finds that intensely embarrassing and humiliating, which is a joy to behold.*

*Chastity is permanent. He is not allowed to have any sexual release, nor is he permitted to touch his genital area or even discuss the subject. As far as I am concerned he is completely de-sexualised. He is required to pleasure me, and frequently does, but sex is entirely one-sided. If he strays from this golden rule I will have him castrated without a moments thought, and he is very well of that.*

*It took about 18 months to get to this point using an electric training device attached to his chastity device. If I caught him looking at another woman, or suspected he was having carnal thoughts he would get a shock. After a period of time he would deliberately avoid any situation that may have led to me pushing the button. He was careful to the point of obsession about where he directed his eyes, what he watched on television and what he read. In a world*

*where sex is everywhere it takes a lot of planning to steer a path through your day without the subject coming up, and Peter knew that if it did he would get a shock to remind him that he was not to think about sex. These days he is incapable of achieving an erection, and I am sure his impotence is a result of the relentless control I exerted over his thoughts. It is no longer necessary for him to wear a chastity device."*

It is really interesting to me how chastity makes men nicer people to have around. At first I was quite cynical about this, rather unfairly forming the opinion that men turned on the charm solely in order to win favour from their partner and be released. That may be true to some extent, but I am convinced there is something much more profound happening here. It is not 'cupboard love', but rather an emotional change that takes place in men after a period of time in chastity. I think of it as a move from the selfish to the selfless.

*Lucy:-*

*"It took about eight weeks, something like that, before I began to see a genuine change in Peter's behaviour. What appeared to happen I can only describe it as a change in attitude towards me, and it was completely genuine. He stopped thinking about himself and his needs and started focusing all his attention on me and my needs. When we discussed it properly he said that as time went on and he got used to being in chastity concentrating his efforts on me just seemed the most natural thing to do, and that when he did he felt better about himself, and much happier. I think men sometimes feel a bit guilty about the way that their testosterone makes them behave around women. They are driven by a genuinely vital biological need to procreate and that means that they are inevitably going to be fairly focused on themselves, often to the detriment of their partner. When the ability to get what they want is taken away from them, and they can see that they are not going to successfully negotiate with their wife or lover, then they seem to shed this self-centered approach and become what they probably want to be: kind, considerate and lovely company.*

*Women like that, they really do. They want their men to focus their attention on them. it makes them feel loved and cared for, and the sex is better to boot."*

*Jennifer:-*

*"Heavens, where do I start .I pretty much can't see any reason at all why all women don' take control of their partner's through chastity. It is without a doubt the singularly most fulfilling thing I have ever done. My husband is caring, loving, attentive, helpful, obedient and submissive, all the qualities that make me happy and turn me on. I genuinely enjoy the fact that his sex life is completely in my control, and I try and find ways to intensify that wonderful feeling of power by introducing other controls on the way he behaves.*

*I want to get to a point where he is unable and even incapable of making any decision at all without referring to me. We are getting there, but there is still quite a long way to go. There is still some residual resistance, which needs to be drummed out of him, but I will get there. In the meantime chastity will remain central to our relationship. When we get to the point that I am completely satisfied with his attitude and behaviour, then and only then will I even*

*consider any form of release."*

Angela:-

*"I hadn't appreciated just how exciting and rewarding male chastity can be within a marriage. It totally transformed the relationship I have with my husband. Before we got into all this I always felt a bit pressurised into having sex and that in itself was a bit of a turn-off. It works for me when nothing is rushed and we take our time to get there, so as to speak. That certainly happened when Paul started wearing his chastity device. But what I noticed was just how hot it made me feel knowing that I, quite literally, held the key to his sex life. The more I thought about that the more of a rush I got.*

*We are now at a stage where he is kept locked up for about twelve weeks at a time, and pleasures me with a strap-on, which he wears alongside his device. I have this hot and very engaged lover who is always rock hard and never seems to lose interest. When we make love I tease him about how much better the dildo is, and I tell him that his little winkle is practically redundant now. It hurts him on so many different levels and that thought just pushes me right over the top. I love it."*

A reoccurring theme amongst women is the joy that comes from re-establishing a close and loving relationship with their partner through enforcing chastity upon them. Women often tell me that this surprises them. They expected their husband to plead for relief, and demonstrate frustration and even anger at times, but they definitely didn't expect them to become more loving and caring. It is worth taking some time to explain what is happening here, and in particular why men find it so hard to understand why they change from self-centered to selfless people.

When a man is put into chastity two things happen. Firstly he can no longer masturbate and secondly he can no longer achieve orgasm, or at least that is much more difficult to achieve. Let us look at both of these events, or rather non- events separately, because they are both very important.

Men, and I mean all men, masturbate. If they don't it either because they can't, or because they are in the very early stages of a relationship where access to real sex is freely available, and they have neither the time or energy for anything else. When men masturbate they develop a series of fantasies which are probably not going to revolve around their wife or long-term partner. Over time this has the effect of reducing the passion and interest they show to their partner. They can find relief in another way, based on fantasy and pornography. If you take away the ability to masturbate something very interesting happens. Men start to concentrate on their partner in an attempt to fill the void left by the inability to find relief elsewhere. They think that it is the fact that they have been put into chastity that is causing them to feel closer to their partner. What is actually happening is quite different. As they start to re-focus their attention on their partner they begin to understand what they have been missing. They fall in love again with things that they had taken for granted. The touch and feel and scent of their partner, the intimacy they once shared, and gradually they realise that this is far better than masturbation, even when it does not lead to any sexual relief. This happens to almost every man in chastity and is a surprising and pleasant outcome for the woman who locked him up.



The second thing that happens is a man is unable to reach orgasm. All women know that men can be very nice to them up to the point at which they reach orgasm, and then their interest seems to evaporate instantaneously. This is both frustrating and disappointing for women, who take quite some time to reach orgasm and come down afterwards. Women really appreciate some post-coital intimacy and not just a peck on the cheek. They do not want their partner to roll off them, turn over and go to sleep. But, put a man in chastity and he will remain focused and attentive for as long as you want him to be, and when you are ready to sleep or do something else he will still be aroused and still be willing to give you all the attention you need. Men become less selfish when they are not allowed to reach orgasm, and they turn their attention to their partner.

So there we have it. Men are nicer to have around, focus all their attention on their partner, are less selfish and more considerate, and frankly much better people when their sex life is controlled through chastity. Add to that the sheer thrill of taking control and the doors that opens to explore other aspects of power exchange and you can see why so many women just love to lock their menfolk up.

## Chapter 4

### I

#### The Male Perspective.

My male friends tell me regularly that they enjoy being in chastity, but do not find it particularly easy. It isn't as challenging as cuckoldry, where it is necessary to cope with jealousy and feelings of inadequacy, but it does require a degree of suffering, or at least deprivation, and that requires both self-discipline and effort. However, if the male can cope with that, and is able and willing to go through a process of adjustment, then the rewards can be incredibly satisfying.

Men describe how they feel more aroused, come to the realisation that an orgasm isn't necessary to enjoy sex and that the exchange of power with their wife or partner is both exciting and erotic. They also tell me how much they enjoy the change in attitude that comes with long-term chastity, and in particular, as we discussed above, the genuine contentment that comes from becoming less self-centered.

"Edward:-

*It was actually my wife's idea, not mine. She has always been, how shall I put it, experimental when it comes to sex, and has definitely been the one who initiates our encounters together. She has an extremely high sex drive, and I would also say that she could be very demanding in the bedroom.*

*After we had been married a couple of years she started flirting with some very mild corporal punishment, and relating these little punishment sessions to my performance in the bedroom. So, for example, if I failed to make her cum, or seemed to be less than attentive to her needs, I would get a spanking, or sometimes something worse, like the cane or a strap. It went from there really. She announced that I was going to be put into chastity, and that she hoped that would encourage me to be a bit more imaginative and enthusiastic in the bedroom. I wasn't at all keen on that idea, but she was quite insistent, so I really didn't have any choice. I loved her, and still do, so there was no question of me leaving her or anything like that. I simply had to go along with it.*

*I think for the first few days I was in a bit of shock. It felt very strange having this thing between my legs, and the sensation of a weight pulling my testicles down was, not painful exactly, but felt unnatural and awkward. But it is surprising how quickly you get used to it, a bit like wearing shoes I guess. If you wiggle your toes you know that they are on, but it isn't an issue at all. The really strange thing was how it affected me emotionally. It definitely made me more docile and less aggressive, and I found myself listening more to my wife, and anticipating her needs. It was the realisation over time about how bad I had been at communication, and also how self-centered I could be that led me to fundamentally re-think who I actually was.*

*My wife says she prefers the new me, and to be honest I feel that I am in a much better place emotionally than I think I have ever been. I also desire my wife more, and our sex together is*

*pretty mind-blowing. She is still very adventurous, and has become increasingly dominant, but I don't mind that at all. My only real concern is that she might one day release me, and the thought of going back to who I was before is scarier than anything. It is strange how we have got to the point where I would genuinely beg to stay in chastity rather than to be released."*

Men, by their nature have a much less subtle approach to sex than women. They are randy and think about having sex pretty much on a daily, if not hourly basis. Although we as women like to think that they are only ever thinking about having sex with us, their partner, in fact that isn't the default male position. They are pretty much thinking about having sex within anyone that they are attracted to. So, when a man is put into chastity a curious thing happens. The guilty feelings men have about their fantasies of having sex with other women diminishes, not because they are deprived of the ability to think about these fantasies, but because they are deprived of the possibility of reaching orgasm. In other words their little fantasies stay in their head, and therefore that feeling of guilt when they ejaculate during masturbation goes away.

Anthony:-

*"I had been told about this concept of chastity making men think less frequently about adulterous fantasies, and thought it was rather a silly notion. Just because I was under lock and key didn't mean I would stop thinking about other women. That girl on the bus with her legs crossed, or the woman in front of me on the escalator would, I thought, remain just as attractive, if not more so, when I was in chastity.*

*However the reality has been very different and actually quite surprising. I have found myself focusing both my thoughts and my attention entirely on Johanne, and I quite literally haven't either the time or inclination to think about anyone else. This has had the effect of making me feel much better about myself, and I am really happy about that. I honestly thought there was nothing wrong with, what essentially are just fantasies, but I realise now that I was being quite disloyal, and rather arrogant as well."*

We referred earlier to the concept of power, and the very real exchange of power that takes place when a man allows himself to be put into chastity, and consequently have his orgasms and arousals determined by someone other than himself. It is difficult to exaggerate how profound that can be, and the effect that it has on men, particularly if the period of chastity is extended to a significant period of time.

In some cases chastity is the only aspect of a couple's relationship where there is an exchange of power, and is restricted entirely to a kinky sex game played out exclusively in the bedroom. There are many examples of couples who enjoy this, and where the wife or female partner will swear blind that she is not a dominant person, and that in every other aspect of their relationship they are either equal or the man takes the lead. I believe that for a minority of couples playing with male chastity that that is the case, but in my experience it usually

extends over time to other elements of control. Chastity and the feelings of empowerment (or in the males case loss of power) that this evokes can be extremely addictive, and both parties usually start to look at other areas of their lives into which they can broaden this power exchange. I would also say that this is often at the behest of the female in the relationship, who often starts to really enjoy the way control makes her feel.

David:-

*"My wife described it as a rush. It wasn't just sexy having such a level of control over our sex life, but it was also exciting, and in a way she had never experienced before. I could see in her eyes that she was getting a huge amount of pleasure from controlling me and the longer we played the game the deeper and more profound her enjoyment became. After a while I began to get a real buzz out of her pleasure, and when we started to explore other aspects of control, including bondage and corporal punishment, I went along with it willingly because I could see how much fun Sally was having.*

*It just kind of evolved I guess. From my point of view I willingly endure all the pain and deprivation because I know it genuinely makes Sally happy and sexually satisfied. It scares me sometimes, particularly as she is now beginning to flirt with the concept of permanent chastity and even cuckoldry, but I know we will not go back now. Sally is pushing the boundaries, and slowly, day by day we are getting into a relationship where I have very little say at all. It is a curious thing, but I love her even more now, and although I know things are going to get much more challenging for me, in my heart I know it is what I want and need."*

Edward:-

*I know of lots of relationships which started off with a little chastity play, but then developed into something much more comprehensive, and it was that fact that encouraged us to go further ourselves. I think we just got into a groove and one thing led to another. Where we are right now, I would say that chastity is only a part of our overall relationship, albeit an important one.*

*My wife made me give up my job to look after the house and provide emotional and practical support for her, and her career. I am very much the submissive in our marriage, and concentrate pretty much all my efforts on making Jane happy. She can be extremely demanding, has incredibly high standards and will not tolerate any dissent or grumpiness whatsoever. I love her dearly, and enjoy trying to think of things that will delight or even impress her. I consider myself to be a much nicer person now, probably because I am just too busy to think about anything or anyone but Jane. I definitely haven't got time to think about myself, those days are long gone. Occasionally I meet up with some of the other house husbands in our social circle, and that gives me a chance to exchange notes. Half of them are permanently feminized now, and I believe it is only a matter of time before that particular subject is raised by Jane. She has joined a support group which advocates the feminization of males as a social trend, and one that consider is likely to be the norm within the next twenty years. Judging by the dozens of couples we know where the husband is more prettily dressed than the wife they might just be right."*

Edward makes an interesting observation here. As women assume more positions of power and responsibility in society, they are growing in confidence and becoming much more assertive. Conversely men are gradually losing their confidence and becoming much less certain about their position in society. As with every profound social change, these changes tend to be reflected in fashion, culture and the arts. What we are beginning to see is girls becoming less feminine and men becoming more feminine, and as a consequence some women want to see their men dress in a way that reflects their new social status.

Arabella:-

*"I am not particularly interested whether men like it or not. The fact is that we are the sex in ascendancy and men are not. In the world I live in this isn't something that is happening, it has happened. The problem we have in society now is getting men to understand that, stop whining and do as they are told. One of the most powerful tools I use is emasculation because it works, and I do this to my male slaves as a matter of course. They are put into chastity and then they are feminized, in that order. If they don't like it, tough.*

*I will take my boys to a nightclub either here in London or occasionally Berlin and expect them to be shy, pretty, bashful and obedient. More and more of my friends are doing the same, and an evening will often end up with the boys sitting in a corner in a great fluff of taffeta and petticoats while the girls stand at the bar and chat. It becomes self-reinforcing, the more effeminate men become the more submissive they become and the less responsibility they are given the less they are able to cope with. I can only see this going one way now and the sooner the better for all of us"*

This may seem a little extreme, but I think that men are beginning to accept that they are a little bit lost now, and that accepting guidance from women is a positive thing. This may not lead to the world that Arabella envisages but I am increasingly seeing men acting more feminine as a coping mechanism in this new world order.

Jason:-

*I am in my late fifties now and have seen the gradual ascendancy of women probably since my late twenties. In those early days it wasn't anything more than a bit of fun. I think everyone really considered men and women as equal, but different, and there was an unwritten understanding that both sexes needed each other. Feminism, or at least militant feminism, hadn't really achieved anything except making some women unhappy. But then things really began to change. Equal opportunities for women were introduced both in the workplace and in access to education, and women embraced both of these things enthusiastically. Men were increasingly being ridiculed in everything from television sitcoms to advertising campaigns. Meanwhile women quietly achieved higher grades at school, went on to achieve better degrees and then became increasingly successful in the workplace.*

*Men on the other hand seemed to lose their way in almost every way imaginable, with women outperforming them in education, at the workplace and socially. But the real change seems to*

*have happened over the last five years. The worldwide recession and the ascendancy of mobile communication has pretty much dismantled the world that we have known for decades, and as we begin a long slow recovery it is women leading the way. I actually question whether it is possible for men to continue in the role that they have traditionally adopted any more. They need to re-invent themselves, and as far as I can see the only option open to them is to make themselves useful to women, in the same way that women have spent the last three centuries making themselves useful to men."*

## Chapter 5.

Taking things further.

As we have discussed, male chastity is often a pre-cursor to the introduction of other forms of power exchange in a relationship. It can also be a part of a relationship in which one person has taken on the dominant role and the other a submissive role, but is not necessarily the central feature. In this chapter we look at relationships where chastity contributes to an often rich and complex relationship in which the exchange of power has been taken much further than simple orgasm denial.

*Sophie:-*

*Chastity is important in our relationship because it keeps Charlie focused on my needs. To me it is a tool to aid his concentration, and also because I really enjoy controlling him in that way. But it just a part of a journey we have been on for over 5 years now. He doesn't even think about being released now. In fact the very idea would probably make both of us laugh now, although I suspect I would laugh just that little bit louder.*

*I like there to be a palpable, highly charged sexual tension between us at all times, and that isn't going to happen if he is allowed to have a silly male orgasm and then start feeling all satisfied and smug. I want him to feel anxious, nervous and bend over backwards to please me, and that is much easier to achieve if he is in an almost constant state of sexual arousal and frustration. He will quite literally do anything for me, not in the hope of being released, but because focusing attention on me is the only thing left available to him now. He has long passed the stage where he worries about his own selfish needs, and as he puts it, abandoning his own selfish masculine desires has been a liberating and cathartic experience.*

*I do love it when men finally break free from all those idiotic, outdated macho illusions and start to realise that the world has moved on. Charlie is getting there, but we still have a long way to go. We are working on his demeanour at the moment. I expect him to be calm, thoughtful and softly spoken, and present himself to me with grace and servility. I am debating whether I should also start to feminize his looks, mainly because I know that the thought terrifies him. The key is unpredictability. I just love the look in his eyes as he tries to read my next move. It is a combination of fear and blind panic, but I also know it excites the hell out of him."*

Milly:-

*In the early days, sure, it had a huge emotional significance. I knew it took George immense courage and perseverance to accept what I was doing to him, and sure he could have stopped at any time. But he didn't, and I know now that is because he was actually, deep down, really enjoying the experience.*

*But now, it is just part of our daily life. He is denied any form of sexual gratification, and that is that. Over the years we have had to find other ways to satisfy his submissive needs and my desire to exercise even greater degrees of control over his life. Where we are right now may seem a bit extreme for some couples, but as it has happened so gradually for us, all it has meant is that we have maintained the same levels of intensity that we enjoyed right at the beginning. I guess that at some point we may have to stop, but at the moment that isn't even a remote possibility.*

*I expect George to be at home all the time, and do exactly as he is told with enthusiasm and a positive attitude at all times. That includes those times when I bring lovers home, or when I want him to help me get ready for a date. If he feels uncomfortable and challenged so much the better."*

One very interesting observation I have made over the last few years is the way women are beginning to understand the true significance of their changing role in society. The emergence of women as the dominant sex isn't a passing trend, it is a natural progression based almost entirely on the way that we now live our lives. Men no longer have any advantages over women. They are not naturally the primary breadwinner, technological advantages have eliminated the need for physical labour at which the male excelled, and they no longer assume the role of protector. Society gives women all the protection they need. Women have seen this coming for years of course, but it is only recently that there has been a sea change in their attitude to men. It is no longer just a bit of fun, or an opportunity to tease men about their loss of power, but a genuine issue that needs to be addressed. Women are actively engaged in trying to find a role for men in society, and they are doing that from a position of natural authority. We have got to the point where men have truly given up trying to fight this change, but rather are looking to women to help them establish a genuine purpose in life. Being practical and empathetic creatures, women will find a solution, of that I have no doubt, but it will, in my opinion lead to a fundamental and permanent loss of status for all men in society.

Rachel:-

*"I guess I have been thinking outside the box on this issue for quite a long time now. To me, the notion that women are superior to men is somewhat fanciful, and more than that, it is not a state of affairs that I think many sane women truly aspire towards. Having said that, it is clear to me that society has changed dramatically over the last ten years, and men and women now compete on a very even playing field. This has created more opportunities for women and, frankly, less opportunities and more competition for men. It is a very good time*



for women but a more challenging time for men. What interests me is how each sex will cope with this change, and more importantly where it will end up.

*My instinct is that men will for some time to come be increasingly disillusioned about their role in society, as they move from a position of advantage to disadvantage, which in itself can be deeply demoralising. Women, on the other hand, will become much more engaged and ambitious, both individually and as a sex. This is likely to result in women assuming more and more positions of responsibility both in the workplace and at home, whilst men are likely to lose out, and become less ambitious and less confident. The whole process will become self-fulfilling for both sexes. That is where I think things will change. Men will look to women to help them find a credible role in society and women will, in turn, try to ensure that this huge resource is employed effectively? This is a really exciting time for women, as they will over the next few years quite literally be able decide upon the role of men in our society. I expect that the choices that they make will be wise ones, but equally I expect the decisions they make will be more favourable for women than men."*

Lorraine:-

*I really don't understand why everyone is being so diplomatic. Men have had their day, and there really isn't any point in pretending otherwise. My husband has long since given up trying to compete on equal terms with me, as he knows it just won't get him anywhere. I expect him to do exactly as he is told and to defer to me for every meaningful decision. That is the way I like it, and I see more and more of my friends doing exactly the same. Chastity is an absolute must, of course. You can't take control of any male unless you control his penis, it is fundamental to everything.*

*Everywhere you look men are on the back foot, it really is amusing to watch. Men are even setting up weekend conferences to discuss what it means to be a man in the twenty-first century. I wish they would stop all this nonsense and just accept that their only hope is to defer to women for guidance. Personally I would like to see men taking on the role that women have had to endure for centuries, homemakers, providing emotional support for their partners and looking pretty. I actually see nothing at all wrong with the feminization of men. Tens of thousands of men have discovered just how rewarding it is to dress as a female, and how they are treated differently when they make an effort in this way. My husband is a softer, kinder and more tactile person when he is in a frock and I enjoy watching him going about his chores around the house in soft flowing clothes and make-up.*

*I can't actually see a world where all men are feminized and submissive to their wives, but it is an ideal that I would aspire towards, certainly. It is very much the life I live with my husband, and we are both much happier and much closer because of it."*

Lorraine touches on an interesting subject which is often associated with male chastity, that of forced feminisation. This can form a natural extension to a relationship where male chastity is practiced, particularly when the male is naturally submissive and the female is naturally dominant. It does not work for everyone, but it can be a very sweet addition to the relationship, and one that reinforces the power exchange that takes place when male chastity is introduced.

How far a you take this is a matter of personal choice. I know some women who go no further than making their husband wear a frilly apron when they are washing up, whereas others may require their husband to dress and act as a woman whenever they are alone in the house together.

*Catherine:-*

*Once David had got used to being in chastity I just extended the time until now it is pretty much on a permanent basis. I enjoy knowing that he can't behave like a real man any longer and it seems to me pretty inevitable that this is going to be permanent. I don't think I will ever make that decision, or at least if I did I wouldn't tell my husband as it is so thrilling him just not knowing if and when I am ever going to release him.*

*The feminisation just evolved over time, I don't think it was ever something that either of us planned, or even thought about really. I am not particularly interested whether he passes for a woman or not. The important thing is that he accepts that I want him to be feminised, and that he makes a considerable effort to fulfill my wishes. The style that I have chosen is based around very frilly and feminine party dresses, with lots of petticoats, taffeta and sequined bodices, that sort of thing. I accessorise with stockings and glittery heels and thick make-up, always with large false eyelashes and brightly coloured nails.*

*There is something quite exquisite about seeing a permanently chastised man dressed as a girl. It excites me, not that I have any interest in having a physical relationship with my husband, but because I am totally in control of both his sexual needs and the way he looks. Over the years as his femininity has deepened so has his submissiveness towards me, and that in turn just makes me more dominant and more controlling. It is a vicious circle and I wouldn't have it any other way."*

*Jane:-*

*As an older woman, I am in my late sixties now, I considered myself very fortunate to fall in love with a man who is half my age. I wasn't at all predatory, we simply met at a book club and immediately hit it off. I spend a lot of time thinking about my appearance, and always dress smartly. I think that is a generation thing. Younger women on the whole always seem to be happy in more casual dress, which doesn't suit me at all. I am sure that part of the attraction was that Peter liked the way I dressed, and would compliment me on everything from my shoes, perfume, suits and jewellery. Sex was pretty amazing if I am honest, and because of our age gap, I felt very confident in telling him exactly what I liked, and he was relaxed enough to do the same. I could see how turned on he was when he saw me in stockings or when I wore expensive lingerie. He explained to me that in his experience most young women would wear a simple thong or quite plain underwear, and that was far less exciting to him than the way I dressed.*

*Things went from there. We would go clothes shopping together, something my previous husband would never ever do. He would enthusiastically go through rack after rack of skirts and dresses and watch as I tried things on. We could spend hours in just one department store sometimes; I simply couldn't believe my luck meeting someone who shared my love of*

*clothes. It made me feel alive and we grew very close. It was me who started to introduce him to the idea of actually wearing some of these clothes. At first it was just a fun thing, but I started to teach him how to shave his legs, paint his nails, that sort of thing. The sex got better and Peter became more and more feminine. It is ridiculous really, but it just worked for both of us.*

*Peter raised the subject of chastity first. I had confided in him once, in a darker moment, that I felt that I would lose him one day, that he would wake up and want to be with a younger woman. He was horrified, I mean genuinely upset, and I wished I hadn't said anything, I abhor self-pity in anyone and was cross with myself. Anyway, we discussed it at a later date and he told me that we should try it. He was really turned on by the idea of an older woman keeping him for herself by controlling him in this way, and that I might also enjoy the control too. I wasn't keen at all. After years living with a man who had long since lost his libido, I didn't relish the idea of my young lover being denied the opportunity to give me exactly what I craved for. It just seemed a crazy idea. Nowadays things are very different. Peter is completely feminised and wears my clothes pretty much all the time. We wear the same perfume and jewellery, and share the same make-up box. But the thrilling thing is that he only has sex when I let him, the decision is entirely mine. I still can't believe my luck. I met this slight, gentle man, shared our views on Victorian female novelists, and two years later he is my pretty sissified soul mate, locked up tightly, only to be released when I need him to service me. I hope this will last for a long time."*

As well as forced femininity male chastity is often linked with other forms of power exchange, always involving the male giving over more control to his female partner. It is outside the scope of this book to look into the well-established and vibrant BDSM scene, but we can touch on corporal punishment, which is a frequent next step for couples that are enjoying the chastity experience. I find it amusing how couples start off with a little chastity play and are quite horrified by the idea of hurting their partner, or being hurt by them. Then, months later I will meet up with them again and they will, or at least the wife will, extol the virtues of a sound spanking or caning, and tell me in great detail how corporal punishment is a delicious extension of the power exchange, and amplifies the thrill they get from controlling their husband.

*Harriet:-*

*The best sex I can get is after I have given Paul a hard caning and then made him stand in the corner with his hands on his head and his nose pressed against the wall. After about half an hour, during which time I watch the colour of his backside and thighs deepen, I lie on my bed and talk to him, lecturing him on his behaviour and nagging him constantly about his faults and lack of effort. It makes me incredibly wet, and I find myself touching myself whilst I tell him how he will have to improve. I then click my fingers and he joins me on the bed, crawling up from the carpet, kissing my feet and eventually using his tongue on me for sometimes hours on end.*

*It sometimes shocks me how pleasurable it is to dominate him in that way, and to prevent him from having any form of sexual release. Chastity is an important part of our relationship, but it has been embellished by other forms of control, all of which fuel my desire to increase my dominance over him in every way possible. I liken it to an addiction, where I need stronger and stronger doses to reach the same high."*

*Pamela:-*

*"For me there are two things that are central to our marriage. Firstly permanent chastity and secondly a strictly adhered to schedule of domestic discipline. My husband knew from the very first time we met that I would not tolerate any form of sexual union between the two of us. If we were going to be a couple it would be on the basis that he would satisfy me sexually in any way I chose, but he would be kept in permanent chastity, and I meant permanent chastity. We even toyed with the idea of castration to simplify everything from the outset, and he seemed quite keen on this idea for a while. In the end it was my decision to choose permanent chastity, mainly because I wanted to ensure that he was in a constant state of sexual frustration. Castration just seemed an easy option, as he would have no sexual desire and consequently the control I longed to exercise over him would be more difficult to enjoy.*

*We opted for a simple stainless steel cage with a Prince Albert piercing. Simple, effective and without any realistic chance of escape without my permission and my key. He had the piercing a month before our wedding and I fitted the CD on the night before we married. I simply summoned him up to my bedroom, pulled down his trousers and clicked everything into position. I gave him a quick peck on the cheek and told him not to be late for the ceremony. That was twelve years ago, and he has had no sexual relief whatsoever in all that time. Every four to five months I massage his prostate gland with a simple plastic device which I insert in his anus, usually whilst I am reading or watching television. He is on all fours on a coffee table in front of me. It takes about 20 minutes on average before a thin stream of semen drips out onto the table. There is no orgasm, but he does tell me it is quite pleasurable, but feels more like peeing than anything else.*

*Discipline is the second keystone of our relationship, and I am uncompromising in my approach. Thomas receives a maintenance spanking every week, which is scheduled into our diary. It does not matter how good or bad he has been, the experience is always the same. A very sound spanking for 15 minutes with the back of a long handled silver-backed hairbrush. Thomas usually starts to cry uncontrollably after five minutes or so, and I have to push my free hand hard into the small of his back to stop him from wriggling too much. I encourage him to let all the pain out, and to beg me to stop. I enjoy seeing and hearing him suffer, the louder and more plaintive his cries the better. At the end of each of these sessions he is allowed to kneel before me and rest his head on my thighs. I invariably lift my skirt up high so that his tears fall on my stockings or tights, and do not stain my skirt. Stroking his hair and cheeks tends to calm him down, and within ten minutes or so he generally starts to get his breath back, and his heart rate falls below 100. He is always very grateful and tells me how much he loves me, and how lucky he is to have someone willing to help him be a better husband and a better person.*

*In addition to maintenance spankings Thomas also receives additional punishments based on a points system. I award one point for a minor misdemeanour, and up to 20 points for*

something very serious. Generally the awards range from. 1 to 6 points and he would have to be very good indeed to receive less than 10 in any one twenty four hour period. The cut-off point is 25 points. He is instructed to tell me when he been awarded twenty- five points and I will put a date and time in our diary. This can be during the day or night and depends upon my other commitments and what I intend to do to him. These punishment sessions are more severe than the maintenance punishments and take place in a punishment room in the basement of our house. We live in a remote location so it makes no difference to me at all how much noise he makes. I always tie him down as I will not tolerate any insubordination whatsoever. A punishment is exactly that, and needs to be accepted without any possibility of Thomas turning away or putting his hand on his bottom.

I use a combination of different implements ranging from standard canes, leather tawse, leather belts and riding crops. My favourite parts of the body to strike are the buttocks and thighs. Occasionally he will be whipped across his back, but he would have to have been exceptionally ill behaved to warrant that. The sessions usually last around 40 minutes during which time we speak to each other quite frequently. I am looking for complete emotional breakdown during these sessions! That is an absolute requirement. The discussions we have are far more constructive when Thomas has lost control. That is when he tells me exactly what he is thinking and feeling, and the conversations we have are both intimate and very revealing.

Over the years I have learnt to understand exactly what his needs are, and am able to tailor our relationship and the way I treat him to maximise my control over him and his submission to me. I am extremely happy and my husband adores me. I cannot see how I could ever relinquish any of the control I exercise over Thomas, and when I ask him the question in our quieter moments together! His eyes well up and he tells me how much he loves me and enjoys the control I have over his life."

## Chapter 6.

### Practicalities.

*Male chastity is a psychological game, and as such it is far more important that couples concentrate on this aspect, rather than obsessing about the security that each individual device may or may not provide. Every chastity device is removable, either by using a key, or if this is not available, by destroying the device. Without wishing to break the 'sexual spell' of chastity, freedom is no further away than a pair of bolt cutters, a carefully applied hacksaw or a trip to the accident and emergency department or your local doctor.*

*Having said that, it is entirely possible to increase the effort required to cheat, and each couple will need to decide how high they set the bar in order to make the experience as real as they personally need it to be.*

*A simple plastic chastity device (CB) is perfectly adequate for bedroom play for beginners. It is held in place by a simple padlock and is sufficiently secure to prevent full erection and consequently prevents, in most cases, the possibility of orgasm. But the male penis is a strange organ. As any man will tell you, on a cold day, or under the right (or wrong!) conditions it is capable of being squashed down and into the lower abdomen, and can be made to almost disappear. Therefore a simple device is, under the right circumstances, perfectly easy to escape from without breaking the lock simply by withdrawing the flaccid penis from its sheath. The ring will remain around the testicles, but that does not prevent sexual function.*

### Beverly:-

*I am not a great fan of plastic devices as they are actually quite hard to keep clean if worn over a long period of time, and can develop a distinctive odour which is difficult to get rid of, and can be a bit of a turnoff for both parties. When we started out they were a cheap entry-level product, and certainly introduced us to the experience of chastity in a very real way. These days we have chosen a simple stainless steel lattice cage with a ring above the testicles. The whole thing locks into place with a simple lock and my husband can wear it permanently without any issues. It is completely odourless, and because it is stainless steel can be boiled periodically to maintain absolute sterility.*

*The model we have comes with removable studs that slot into grooves running the length of the sheath effectively pinning the penis into position. This has two effects. It makes it difficult to withdraw from, particularly when the studs are inserted both above and below the penis: it is technically possible, but would be a very unpleasant experience. Secondly it makes any degree of arousal very painful. The relationship we have is one of mutual trust, so I don't use the studs very often, but if John has been particularly difficult, or I sense that he is desperate for relief, I will open the lock and slot the studs in, even if that is only for a short period."*

For those couples looking for something, which reliably prevents removal of the penis

without resorting to damaging the device, then the next level of control is to combine a specially designed Chastity device with an intimate piercing. The most common of these is a Prince Albert piercing which comprises a simple ring that is inserted through the end of the penis (the urethra) and then exits via piercing at base of the head, underneath the penis. There are a number of other piercings that also enable the penis to be secured to a chastity device, but this is the most common, and the one that most long-term wearers would recommend.

*Isabella:-*

*For me it is essential that I know that my partner is unable to remove his chastity device. I want to know that whatever he is doing or wherever he is, that he is secure, and that I am in total control of both his ability to masturbate or to achieve orgasm. That is a fundamental part of our relationship and anything less would leave me feeling very uncomfortable. I decided to get Edward pierced soon after we married. We had been playing with chastity for about a year with fairly mixed results, but being married really gave me the confidence to take this to the next level. Edward was very reluctant at first, coming up with all manner of excuses such as complaining that it would hurt, make it more difficult to pee or reduce the sensation in his penis. He thought of every possible excuse, but I was adamant.*

*I had researched the subject thoroughly and knew that none of his concerns were valid. Thousands of men have successfully had intimate piercings inserted and I knew that if undertaken correctly by an experienced practitioner that it would be just fine. Edward's anxiety was nothing to do with any potential adverse side affects of course, he was simply terrified of the additional control this gave me over him. That was the most thrilling part of all for me, the fact that Edward really didn't want this chastity thing to move up from a kinky game to something that was very real both physically and mentally. I remember the day we went to get the piercing done. I savoured every moment, holding his hand as we waited in reception before being taken into a private room. The studio doubled as a tattoo parlour, and there was something slightly seedy about the place. This added to Edward's anxiety, making the whole thing even sweeter for me. The whole process only took a few minutes, and Edward said it was all relatively painless. He was however intensely embarrassed by the whole thing, especially lying on his back with a big burly man holding his penis with white rubber gloves whilst I sat and watched, fascinated.*

*It took about a month before Edward was completely comfortable with his piercing, and that is when I locked him up. He is allowed out very three months for a thorough inspection, which I carry out personally. Edward is blindfolded and handcuffed with his hands behind his head. The whole thing is carried out in silence, which adds to the sense of theatre, which I adore. I drop his CD into boiling water on the stove, give his genitals a thorough cleaning with a tepid antibiotic solution and when it is cool enough, put everything back into place. Edward hates the whole experience from beginning to end, which adds to my pleasure."*

The third broad group of chastity devices is the traditional chastity belt, which was originally designed for women. It comprises a metal belt around the waist and then a plate at the front, which goes between the legs and connects with the back of the belt. On the male version the

plate incorporates a tube or sheath within which the penis is held in place in the downward position, with or without a piercing. They can be extremely expensive if tailor made for the individual, but if properly fitted can be very comfortable.

*Peter:-*

*"My wife wanted to ensure that I had no contact whatsoever with my genitals, so we invested in a chastity belt that was made for me in Germany. It took about twelve weeks to make and we had to take literally dozens of measurements and e-mail them over to the factory. I wear it now almost all the time and have to say that I feel quite naked without it. There are a few practical issues. It needs to be cleaned on a fairly regular basis, and I can only use the bathroom in the sitting position, which is a bit humiliating. My wife likes it because it gives me a very feminine profile, and also because there is absolutely no way that I can touch or see my genitals. Being denied any access at all to your penis has a deep psychological affect on me, which is difficult to put into words. It has had the affect of taming me in a very real and complete way. After a while you actually start to think that it isn't there at all, and that is turn is an intensely emasculating feeling.*

*She loves this level of control, and the affect it has on me. Being denied any access at all to such a central part of who I am has taken me a long time to adjust to, but now it feels absolutely right. I am a submissive, feminized male lesbian in permanent chastity, and am dedicated to making my wife happy. That in turn has made me happier than I have ever been in my life. I simply recommend this lifestyle to everyone, it just works."*

In the end the choice of device is entirely personal, and depends on a number of factors, including the degree of security you desire, price, comfort and aesthetics. But the most important thing, as I said earlier, is that it has the desired psychological affect on both parties in the relationship. If you get that right everything else just follows naturally.

It is worth taking a few moments to consider taking time-out. In any relationship where there is an exchange of power then both parties are making a conscious effort to achieve a sexual tension between themselves for mutual pleasure. But, as we all know, sometimes in life other things get in the way and have to be dealt with. It is important that this is understood by both parties and that you set realistic limits. Think through situations where a CD is inappropriate. For example if you partner is ill or hospitalised, or negotiating airport security and explaining why you keep beeping. Again, occasionally both parties will need some vanilla time, particularly at times of bereavement or other life events where chastity, or indeed any form of sexual fetish is simply inappropriate. Even in the most intense relationships there is recognition that both parties need to be considerate and sympathetic, and in male chastity it is the female partner who has to understand this first, as she has the key. It is not failure, it is the right thing to do. When things get back to normal you can resume, and probably with even greater resolve.



## Chapter 7.

### Edwina and Charles: a case study.

I have chosen an English couple who I have known for nearly 10 years as a case study for a number of reasons. Firstly because they are very bright people, and consequently are able to express themselves beautifully. Secondly, they have taken the chastity lifestyle much further than most, and in a way that is actually quite inspirational. I hope therefore that they will provide you with some ideas on how you could take your own relationship, should you choose to. All relationships are different, and in chastity, cuckoldry or indeed any other form of female led relationship there are no rights and wrongs. Just follow your instincts and do whatever turns you on and makes you happy.

*"Edwina:-*

*I am a naturally dominant person. I don't suffer fools gladly, I am very controlling and I have absolutely no fear. To me life is a journey of discovery, and one in which I intend to fully understand who I am and what it is that drives me. I had no intention of getting married, in fact the whole idea seemed a bit ridiculous to me. I enjoyed a wonderful life being single, both at university and subsequently in my career. There seemed little point in ruining all of that to get involved in some silly relationship where I would have to make compromises. As for emotional support, that is something I certainly didn't need, and the idea of giving emotional support to someone else seemed to me to be rather a waste of time and energy. Why on earth would I want to have a relationship with someone who couldn't stand on their own two feet. Then I met Charles.*

*Everything was going really well in my life. I had just come back from a Christmas skiing trip and a friend asked me to a dinner party on New Year's Eve. I generally avoid New Year's Eve like the plague. I would much rather start the new year refreshed after a good night's sleep, but Sally is lovely, and she had had a difficult year, so I rather characteristically said yes. Charles was handsome, certainly, and had the natural confidence that comes with a private education. He was also slight of build which I found quite endearing. A week later I was annoyed at how my thoughts kept drifting back to the evening, and then I made the fateful mistake of asking Sally for his number. I rang him, asked him out for a date, slept with him and in the morning left him sleeping in my bed whilst I went to work. When I got back he had left a note saying something about how nice I was, and could we see each other again. A year later we married much to the open mouthed astonishment of my friends. I hadn't even considered that love was anything other than a silly, sentimental emotion. It was only when I fell in love that I realised how dangerous a trap it could be.*

*Our relationship was pretty vanilla for the first year of our marriage, and we spent a lot of time setting up a home together, albeit a relatively modest flat in west London."*

*Charles:-*

*"Sally had warned me about this crazy woman who terrorised every man she ever met, and so*

*I had some vague pre-conception about what to expect. I guess the attraction was pretty mutual from the start because the conversation was very easy. We were also the only two not drinking so as the evening deteriorated into the usual mess we were able to maintain a coherent conversation. I liked her slightly gravelly voice and I remember her nose was sunburnt from the winter sun. I remember telling Sally that Edwina seemed to be a lot less scary than I had expected, and even today I can recall the expression her face. It was a combination of incredulity and absolute pity. I remember my neck flushed, but I didn't pursue the conversation.*

*We were in love, so I was of course completely blind to anything that might have come close to warning bells in my head. But looking back I suppose it was a little unusual that Edwina led the relationship from the outset. She was the one who first asked me out, she decided to sleep with me on the first date and she asked me to marry her. In fact, I can't recall ever taking the initiative in our relationship. Edwina just naturally led from the very beginning, and I followed because it was just easier that way. Things started to change after we had been married about six months."*

*Edwina:-*

*"My career started to take off a few months after our honeymoon and found myself spending more and more time in the office and much less time thinking about homemaking. I took control of a large and growing part of my firm's business and was tasked with rolling it out globally. That is when I started to think seriously about how this would work with Charles. The more I started planning how he could help me the more exciting the prospect became. I realised that not only had I found someone I genuinely loved, but far from being an inconvenience, I had also found someone who give me all the support I needed to progress my career. I decided there was little point in beating about the bush. I decided what I wanted Charles to do and I told him in a very matter of fact way."*

*Charles:-*

*"Edwina came home late one Friday night, poured us both a glass of wine and sat me down. She told me of her company's plans and that she wanted me to be her personal assistant, looking after everything outside of her work life. She told me that would entail me giving up my career and concentrating all my efforts on supporting her. It was clear that this was going to be a very lucrative few years for her, and listening to the way she put it to me, it made perfect sense.*

*It was only when I reflected on the changes that I would have to make to my life that I begun to realise that this was going to be a pretty monumental change. I would have to give up my own career and spend a lot of time doing fairly mundane domestic tasks."*

*Edwina:-*

*"I knew that Charles would do as I asked him, and that is exactly what happened. He listened*

carefully, nodded and that was that. I knew that this was a big ask, but it was a very practical solution, as well as being extremely hot. Charles had been looking after the house for about two months before my first foreign trip. That was when I introduced the idea of chastity. I told him I wanted him to be thinking about me when I was gone, but I am also a complete control freak, and the idea of him playing within himself was an absolute no no. To say he was reluctant was an understatement, but it was only going to be away for three nights, so I didn't think I was being unreasonable. I also set him various tasks around the house to keep him occupied, redecorating a bathroom, spring-cleaning, that sort of thing. That way I knew that he would be fully occupied while I was away. I was going to be working hard so I saw no reason at all why Charles shouldn't also be gainfully employed."

Charles:-

"It wasn't the actual act of being locked up that really got to me, it was the feeling of losing control. Up to this point I was happily married to an assertive woman, but didn't feel at all uncomfortable. For the first time I began to see just how controlling Edwina could be, and in fact it began to dawn on me just how controlled I had been, and also how entirely compliant I had been to all her wishes. I wanted to protest, but something stopped me. Whether our relationship was one in which that just wasn't going to work, or whether I was just lacking courage I don't know. But when it came to it I just stood there naked in our bedroom whilst she clicked everything into place. She patted my bottom when she finished and that was that. I was in chastity in an empty house whilst my wife jetted off in her power suit and pearls, ready to take on the world."

Edwina:-

"I wasn't entirely certain what reaction I would get. It pleased me that he accepted my decision without question, although I could see in his eyes that it was not what he wanted. Of course it wasn't, but it was what I wanted, and I guess he could see that. That, I think, is the main reason he didn't complain. When I got back he was very loving and very tactile, it was like coming back to a puppy, rather sweet really. I knew it was the right decision and more importantly I knew that the scene had been set for me to really start to impose my control over our lives together, and in a way that would make both of us happy. I had thought about Charles a lot whilst I was away. I was very comfortable with corporate life and it suited me. I could cope with the travel and the tight meeting schedules, and remained unflustered throughout. It amused me to watch slightly corpulent executives squirm in their seats in negotiations, knowing they would soon be gorging themselves in cheap restaurants and slapping each other on the back, making lewd comments about that frosty British bitch. Whilst their faces reddened and their belts tightened I would be relaxing with a massage after a long swim."

I spoke to Charles daily whilst I was away, mainly in the evening, and he chatted happily about his day. The relationship we were establishing was highly charged, but it felt absolutely right. I think it was during that first trip that I decided that we would be pioneers, and I would take this relationship just as far as it was possible. I wanted to push the boundaries of what a marriage meant in the twenty-first century, to break free from every outdated stereotype and re-establish a new norm based on the new world order as I saw it."

"Charles:-

*When Edwina came back from that first trip she looked amazing. Not a hair out of place, her skin radiant, and she held herself with a confidence that I hadn't seen before. She seemed to have a resolve about her that was almost impenetrable. She listened to my silly chatter about cleaning and ironing with an amused expression on her face, and I found myself touching her arm constantly, trying to keep her attention, trying to win her praise, I guess. The sex that evening was sensational, completely out of this world, and I realised that we were on to something here. Immediately afterwards I was out back into chastity, and in fact remained so for a month after that.*

*Things just developed from there. Edwina started to take on the persona of the dominant breadwinner, and expected me to be the submissive, helpful attentive 'wife'. It just worked for us, and gradually she started to introduce other controlling influences in our relationship. At first they were really subtle things, such as having to ask her permission before I bought anything, or having a weekly appraisal introduced. That was particularly embarrassing. Edwina and I would sit in the kitchen and she would go through a checklist of everything I had done during the week, and then given a score according to how she judged I had performed. If I had pleased her then days were subtracted from a set date in the future when I was scheduled to be released from chastity, and if I displeased her weeks were added. One merit equaled to one less day, one de-merit equated to one additional week. This meant. I had to put an extraordinary effort in each week just to stand still. Sometimes. I may go six or seven weeks earning de-merits and my time in chastity just extended for months into the future."*

"Edwina:-

*A couple of years after we had started this new adventure I was asked to run our New York office for a couple of years. I jumped at the chance as it gave me an opportunity for further advancement and also reduced the amount of time I was spending on transatlantic flights. Charles was also keen as he was spending more and more time alone, and I think he needed a change of scenery to reinvigorate his submission to me. I was given an extraordinary apartment overlooking Central Park with a huge balcony and simply acres of space.*

*The first thing I did was cancel the maid service and instead gave the job to Charles instead. As we were a long way from home and nobody knew him I decided it was time also to make a few changes to his appearance. So, less than 24 hours after we arrived, Charles, still in chastity, put on his first maids uniform which I had had made for him when I last in New York. Actually, it was one of several dresses I had commissioned from the sweetest little dressmaker in the tiniest studio in Brooklyn. Her attention to detail was quite extraordinary, and each dress was a sea of taffeta and petticoats, all incredibly short and decorated with a heavenly sea of sequins, silk flowers and huge bows. I intended to keep Charles in the apartment almost indefinitely, and I had arranged for an army of beauticians, deportment consultants and elocutionists to visit on a daily basis. This was my once in a lifetime opportunity to completely transform Charles into a complete docile, feminized submissive little sissy husband and the very idea just left me breathless with excitement.*

*Every day brought a fresh delight, whether it was Charles showing me her pierced ears, her*

*trimmed eyebrows or even a new cologne. As the weeks and months went by he became more and more feminine, and more and more submissive. It was then that I met Daniel."*

*Charles:-*

*"The intensity of those first few weeks in New York was at times almost unbearable, but there was nothing I could do about it, and eventually I decided the best thing I could do was throw myself into the whole experience with complete abandonment. That is when I started to enjoy myself. The girls who came to our apartment were lovely, and incredibly patient. I had no idea how much this was costing Edwina but nothing was too much trouble. I remember spending nearly the whole day learning how to pronounce the word 'nose' in a sexy feminine voice, and just how remarkable it felt when I was able to do so properly. A soft, clear voice, extending the vowel sound, the shape of my lips as I intoned every syllable, and finally the thrill of using the word in a sentence that evening, watching Edwina look at me and smile as my voice developed a melodic feminine tone.*

*I don't think I had ever felt happier. I did occasionally look out over the city and wonder whether this lifestyle was actually healthy for me, but Edwina would always reassure me that this was what I wanted, telling me how much the girls loved my company, and how much happier I was now that I had completely given up all those silly male pretensions and finally embraced who I really was.*

*Then one evening Edwina came home with Daniel. It was later than usual and it caught me completely off my guard. I opened the door to our apartment in a lemon dress decorated with silk bunny rabbits and Edwina marched in, handed me her clasp bag and gloves and stood in the hall beside me.*

*"Daniel meet Charles, Charles meet Daniel."*

*I remember those words as clearly as if they had just been uttered a moment ago. It was weeks since I had seen any man and I realised just how much I had changed, or more accurately been changed, since we had moved here. The shock wasn't so much being caught dressed as I was, but the realisation that I had been living in a bubble for all this time, and was confronted with a moment of normality, I guess, that I hadn't experienced for such a long time. I can only liken it to the time I returned to London after a year working in Africa. The roads, the sounds, the language, everything seemed strange and slightly surreal for a time.*

*Daniel became a frequent visitor to the apartment, always polite, always engaging, and clearly very relaxed in Edwina's company. She could see that I was hugely curious about their relationship, and I could see in her eyes that she was just daring me to ask what was happening, but I just couldn't sum up the courage. Perhaps it was because I was trapped inside this huge apartment dressed head to toe in a frilly party dress, perhaps it was that I just didn't want to know the truth. But something deep inside me, despite the burning jealousy I was trying desperately to conceal, found the very idea that Edwina and this handsome man might be sleeping together almost unbearably erotic."*

*Edwina:-*

*"I don't think the timing could actually have been more perfect. I had known Daniel for about two years, but hadn't ever thought about us having a relationship on any level, other than as work colleagues. I am not entirely sure that he was into women to tell you the truth. But, as the months rolled on and Charles became more and more feminized I felt this wicked urge to play with the idea of cuckolding him. It just seemed a natural next step on our journey. There was no way that he was ever going to have penetrative sex with me again, and in fact the idea of any form of release from chastity was beginning to seem unlikely as well. I kept coming back to the idea of cuckoldry simply because it felt so hot. Maybe it was also being in New York that gave me a little more confidence to pursue this idea in practice. I am not sure if It felt more liberal than London, but being a foreigner here gave me a more carefree approach, probably because I wasn't shackled by the social conventions of my English upbringing. Good girls didn't sleep around, they were expected to be perfect little wives handing out canapés at the tennis club drinks party, or lying under their beer sodden husbands waiting for them to finish three nights a month.*

*Here, I could be myself, enjoying the sweet joy that dominating Charles gave me, and pushing his submission further and further, driving him into that perfect sub-space where he wallowed in sweet suffering, entirely focused on my pleasure. We were so nearly there, and then of course we could go even further, couldn't we? After all I could see how Daniel looked at his stockinged legs, and goodness only knows what thoughts were in his head.*

*That really is the addiction of domination. You go just a little bit too far, and get this huge rush, and then you say to yourself, enough, enough, and everything calms down a bit. Then you get used to it again, and you crave the next rush. That is what happened with Daniel. I kept asking him round, and slowly but surely I became more familiar with him in front of Charles. When he left I asked Charles how he felt. I wanted to understand his jealousy, almost to experience it with him. The first time we kissed I made Charles sit on a chair opposite us. He wasn't to speak or move. It was a long and passionate kiss, and when we finished, I turned towards Charles, still with my arms around Daniel's neck. I could see the pain in his eyes, but his ears were red too, and that only ever happens when he is incredibly aroused."*

*Charles:-*

*The hardest moment for me in this whole journey was when Edwina took Daniel to bed in our apartment. I had no idea whether they had slept together before. I suspected they had, because they were so relaxed with each other, but there was no way I would ever have the courage to ask. I think our relationship had developed to such an extent that even the idea of questioning Edwina just seemed ridiculous now. But being confronted with the reality of her adultery was a very powerful moment. I had to make a choice, either to say no and stop it happening, or go through the experience and see whether I could cope with it. Edwina had told me that she wouldn't do it if I said no, it was absolutely my choice, but if I said yes, then maybe, just maybe it could be just such an amazing rush for both of us. In the end I did say yes, and sat there, almost paralysed as they left the room. My mouth went dry and I could feel a rushing noise in my ears, but I didn't move. My penis pushed hard against it's restraint, and the only thing I could think of was Daniel penetrating my wife. It as then that something curious happened. For the first and only time, I felt this giddy feeling, looked down at my*

*skirt and ejaculated inside my frilly knickers.”*

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