

# The Ultimate Guide to Tease & Denial



## Improve Your Relationship!

Learn to make your  
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than when you first  
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and denial is easy  
when you know  
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and when to do it!

by Georgia Ivey Green

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## **Dedication**

To all the women in the world

who wish they could have

a better, healthier, happier,

relationship with their

partner.

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## **Forward**

Maybe your partner has approached you about setting up a Female Led Relationship, or maybe he hasn't. The problem is, you have been told that you **MUST** set up a FLR if you want to be in charge. Not true! Maybe you do not want to be in charge of the finances, or even your day to day routine. Maybe you like things the way they are. Does that mean you can not use tease and denial (T&D) to have a little fun? Or maybe to get a few things you would like to have? Things like a better, healthier, more productive relationship? Absolutely **NOT!**

What would you say if I told you that you do not even need his permission to start using a little T&D to improve your relationship? On the other hand, being totally in charge might be quite appealing to you and you would like to know the best way to get him to agree to letting you take charge of everything. Well, you **DO NOT** need his permission to use a little T&D to get the things you want, even if what you want is total control of him, his body, and his mind.

This book is intended to arm you with everything you need to mold him, and your relationship, into something special. Something you have secretly wanted for a very long time. If you want your partner, lover, spouse, or boyfriend to become more attentive to your needs, to help you with the household chores without complaining, or simply to be more romantic from time to time, then this book is for you.

I have included a four-week walk-through to help you get started once you are ready. Before you try to implement this four-week start up, you should make sure you are ready to do all the teasing that will be required throughout the month. You will find extensive lists of various types of teasing and denial games you can use to keep things interesting for the both of you.

Chastity is not necessary either. You can use male chastity if you decide it is something worth investigating, or if your partner decides he wants to try it out. But it is not necessary for a happier, healthier, sex life. All that is required is a little planning on your part. It is a game. A game with many little games hidden inside it. So prepare to start enjoying yourself, and your partner a whole lot more. Maybe even more than when you were courting.

Georgia Ivey Green

## Chapter 1

### **What's It All About?**

Tease and denial is nothing new. It is not some up and coming thing couples do to be a part of the “upper crust” as it were. Tease and denial is about having fun. Both of you! Call it a game, if you will. The point of playing any game is to have fun, or at least, it should be.

Back when we were in high school, and even college for some, any woman who dated a guy but wouldn't have sex with him was called a “tease.” Now, many years later, we have discovered that, being a tease, is a good thing. At least, if it is done right. I get more questions from men and women about teasing than anything else I can think of. In fact, I probably get twice as many questions about this one subject than all the other questions put together. The second most often asked question from women is, “I do not really want to take charge of everything, but he wants me to. What can I do?”

The answer to both of these questions is the same. Have fun! Let me be frank here. Because our biology is different, men are driven by different urges than women. I have said all this before, but it is still true. Men are driven by their desire for sex. “What about power or money?” you ask. If you look at it realistically, both power and money are a means to an end. Powerful and/or wealthy men get more sex. Or, at least that is the perception. So when a man seems driven by either of those things, the truth is, he just wants what every other man in the world wants... More sex! I am not putting men down. Not by any means. In fact, if it were not for this fact, I would be out of a job. Men would be far too complicated to understand.

As for women, we are complicated, and therefore, we are hard to understand. There are many different things that drive a woman. Power and money are only two of them. Most women are NOT driven by a need for sex, and here is why. Our physiology is designed to procreate. There are only certain times during a month that we (when young enough) can even get pregnant. That means, for a short time each month, and it is different for every woman, we get the urge to have sex. The rest of the time, we are driven by something different. It might be taking care of the children we already have, finding a suitable man to help produce a child or two, or it may be the pursuit of something less meaningful, like power or money.

My point is, a man has to be ready and willing to have sex whenever a (his) woman wants it. If he is not, she will find someone else who is. As for her, she has no such need. Women do not have to be ready to have sex whenever a man is. Therefore, it may seem like a chore to some women, trying to keep up with the demand made by the man (or men) in her life. So it would seem that the scales are unbalanced. This may be the very reason why so many couples have problems in the bedroom. Even why so many get divorced. At least that is where it all starts. But there is a solution.

As a woman, I have run into this kind of thing many times. I am sure you all have, at least at one time or another. Your partner wants sex far more often than you do. He may make you feel “bad” because you are just not able to do it. The problem is not that you do not want to, it is more a problem of scheduling everything and finding the time. What would happen if you suddenly found more time? Or if your partner helped you out around the house more so that you had more time available? Would you want to engage in sexual activity more often? I doubt it. Time is not really the problem. It is more a motivational thing.

You can find time to do anything when you are motivated. So the problem is, you just can not get yourself motivated enough to satisfy his “need” for more sex. If men could only get themselves to align their desire for sex with our schedule. Wouldn't it be nice if men had a switch that could be used to turn off

his sexual desire? Then when we want sex, when we are in the mood for it, all we have to do is flip the switch and he would be ready to go.

Maybe the fault is not his. Maybe it is our fault. The problem, as I see it, is that too many women begin to see sex as a chore. Just one more thing they have to do to get through the week. What if sex were really, REALLY FUN? Do you think you could find the time to engage in more sexual activities if it were more fun? Of course you could. Chances are, you would.

Okay, maybe your partner has not been pushing you to “take control” of him (or everything). Maybe you want to take control of him, maybe you do not. You do not need his permission to take control of any or all aspects of your life (and/or his). What you need is the right method of taking control that doesn't feel like a great deal of work on your part. That is what this book is all about. If you can see sex as something fun and exciting, chances are, you will want to participate much more often. It makes sense, does it not?

Many women look at tease and denial as something they have to do to keep their partner satisfied. Or maybe, they think it is still a chore. In this book, I will not only show you why it is not a chore, but I will give you a step-by-step method that will guide you through setting up a routine with your partner.

So, exactly what is tease and denial, anyway? Let me start by giving you the definition. The idea of tease and denial is simple. It means to sexually tease your guy without allowing him to ejaculate, which is the “normal” end to a couple's sexual activity. However, I want to separate the two, since I have seen too many couples (read wives) who do not fully understand the purpose of sexual teasing.

To sexually tease your partner means that you do certain things to increase his state of arousal. It is like a power women hold over men (Erotic Power) that I

have written about before. Most women, especially those just starting out, do not fully understand it. It took me quite awhile to fully grasp the power that teasing can give me over any man. Too many women look at it as a chore. Just one more thing their husband (or partner) wants them to do to make him happy.

If your partner has approached you about setting up a female lead relationship, or even just taking control of your sex-life in general, then I am sure he explained how doing such things will benefit you. But what he has not told you is just how much fun you can have with it (and him) if you do it right. Going into this kind of relationship does not have to be a chore. In fact, it should never feel like a chore. If you approach the whole thing as a game, it can be much more fun and entertaining.

Though tease and denial are most often linked together, they are two separate things. Many men say they want to be denied an orgasm (more accurately, an ejaculation), but the truth is, they want more sex. Denial (of ejaculation) is simply a means of maintaining their desire for sexual activity. As I have said before, immediately after ejaculating, a man will naturally lose all desire for sex (with the exception of certain younger men who can ejaculate several times without a break). How long it takes any particular man to recover from sexual release, varies from man to man.

To deny a man his ejaculation is not enough, however, to maintain his desire for sex. If you simply ignore him, do not engage in any form of sexual activity, he will undoubtedly, find a another method of release, such as masturbation. He may even resort to having an affair with another woman (or man as the case may be). But not having sex is not the same as the type denial we are talking about.

When you tease a man and then deny his release, you are leaving him in a very high state of arousal. This is the point. There are some men who do not understand the benefits they get from being denied. Those men may get angry, or even hostile, because they did not want to be denied. Denial, however, does have

some benefits for men. Most men actually have more energy. Since they did not expend all the energy needed for ejaculation, that energy is now available and can be channeled into other activities.

Since many men do not realize that they have extra energy, they end up wasting that energy by getting angry. Does that mean you can not deny him an orgasm after teasing him? Certainly not! It is all in how you approach the matter. Do you need his permission to take control of your sex-life, or even your whole relationship? Again, no. I will show you how to approach tease and denial without having to explain what you are doing and without him getting angry when his orgasm is denied.

Put simply, you can have a female led relationship, or take control of any part of your life together, without having to go through all the formalities normally associated with setting up such an arrangement. So even if your partner has never approached you about such a relationship, you can start one up and run it your way (instead of his way) and he may never realize it has happened. He will just be happy that he is getting more sex.

Maybe you like things the way they are. That is, you do not want to change your relationship, or to take charge of anything. But, if you want your relationship to last, you must at least admit that sex is going to be important. If for no other reason, keeping harmony in your relationship is important. Therefore, you need to make it fun for the both of you.

Basically, everything is in your hands. The important part is to remember that “sex” or “sexual activity” does NOT mean sexual “intercourse.” In other words, we are going to be talking about a great number of ways to “have sex” without having intercourse. I understand that for some of us, intercourse may be difficult or even uncomfortable. Many of us have a low sexual drive for one reason or another. But that no longer needs to be a deterrent to sexual activity.

If you can change your way of thinking, and I know you can do it, then sex, especially tease and denial, can be exciting and fun. By thinking of sex as something that can be fun and exciting, you will have more desire to participate in sexual activity. Your attitude toward sex will make all the difference. It can make or break your relationship. If you are serious about making your marriage more exciting, more fun, and more successful, then you must have the right attitude.

If you enroll your child in an after school activity that you think will be fun, but your child does not find it fun, they will not have a good attitude toward it. Their attitude may very well effect you and your relationship with them. They will moan and groan every time you tell them that it is time for them to practice whatever it is. They try to find excuses for not going to practice. In other words, they will make your life miserable simply because they do not enjoy that particular activity.

Sex is the same. If you do not think sex is fun, you will try to find ways to get out of doing it. Your partner will get the idea and become frustrated with you. Your relationship will begin to suffer. Ask yourself one question: Is your relationship worth it? If you can look back and see that you have far less sex now than you did a few years ago, or when you first got together, then you need to ask yourself why. Why do you not have as much fun now as you did then? The answer is simple. It is not as much fun as it was back then, Right? Why not? Has something changed to make it less exciting? No. And that is the problem. Nothing has changed. It is boring. So do something about it. Make it fun, again!

There comes a time in a man's life when all he wants from sex is to ejaculate. He can do it himself and masturbate, or he can, as he may think is his right, have intercourse with his wife (assuming he is married). But even if he gets sex whenever he wants it, he will not enjoy it as he once did. Why? Simply because no one has ever taught him any other way to have sex other than intercourse. How sad. If they only knew that there are a million other ways to enjoy sex

without intercourse.

Don't get me wrong. There is nothing wrong with sexual intercourse. However, once he ejaculates, it is usually over. Right, ladies? He does not have the energy to continue and satisfy your needs. The real problem is, that is normal. It is the way he was built. He can not really help it. The older he gets, the less energy he will have after he ejaculates. Oh, and he can only do that once and he is done.

Women, on the other hand, do not have that problem. We can have more than one orgasm. We can have several at a time, well, one after another, or we can take a short break and then have several more. But have you ever “finished him off” and been left unsatisfied? Of course you have. That is because of that loss of energy, among other things, he experiences when he has an orgasm. It should be becoming obvious, where the problem lies. His orgasm.

So what can you do about it? There are two basic things you can do. The first is, make sure he always satisfies your needs before you satisfy his. Or... use some tease and denial to make sure you get what you need even if he doesn't. This book will teach you how to do the latter.

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## Chapter 2

### **What Do You Want?**

There are many times in our lives when we have to stop and ask ourselves, “What do I want?” The question may be related to a new car, or the number and gender of our future children, or it may be related to the kind of relationship we want. The question comes up a great deal more often than you probably realize. But it is always an important question.

What do you want for your future? What kind of relationship would you like to have with your partner? When it comes to sexual matters, what do you really want? Have you even given it much thought? Or is your answer always the same? Do you tell yourself that you want a happy, exciting relationship? Or do you really not give it much thought? Most people take a great deal of things for granted, especially everyday things. Sex is one of them. You want to have a happy sex-life, but you really do not stand back and ask yourself if what you have is really what you want. Nor do you ask yourself how you can change it for the better.

You may have a happy, satisfying, relationship with your partner. There may be a few minor things you would like to change. But overall, you are satisfied with it the way it is. Or are you? Are you sure that your partner is happy with things the way they are? He says he loves you, and I am sure he does, but is he truly happy with the status quo, or does he not want to upset the apple cart, as it were, by complaining to you about it?

It is easy to take things for granted. That is, until something or someone suddenly changes. Life is not a constant. The universe, and our relationships are

always in a state of flux. Things change. Let's face it, if you were to serve the same thing for supper every day, how long do you think it would take for your partner to become tired of it? How long before you get tired of it? Sexual activity is the same way. If you and your partner always do the same things in bed, how long do you think it would take before you both get tired of it? Bored with it?

The problem with sex is that men have urges that drive them to want sex as often as they can get it. They can not help it. Women have urges, too. Just not as strong or as often as most men. That does not mean that we do not get tired of doing the same thing over and over again, it simply means it takes us longer to tire of it. How many times has he gotten “what he wants” and left you hanging with no satisfaction?

There comes a point in a relationship when the man just wants help getting rid of his urge because it distracts him from other things. That is, he needs to find release. So often, men think they will be satisfied with a “slam-bam-thank-you-Ma'am” moment, because they do not have time for anything else. Or they think their partner will not want to do anything else. That is, they are afraid that asking for something different might cause an argument.

If your sex-life is not much more than the occasional “roll in the hay” sort of thing, and you suggest something different, something more fun, do you really think your partner will not want to try it? Let's be honest. There are things that you do not do because you think it is “slutty” or you think your partner will think you are being a little “slutty.” Well, I'm going to let you in on a little secret ladies... Men like their women to act a little slutty once in awhile. Really.

If you do not believe me, try dressing up in a shorter skirt than you normally wear. Or call him up while he is at work and ask him if he would like to spend the weekend at a motel together, just the two of you. I will bet his response will be a positive one.

What about your partner? What does he do when you are not looking? Does he check out the girl behind the makeup counter when you walk through a department store? Does he spend way too much time on his computer when he is home alone? Is his computer history always erased, or full of porn sites? Do you even know if he masturbates, or do you just take his word for it when he tells you he does not do that kind of thing?

Trust me when I tell you that men want sex. Lots of it! They spend at least half their waking hours thinking about it. They can not help it. It is in their nature. Do not get angry about it. Use that fact to your advantage. If you have noticed (or even if you haven't) that your sexual activities have dropped off since you first got together, there may be a reason for it. It is not you. It is not him. It is more likely that you have settled into a "comfortable" routine. A routine that, if you really look at it honestly, may be a little boring. Even for you.

So where is all this leading? I hope it is leading you to better understand what drives men and what you can do about it. If you even think you or your partner might want a little more excitement in the bedroom, then it may be a good thing you are reading this book. If not, perhaps you should stop now, before things get out of hand. If, on the other hand, you think there might just be some room for improvement in your sexual relationship, then this just might be the book for you.

All men have pressure in their lives. Well, we all do, but right now I want to talk about your partner. It does not matter what he does for a living, he probably feels the pressure to perform, to do well, and earn the living you both want. That is to say, he may be the sole provider, and even if he is not, he feels the social pressure to provide for his family. He feels the pressure from you to earn enough so that you will be comfortable, or maybe to improve your position in life.

This pressure will always be there. It may not be obvious. He may not even think about it. But it is there. Whether he operates a backhoe or runs a financial business on Wall Street, he feels the stress of everyday life. He wants you to be happy. He wants you to live a comfortable life. He feels the stress of all the pressures that that brings with it.

Sex is a great way for him to relieve that stress, at least for a short time. It is not very rare for a man to fail to perform sexually because of the stresses in his life. It happens more often than most people think. That only adds to his stress. So what can you do about it?

For one, you can take the stress of performing sexually away. You can do things that do not require him to perform. You can tease him sexually without either of you expecting him to perform. Whether he has performance problems or not, really makes no difference. If you can make sex fun and exciting for the both of you, then he will never feel the stress that diminishes his performance. He will be happier. You will be happier. And, if done right, you will never have to worry about him looking at another woman again. I promise.

Once you learn to sexually tease him properly, you will be in control of everything he does sexually. He will be happier and more productive at work, too. He will be willing to help you out with the household chores, taking care of the kids, and anything else you might want him to do. So, there are benefits for yourself in all this.

What, exactly, do you have to do to receive all these benefits? You have to open yourself up to having fun. Fun with sexual activities, and control of your sex life. It is time we got into the meat of this discussion.

First of all, we need to define what we mean when we talk about “sexual

activity.” Sexual activity is not synonymous with intercourse. Sexual activity means any activity of a sexual nature designed to arouse one or both partners. That means, if you pat your husband (or partner) on the bottom and give him a sweet smile, for no apparent reason, that is sexual activity. Just as much as whispering in his ear, “I want you!” is sexual activity. Anything that you do that turns him on (even a little) is sexual activity.

What do we mean when we talk about “Teasing” your partner? We are only talking about sexual teasing. Of course, there are many other kinds of teasing, some can be very cruel, but we do not want to hurt anyone, so we will stick to the basics. You can tease someone (your partner) with things you say, especially personal things. That would be a kind of mental, or even emotional teasing. You can physically tease someone, such as tickling them in some way. Or you can visually tease them. Why do you think they call it “Strip-tease?”

Yes, there are many things you can do to sexually tease your partner. The best way to keep your man aroused is to use a combination of several different types of teasing. You should plan to mix things up a bit. Utilize all the methods at your disposal in order to provide him with the most effective teasing you can.

By utilizing several different sexual teasing methods, you will not bore him, or yourself, into becoming complacent. If you use the same teasing methods all the time, you risk losing the effectiveness, and therefore, you will not have as much fun as you intended.

Denial, on the other hand, is not simply eliminating his orgasms. It has to be done in the proper way. Simply not allowing him to ejaculate is not enough. You need to make it fun. Fun for the both of you. Ignoring the fact that he wants an orgasm, will not work. At least, not for long. You have to make it fun. Do not worry, the rest of this book is designed to teach you how to make it fun for the both of you.

If you have never thought about male chastity, this might be a good time to give it some thought. Male chastity is more common than most people think. You may not have even heard of it. But it has worked its way into prime-time television, major magazines have had articles on it, and, of course, the Internet is full of information (some good, some bad) on male chastity. Your local doctor can probably tell you all about it. It has grown since the Dark Ages, into a fun, sexual way of controlling a man's ejaculations. As I said before, you may not know whether your partner masturbates or not. It is a very private thing. Most men will not admit to it, and those who do, usually lie about the frequency of their masturbatory activities.

Male chastity is accomplished with any of a number of readily available male chastity devices. I will not go into the different types available here. If you want to know more about what is available, you can check out my blog (listed at the end of this book) or go to your local sex shop and ask them. Of course, looking up male chastity on the Internet may send you to places you do not want to go, looking for manufacturers of such devices will not. So do some homework. Look at what is out there. Weigh the pro's and con's. Then make your own decision. You can work out the details with your partner later. (You may not want to give him a choice.)

The advantages of using a chastity device on your partner are obvious. He will not be able to have an orgasm (ejaculate) without your permission. He will not be able to have an affair. He also will not be able to masturbate without your permission.

On the other hand, the drawbacks are just as obvious. He may have difficulty getting through security at the airport (if you use a metal device). You will have to remove it whenever you want to have intercourse with him, or allow him to have any kind of orgasm. Then there are emergency situations, such as an auto accident. It can be a bit embarrassing when the Emergency Room nurses have to cut it off (even the plastic ones).

Use of a chastity device may be something you want to talk over with your partner before locking it in place. Note, I did not say it is something you both have to agree to, just that you may want to talk it over. If you are going to do this right, the final decision should be yours.

Most, if not all, the teasing methods I will explain in this book can be done with or without a chastity device. So that should not be a a factor. If you are not sure whether you want him to wear one, you can start out without it and add it later, once you convince him that he needs it.

So without further adieu, let us move on to the fun things you can do.

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## Chapter 3

### **Playing The Game**

Yes, sexual tease and denial is a game. I have said it before and I will surely say it again. Whether you choose to use chastity or not, does not effect the fact that you must keep your partner aroused as much as possible. If you begin to see it as a chore, you will fail. You **MUST** always think of it as a game and try to come up with new and different ways to play. Most of this book is designed to get you started on the right track, so read on and pay close attention.

The object of the game is to have more fun, sexually, and to strengthen your relationship so that it will last as long as you thought it would when you first got together. If you go into this with the right attitude, you will have fun and you will accomplish your goals. There are two winners in this game. If played right, you and your partner will both be winners. What more could you ask for?

The first question that may have crossed your mind is, “Do I have to set up a female lead relationship?” The answer is a resounding, “No!” But, of course, you may if that is what you want. I have written another whole book on the subject, should you decide you want to do that.

The second question that might be on your mind is, “Do I have to invest in a chastity device?” And that is a very good question since many people associate tease and denial with male chastity. Again, the answer is, “No!” Not unless you want to. In this book I will describe many different ways to sexually tease your guy and then deny him an orgasm. However, many men can not resist masturbating when they get aroused enough. Therefore, you may want to consider including a chastity device to lock your partner's equipment up so that

he can not ruin all your hard work by masturbating without your express permission. It all depends on his will power, and how much you think you can trust him. However, almost everything in this book can be done with or without a chastity device. You may have to remove his chastity device in order to perform some of the tease methods, but that should not be a problem.

The first thing you will need to do in order to arm yourself is to get into his head. You need to know exactly what turns him on. Do not worry, there are teases in which that will not matter, but it is best to be as well armed as possible. You can start by using those things you already know excite him. For example, if you know that giving you oral sex turns him on, you can use that. If you know that he likes the idea of two woman making love to each other, you can use that. In fact, you can use anything that you know, or even think, will turn him on. But that does not mean you do not need to learn all you can about what gets his motor running.

Men fantasize. Face it, it is a fact. We women do not usually fantasize as much or as often, or even about the same things, most of the time. But because men have to be ready at a moments notice (to have sex) their minds are constantly bombarded by sexual imagery of one kind or another. Do not let your partner fool you. He has fantasies. In fact, I would be willing to wager that he has fantasies he has never told you about. That is because he fears being rejected by you. That is something that you will have to work on. You will, eventually, need to convince him that, no matter what his fantasies involve, you will not reject him or his fantasies.

So why is it so important that you know his fantasies? Because you are going to use them to turn him on. That's why. So, let's talk about verbal teasing. You know, that subject you hate because it involves you actually talking about sexual things, out loud, to him. Notice I did not say "with him." I said, "to him" for a reason.

Verbal teasing involves you talking to your partner about things that you know turn him on. The more you know, the easier it will be. Get him to write out a few fantasies, or at the very least, give you some examples from the Internet. He can give you some websites with pictures of what he likes, or he can give you a subject, such as cock and ball torture (CBT) and you can look through some Bing or Google images to see the kinds of things he is interested in.

Stories are another good source for fantasies. Maybe your partner can direct you to certain stories on websites such as “Literotica” or some other story website. Maybe you want to look up some stories yourself once he has given you a subject. My only caution concerning stories on the Internet is that many include things that, in reality, could be dangerous or down right impossible to do. So bare that in mind when you read them.

Talking to your partner is probably the single most erotic tool you have at your disposal. Surely you have spent some time, probably in bed, when you whispered (or screamed) sexual things in his ear. Things that you would feel self conscious about under any other circumstances. Well, you are just going to have to get over it. Do not be afraid to say sexual, even “kinky” things to him. After all, this is the man you love. The man who fell in love with you so long ago. The two of you are (or should be) closer to each other than you are to any other person you know. You can say, “I want to make your cock hard and keep it that way for hours,” to him without embarrassment. If you can not say these kinds of things to him, who can you say them to?

I talk a great deal about using his fantasies to heighten his arousal. But exactly how do you do that? Simple, you want to make him play back his own fantasies in his head while you are teasing him in some way.

Let's say your partner has one of the most common fantasies men have, two women at once. Because of the particular situation we will assume he is thinking of two mistresses, you and someone else. The more you know about this

particular fantasy and the way he sees it in his own head, the better off you are. So let me set it up for you.

Just suppose that what your partner fantasizes is having two woman physically teasing him at one time. He might imagine that you have him bound spread-eagle, on his back, with you and the fantasy mistress sitting on either side of him. One of you is slowly stroking his penis while the other is fondling his balls and, perhaps, his anus.

What you would say to him is, “Just imagine that there were two of us ladies teasing you right now. We have you tied to the bed so that you can not move. I am slowly stroking your balls, and my friend is pushing her finger into your ass.” Then you continue talking as you are teasing him. You can say things like, “I just love stroking your cock so slowly that it drives you crazy. Awe, what's the matter? Can't you come? Am I doing it too gently? I could do it harder. You would like that, wouldn't you? Sure you would. But I am not going to do it.”

Then, with your free hand, you begin to push it around and, teasingly, into his anus. So you say, “Mistress Anne is trying to get her finger into your ass. Isn't she? Do you like that? Want her to push harder?”

I hope you are getting the point here. You do not have to tell him the whole story. Just give him enough information to get his imagination working. If you are using a blindfold, and I hope you are, then his imagination will work overtime. When you talk about what you are doing, it only serves to perpetuate the fantasy.

Therefore, that is all you have to do. Simply describe to him what you are doing, or what your intent is. If your intent is to edge him, tell him that. If you intent is to make him think he is going to get a full orgasm, but you really plan on ruining

it, tell him that you are “thinking” about allowing him a full orgasm. Lead him to believe it. Then when you ruin it, you can tell him that you changed your mind. Do you see the tease in that?

Many women feel insecure talking to their partner during sex. Do not be one of them. I understand that making up a fantasy to tell him, may be daunting, terrifying even. When you have to make something up that he may end up disliking, it can create doubt, even fear, in your mind. So do not try to tell him a fantasy. Simply describe to him what you are doing. It is that simple.

If you are not used to talking during sex at all, this may be tough for you. But you need to learn to do it. After all, it is the easiest way to get him excited without even touching him that I know of. Of course, you can always dress up in sexy lingerie and strike sexy poses for him. But without talking, it just will not be the same. My husband refers to this as the “Playboy” syndrome. Men can look at the photos in a Playboy magazine and get turned on. But when there is a live woman in the room, she better know how to talk or the whole thing just might be ruined.

If you lounge on the bed wearing your sexiest baby-doll nightie, and talk about what you need to get at the grocery store, or when the kids need to be dropped off at soccer practice, he is not going to be very turned on. When you want him sexually excited, talk about sexual things. It only makes sense. So what kinds of things should you say?

Ideally, you want to say things you know will excite him. If you have difficulty with that, start by asking him questions. Questions about what he likes. Often times, if you can get him to start talking, it will be easier for you to talk as well. If a face to face discussion, say over dinner, is too difficult for you, start by sending him a text message or an email when he is not around. Maybe while he is at work, send a text that will peak his interest. Something like, “Do you enjoy giving me oral sex?” and nothing more. Or perhaps you could simply say, “Tell

me what you enjoy about giving me oral sex.”

If he returns your text, do not respond. The idea is to get his curiosity aroused. If you ignore any response from him, he will surely ask you about it when he gets home. He may even be a little sexually excited because his imagination has been working over-time ever since he got your message.

Now that you have opened the subject, do not get all shy and clam up. That is the worst thing you could do. Instead, get him talking about what he likes. Let him know that you want to increase your sexual activity and you want his input as to what he would like to do. Remember, your main objective is to learn about what he likes, not tell him what you want. Let him do the talking. If he questions you, simply say that you want to know about his fantasies because you want to help him make some of them become reality.

The point is to keep him talking about his desires. The more he talks the more you will learn. So keep him talking. Ask him questions about things that he tells you. And remember, do not judge him or say anything to discourage him from continuing to talk. You want to get his fantasies out in the open. If you make a disparaging remark of any kind, he will, most likely, clam up and not tell you what you want to know... Ever!

It does not matter if what he tells you disgusts you. These are his secret fantasies. He needs to know that you will not judge him by how “sick and perverted” you think they are. Fantasies never hurt anyone. Only acting out on them, in reality, may be harmful. But talking about them is not acting upon them. You do not have to use those fantasies that are too sick and perverted for you. But I think you will find that most men do not have that kind of fantasy.

Remember, this is all supposed to be fun. Make it fun. You are in control and

you will be controlling him and his fantasies in the future. So relax. Listen to what he tells you. You want to use that information later. Besides, he probably will not tell you anything that he thinks you will think is sick and perverted because he will be more interested in seeing how you react to his more “reasonable” fantasies before he tells you his deepest, darkest ones.

What I am trying to tell you is that his fantasies are important to him. Your acceptance (or rejection) of those fantasies can make or break your relationship. Do not be shocked or angry if one of his fantasies involves your best friend or even a woman (or women) he works with. These are normal. Your reaction to his fantasies is extremely important. So do not blow it by saying anything negative. Keep a positive attitude, and he will keep telling you what you want to know.

The objective is to replace any real (or even fictitious) women in his fantasies with yourself. It can be done. It is actually quite easy. All you need to do is feed his own fantasy back to him whenever you tease him, only make sure he knows it is you who is doing the teasing. The more you tease him, the more his thoughts and dreams will be of you.

Let me give you an example of one of my favorite ways of sexually teasing my husband without even letting him ejaculate. I bind his hands, either to the bed posts or behind his back. I tie his feet apart with a spreader bar or to the bed posts. I blindfold him because his imagination will work harder for me. Finally, I gather up a few items that I have laying around the house. Among them are some ice cubes, a toothpick or two, and some body oil or lotion.

I will spend at least thirty minutes playing with these items and my husband's body, but I NEVER touch his genitals in any way. Nope. Do not have to. I will run my hands all over his body, from his toes to his nose. I will use my fingertips, my fingernails, or a zip-lock bag full of ice. I will poke him with the toothpicks, gently, everywhere (except his genitals), and I will rub lotion or baby oil all over him. As I said, I will spend a minimum of thirty minutes doing this. I

will not stop until he is writhing on the bed begging me to touch his penis. When I finally stop, he is exhausted. He is happy. Even though I never touched his genitals, he is satisfied. But... He is still very sexually aroused. Oh, and, he will do just about anything I ask at that point, especially if he thinks there may be an orgasm in it for him.

So you see, sex is not all about intercourse. It is about sexual arousal and his mind. And if you think my husband EVER thinks about having sex with another woman, you do not know my husband.

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## Chapter 4

### **Getting Started**

Of course, tease and denial is an art form. The more you practice, the better at it you will be. So the first rule of tease and denial is PRACTICE! There are many, many forms of tease and denial, which is what this book is about. Though I will do my best to give you a wide range of ways in which you can tease your partner, it is by no means a complete list. I am always on the lookout for new and different methods of teasing a man's cock. So if you hear of anything not mentioned in this book, feel free to write me and tell me all about it.

Having said that, if you want to do tease and denial right, you are going to need a few tools, or “toys” as I call them. So before we jump right into the many methods of teasing, let's take a look at some of the basic toys you will want to have on hand.

**Toothpicks, Kabob skewers, or other semi-sharp items, can be used as an erotic stimulation when gently poked in all the right places. Use them to poke his nipples, his bottom, his genitals, and any other place you like (except his eyes).**

**Clothespins, or any of a number of clips especially made and sold as nipple clips, can be used as another form of stimulation. You can use any number of plastic clips you might find in your local pharmacy or grocery store. The general rule is, if you can leave it clipped onto your little finger for more than a minute without it getting too painful, then it will work fine for his nipples, scrotum or anywhere else you can pinch enough skin for them to stay on.**

**Condoms! It is always a good idea to keep plenty of condoms around. You never know when you might need one. They can be used to desensitize his penis for various activities or simply to catch his ejaculate for later consumption. (His consumption.) We will get to some of those uses later.**

**A Dildo (phallic shaped) can be used in several ways. You can substitute a banana or small cucumber as long as you remember to use a condom over it. The areas they can be used are for his mouth or his anus, depending on what you want to do.**

**A Vibrator, whether corded or cordless, is a definite requirement for many types of stimulation. This is the type sold in most pharmacies for the relief of muscle pain. It should have a round, or egg-shaped head. There are many other types of vibrators on the market. Some are made for anal use (or insertion), while others can be attached to his penis or scrotum. But the first one you buy should be of the larger variety.**

**A Butt-plug (or two), a small vibrating egg, or other small vibrator that can be used as an anal insert. Even if you are not into anal-play, you will want one of these eventually. I'll explain later.**

**Rubber gloves of some sort always come in handy. They can be of the surgical variety or the type used to protect your hands while washing the dishes. While the wearing of protective gloves will keep your hands clean when using lubricants or lotions, they also give him a different feel. He will be able to tell when you are wearing them and when you are not.**

**Lubrication is a necessary item. You should have at least two kinds always**

**available. There are water-based lubricants that wash off easily and there are other types that have more staying power, such as silicone-based. Yes, you can even use hand or body lotions for many applications, but be aware, they tend to rub in and you will need to continuously add more.**

**A blindfold, bandanna, scarf, or something you can use to cover his eyes. Not always necessary, but there are times when it makes things more exciting for you both. You can purchase a sleep mask (a blindfold) at your local pharmacy. They are sold as a sleep aid for those who need total darkness. Being blind will heighten his other senses, making him more acutely aware of that you are doing to him.**

**Bootlaces, or some thick twine, will come in handy when you want to perform some mild CBT (cock and ball torture), or for some disciplinary uses as well. You can also use a small diameter rope. Nylon rope is best for this kind of activity. Easily obtained at your local hardware store.**

**Hand cuffs, leather wrist cuffs, or a short piece of heavy rope, a pair of old nylon stockings, or even a bandanna, for those times when you want him to keep his hands to himself or simply bind him to a chair or the bed.**

**A Wooden spoon, ruler, hairbrush, or small paddle for administering punishments when needed. Paddling or spanking can also be considered play if he is into that sort of thing. Many people find spanking to be very erotic. If your partner does, you will want something to keep your hand from getting too sore.**

Of course, if you are into bondage you may want several other items. But if you are just starting out, or do not want to get too elaborate, this list should provide you with enough tools to keep him interested for a long time! Of course, many of

the teases I am going to present in this book require no toys of any kind. So you can easily get started and add toys as you go along.

There are a few basic types of teasing that we will be discussing in this book. There are those short teases that take only a few minutes, I call them “mini-teases.” Then there are longer teases or tease sessions, that can last anywhere from ten minutes to two hours (or even longer). Each type has a specific purpose. If you are serious about wanting to get involved with tease and denial, you must use both types of teasing in order to be totally effective.

Mini-teases may actually take anywhere from less than a minute to as long as fifteen minutes on your part. Due to the nature of some short teases, they will take you only a few seconds because you are simply issuing a command or sending a text or photo to your partner. Others require that you physically perform the tease and will, therefore, take longer.

You will need to use mini-teases to keep your partner aroused during the day, or during times of separation, such as when he is at work. These mini-teases will keep his mind on sex, and especially, on you. If you want to maintain control of his every thought, which is the ultimate goal of any woman using tease and denial, you must use mini-teases to keep your partner focused on you.

Each night at bedtime (or before bed), you may want to do something more. Maybe spend ten or fifteen minutes teasing him, or maybe having him pleasure you in some way. This, by no means, means you have to have sex (intercourse) with your partner every night. I know there are a great many of you who just could not handle that for one reason or another. I, myself, have a bladder disease that makes sexual intercourse somewhat painful, so I really do not want to do it very often. But I do not need to because I use tease and denial to keep my husband sexually aroused and wanting me.

You can do the same thing if you apply the techniques in this book. Your worst enemy is you. If you do not keep up with his sexual desires (or needs) you will lose his desire to please you. His desire for you is your main goal. He will be willing to help you out around the house, shuttle the kids around more, or just give you more romantic attention than he ever has, if you can keep his level of sexual desire for you at a peak. After all, that is the main goal for those who engage in sexual tease and denial.

In the following chapters I will outline many ways to sexually tease your partner. You can pick and choose, from all the various teases, those with which you are most comfortable. You can change from one method to another as often as you like (which I strongly recommend), and you can set up your own routine, method of discipline, or any other aspect of your sexual life as you want. The key is to do something everyday. Variety is the spice of life and that has never been more true than when applied to your sex life. So be open to trying new and different things and you will find all this very easy.

In case you were not aware of it, there are a great deal more ways to tease a man other than physically stimulating him. For example, did you know that all you have to do is plant a thought in his head for him to get aroused? Saying something like, "I would love to spend a little alone time with you," can be extremely erotic if said in the proper way. Try whispering it in his ear when you are out shopping together, sometime. Or maybe just before you tell him to go mow the lawn. It all depends on how you say it.

How you say things can turn them from ordinary conversation into something quite suggestive. If you couple it with a quick squeeze of his bottom or genitals, almost anything can be said in a suggestive way. Do you remember the old game people used to play where you add the words, "in bed" after anything someone says to give it a sexual connotation? If you do not, try it sometime. Simply say anything then add, "in bed" to it and you will see what I mean.

Erotic suggestion works in much the same way. If you say something even slightly suggestive, and you say it (or whisper it) in a sexy way, you can turn anything sexual. That is the basic idea you need to try to incorporate into everything you say to your partner. Do not just say, "I need you to mow the lawn." Say it in the sexiest way you can think of. Give his bottom a gentle squeeze and say it in the sexiest voice you can muster. You will be surprised at the results. He will do almost anything for you if he thinks he will get sex out of it. Remember, he can not help it, he was made that way.

About ninety percent of all teasing is verbal. That statement is going to get a lot of argument, but I stand by it. And to prove my point, try laying your partner out on the bed naked while you fondle his private parts. Start out talking about his favorite sexual fantasy and you will see how quickly he gets and holds an erection. Switch the conversation to shopping, how the kids are doing in school, or what you are planning for dinner next week and see just how fast that erection goes limp.

If you are serious about tease and denial, you should be able to get your partner aroused without ever touching him. Just the words you use and how you say them can cause him to get quite aroused. That is why I keep harping on his fantasies. If you put in the effort to find out just what his fantasies are, you can get him aroused simply by talking about them. I cannot stress enough the importance of talking to him and using his fantasies to help keep him in a high state of arousal even when you can not physically touch him.

That is the key to tease and denial. It is not what you say and do, it is all about how you say it and do it. Men love nothing more than to be aroused. Thoughts of having great sex in the near future can keep him going for weeks, or even months. So remember that, as we move on and talk about the various methods of teasing him, so he will not mind the denial nearly as much.

Another great source of erotic things to say are captioned photos. There are

thousands of them all over the Internet. All you need do is use your favorite search engine to look for captioned photos covering the specific type of teasing you are looking for. You can get all the verbal teasing ideas you will ever need, simply by reading captioned photos. It is one of my favorite ways of researching things to turn my husband on. You can simply repeat, or adapt, your favorite captions to fit your needs.

If your partner fantasizes about cross dressing, but you do not want to go to all the trouble of finding the right clothing for him to wear. Clothing that will keep him aroused at least as long as he is wearing it, then you can simply talk about dressing him up. You do not need to actually make him put on a dress and makeup to get his motor running as they say. You can simply talk about doing it and save all that running around. The most important part of any tease session is what you say, or talk about. It far out weighs the many things you can physically do to him.

If you know what some of his fantasies are about, you can simply choose one and talk to him about it. This is not a conversation, it should be pretty one-sided. For example, let's say he has a fantasy about cross-dressing. You do not have to go into a full blown story-mode. All you have to do is suggest some things that you could make him do. You could tell him how you would like to dress him up and take him out to a local bar. You could talk about spending hours at the mall shopping for clothes for him to wear. You do not have to indulge him in his fantasies, you merely have to be able to talk about them as if you are going to do those things.

I'm not saying that you can not actually indulge him in his fantasies, all I am saying is that you do not have to do it all the time. Talking to him about the things you might do to him, the things that he fantasizes about, the more aroused you can get him when you just do not have the time to actually indulge him.

So, learning to talk about erotic things, specifically his fantasies, is the single

most important thing you can do to enhance your experience with tease and denial. Believe me, denying him an orgasm without teasing him, is just ignoring him sexually. That is not a good way to deny him anything. So do not fall into the trap of failing to tease him. After all, it is called “tease” and denial for a reason. They go hand in hand. But verbally teasing him is the single most effective way to get him into the mood you want him. He will be so much more willing to do the things you want him to do, if you can effectively tease him verbally.

Now let's take a look at some of the many ways you can actually use teasing to keep him aroused.

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## Chapter 5

### **Mini-Teases**

It is extremely important that you use the two most powerful tools at your disposal EVERY time you tease your partner. The first is his own fantasies. You need to know at least a few of them in order to keep his mind focused on sex when you are teasing him and when you are not. His fantasies are the backbone of any tease session, no matter how long or short the session may be. So find a way for him to convey them to you. He may not be comfortable telling you his best fantasies, but maybe he can write them out for you. He may be able to send you to a website with stories he likes. It is up to you to educate yourself as to what his favorite fantasies are.

The second most important tool in your tease and denial arsenal is you. No matter how long or short your tease session is, you need to talk to him. You need to keep his mind focused on sex and what you are doing. Do not talk about anything other than sex. He will not remain excited if you are talking about the kids, or the bills you paid that day. This is why knowing his fantasies is so important. You need to know what to say to him to keep him mentally focused and excited.

Mini-Teases are all about the mind. You may not have the time, or be in a place where you can physically tease him. But you can always talk to him. Even if it is just a short text message or voice mail. Mention something about one of his fantasies to get his imagination working. For example, you might simply whisper, “I want to tie you down and f#@k your brains out,” as you pass him in the living room or hallway. That is enough to let him know you are thinking about him, and to get his imagination working for you.

Mini-Teases are just that. Small, short, tease sessions that do not last long, but serve to keep his mind occupied and his imagination running wild. As I mentioned above, it can be as short as a text message mentioning one of his fantasies, or as long as it takes to get his cock hard. They can last up to fifteen minutes or even more. The point is to tease him at a time or place where it is obvious he will not be able to ejaculate. Call him at work, or when he is out running errands for you. Grab his ass or his balls for a quick squeeze when you pass him in the house.

You can take him into the bedroom and fondle him for a few minutes, as long as you do not allow him to ejaculate, you are teasing him. Always talk “dirty” to him when you do these things. You do not have to say much, just a few words that will trigger his imagination is all that is required. That way, the “tease” will last far longer than the physical activity.

A mini-tease can last anywhere from a few seconds to a few minutes. I try to keep them under five minutes. Usually under a minute. So you see, it does not require a lot of time, only a lot of thought. Well, at first. Eventually, it will not even require much thought on your part. It will become second nature and you will do it without even thinking about it. It is like petting your dog. You do it many times during the day. You probably are not even aware how many times a day you do it. Sometimes you will spend several minutes giving your dog the attention he/she needs, while other times, you will simply pat his head and tell him/her what a good dog he/she is.

If you can do this with your pet, surely you can do it to the man you love. After all, he is the one who can take care of some of that housework for you. Your dog can not do that. The more often you use mini-tease techniques on your guy, the more responsive he will be. Men love to be turned on. It is a fact of life. The more often you turn a man on, sexually, the more attention he will give you in return.

You will also want to have longer tease sessions. Sessions that can last from a few minutes to over an hour. That may sound like a long time, but it all depends on what you are doing. For example, if you are doing a role-play session, it could take several hours. If you are making him stand naked in front of you while you “play” with his penis and balls, it might only take a few minutes.

By the way, it only takes a few seconds to tell him to do something for you. Whether you want him to take out the trash or go masturbate to his favorite video, it only takes a second to issue the order. If you can manage to put it into a sexual context, it will be considered teasing. In other words, if you have him wash the dishes by hand (or just fill the dishwasher), you can tell him to do it while he is naked. That is also a tease session. I hope you are beginning to see a pattern here. Anything you do to tease him sexually, whether it be physical or verbal is considered a valid tease session.

Here are some Mini-teases you can use on your partner whenever the mood strikes you.

Send him a text message that simply says that you are thinking about him. Well, it should be more specific than that. Tell him you have been thinking about his cock and you have plans for later that evening. Your text could read something like this: “I have been thinking about your cock all day and it has been making me hot.” Or, if you want to be a little more enticing, your text might read: “I want to do something special to your cock tonight.” That should get his attention. Be sure that you have something special in mind, though.

Another attention grabber is to spend a little time on the Internet looking for sexy photos that you can send him. For example, suppose you are planning to try a little cock and ball bondage. You know, wrapping a little twine, rope, or a bootlace around his cock and balls. It can be a fun way to play, but we will get to that later. You might type “Femdom cbt” into your favorite search engine. Be sure to turn off the restrictions first. Click the “Images” button or whatever your

favorite search engine uses to signify that you want photos, and scan through the photos it comes up with. You are sure to find several illustrating what I am talking about. Choose one or two and download them to your phone or computer. Now you can either email or text one of the photos to him and ask for his reaction. Or simply tell him that your planning to do something like that to him. He will surely think about that most of the day.

You could even send him a picture of sexy a woman and tell him that you are thinking of him and you want to make sure he is thinking about sex because you are planning something for that evening. You could even “sext” him (send him a photo of yourself in a provocative pose) along with the message telling him not to be late getting home from work.

Of course, if you both work, that means you will need to plan ahead and have several photos in your cell phone that you can send him when the urge strikes you. Remember, he is always thinking about sex, but you want him thinking about sex with you, not some fantasy women in his head. After all, if he is going think about sex, do you not want to be a part of his thoughts?

But what if he is not at work? Maybe it is his day off. He is hanging around the house and you want some time to yourself. So send him on an errand. Have him run to the store for you. While he is out, you can still send him a text message or a photo. I have other things you can do to get him thinking about sex and leave you alone when you want time to yourself. Most of them are scattered throughout this book. But we are talking about mini-teases in this chapter.

Okay, it is his day off and you have some chores for him to perform and you still want him thinking about sex. Sex with you. Here are a few mini-teases you can use to make things go more smoothly. If you do not have children, you can do just about anything you want, any time you want. That is, you can make him strip down to nothing (naked that is) and let him do his (indoor) chores that way. He should have to report to you upon completion of each chore. I suggest

making him stand near, if not in front of you, with his feet spread about a foot apart and his hands behind his back. He should stand silently until you address him. Then you can tell him what you want done next.

Dressed or not, you can always give him little encouraging pats on his bottom, or simply fondle his cock or balls for a few seconds. If he is dressed, you can either pat his bottom through his pants or, better yet, put your hand inside his pants if there is room and give him a little squeeze. It works whether you squeeze him in front or in back, by the way. Of course, if he happens to be naked, it is just that much easier for you to do.

These little pats and squeezes can go a long way to keeping him aroused and thinking of you. It is well worth the few seconds it takes to do it. Of course, I also recommend a few words of encouragement to go along with them. Telling him what a good job he did or how he could have done better (depending on how hard you squeeze or “pat” him) can go just as far. Remember, there may be minor things that he does wrong, or does not get just right that deserve a little “correction.” A tight squeeze for a few seconds can prevent having to get into a whole big punishment thing.

Speaking of encouraging words, I also recommend another type of mini-tease. It may take you a little more time, but, again, it should be worth your time. Take him aside for a moment. Call him to the bedroom if you have children, otherwise, any room will do. Stand very close to him, behind or in front, it does not matter. Have him pull his pants down to his knees, if he is wearing any at the time, and then reach down and fondle his cock and balls while whispering something erotic in his ear. Do this until his cock is nice and hard, then stop. Leave the room. Leave him standing there with his manhood hanging out. If you do this randomly throughout the day (two to five times), he will definitely have you on his mind all the rest of the time.

What should you say to him while his pants are down and you are fondling his

cock? Just about anything will work as long as you whisper it softly in his ear. But, ideally, you want to say something erotic. Talk about anything he finds erotic. Maybe a favorite fantasy of his, or mention that you are going to need him to pleasure you in some way later on. The more detail you can go into, the better, but it is quite alright to leave most of the details to him. You can even ask him to tell you about one of his fantasies.

Here is an example of using only a few details. If you have ever seen the movie Urban Cowboy you'll remember the part where the heroine rides a mechanical bull. She rides it so slowly that she actually makes it extremely erotic. If you wanted him to think about that simply mention it to him. In other words, you do not have to tell him a complete fantasy. All you have to do is remind him of a fantasy he has read or told you, and his mind will do the rest. You could even give him a whole new fantasy to think about. For example, say, "I have some big plans for you tonight. I intend to tie you to the bed and have my way with you." That should get his motor running.

Okay, what if you are separated by a long distance. Maybe he is (or you are) on a business trip away from home. What do you do? Do the same things you would do if he were at work. Send him text messages, photos of an erotic nature. Anything you might do when he is simply at work, can be done long distance. But what is even more fun when he is away, is the use of video chat.

There are numerous programs that offer video chat for PC's and for cell phones. Skype comes to mind because you can use it with a PC and a cell phone or any combination there of. It allows you to see each other when you are separated. Instead of him sitting around his hotel room watching expensive X-Rated movie rentals, he could be doing things for you. You could have him play with his own cock and balls (yes, even if he is in chastity) while you sit at home and direct the action. You can masturbate yourself and let him watch, wishing he could be there with you.

Video chat is one of the best long distance tools at your disposal. I highly recommend it for any couple who have to spend even one night apart. You can watch while he places clothespins on his nipples or scrotum just for you. You can make him use that hair brush you put in his suitcase before he left to paddle himself for you. The possibilities are endless. Just use your imagination.

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## Chapter 6

### **Teasing Games**

I have said, many times, that you should treat all this as a game. I think games are fun and that is why I like to call tease and denial a game. If you approach it right, it can, and should, be fun. And if you can make it fun for the both of you, you are much less likely to let it slip into something boring. If it gets boring, it is your fault. So keep exercising your imagination to keep things fresh. Perhaps, referring back to this book, from time to time, will help you keep things exciting.

There are several types of games you can play. There are Teasing games, Denial games, Humiliation games, and telephone games. We have already talked about games you play with your partner using your phone, cell phone, or PC. Now I want to present you with a few of the possibilities when it comes to teasing games.

Just for clarity, let me explain what a teasing game is as opposed to a denial or any other type of game. Teasing games are things you can do to him on a daily basis to keep your guy sexually aroused. They range from short little teases you can do (or that only take a few minutes to start him doing) as often as you like. Some games take time to play while others require only a verbal command on your part. Some you will be directly involved in while others require you to simply observe. So let us get started.

#### **The Stroking Game:**

This is a game that can take hours to play, if you want it to, or it can take only a few minutes. The objective is to play with his body, sexually stimulating him without bringing him to the point of no return. That is, you will not allow him to have an orgasm of any kind. You are only going to tease him.

Begin by binding at least his hands. You do not want him to be able to interfere with what you are about to do. You may tie him to the bed or to a chair or even to a table, whatever you fancy at the time. Doing this in various places can add to his arousal. So do not be afraid to try somewhere different. You can put a chair (especially a folding chair) in any room in the house. You may want to cover his eyes anytime you tease him. It allows his mind, his imagination, to work overtime.

Once you have him securely fastened where you want him, start fondling his genitals. Remember, you should talk to him about sexual things as much as possible. Once his cock has reached its full hardness, you can begin to stroke it. Be careful! The object here is to keep him from having an orgasm. So do not stroke it very long at any one time. Take breaks, when you do not stroke him at all, from a few seconds up to a minute.

You can use very long, slow strokes, or you can do a few rapid strokes. If you want, you can add some lubrication to make your hand glide over his skin. If you think he is getting close to an orgasm, stop stroking and take a few seconds to let him cool off. Do not stop talking, however, just stop stroking him.

When you think he has had enough, or when you get too tired to continue, you can release him. Before you do, remember, he is probably in an excellent position to please you in some way. Have him give you some oral stimulation if you like. Or make him hold a vibrator in his mouth and while you rub yourself against it. There are many ways of obtaining sexual stimulation for yourself. Even letting him loose and allowing him to sexual please you is okay, as long as he cannot stimulate himself in the process. This is one time when a chastity

device may come in handy.

### **An Edge An Hour Game:**

This game could be classified as a denial game if used properly. But as a teasing game, we will assume he has the time and means during the day to play his part. You can start this game any time you like, but it is best to do it early in the morning.

You tell your partner that you will allow him to have an orgasm later that night (or evening) as long as he edges himself once every hour until then. Of course, he will have to prove to you that he has done as required. That is, he will have to prove that he has, indeed, edged himself. You can make him do it in front of you so you can see for yourself, or you can have him use his phone or PC to send you photographic proof. Look for the drops of pre-cum that edging produces.

Here is the catch. If you do not want him to succeed in earning an orgasm, make him do this on a day when he has to go to work, or will be busy away from home. It will be difficult to edge himself if he is shopping for supplies at the nearest hardware store, getting a new set of tires installed on the car, or anything else that requires he be out in public. There is nothing in the rules that say you can not make it difficult for him. The only rules are that he has to edge once an hour and that he must prove to you that he did it.

Proof might be a photo of his hard cock sent to you via cell phone from a restroom (or his car) somewhere. He could do it in front of you, if you both have time during the day for him to do that. If not, then he will have to provide some kind of proof, of which you approve.

If he fails, and he probably will, then all he gets is another tease session without an orgasm. So, either way, you both still win.

### **The Letter Game:**

Again, there is not much you have to do for this game. You tell your partner to write you a letter. The letter can be handwritten, typed, or even emailed. Give him a deadline. Tell him it must be in your hands (or in-box) by a certain day and time. Make sure he has time to write such a letter.

The subject of the letter is, of course, your choice. It could be his favorite fantasy, or his deepest, darkest, fantasy. It could be a letter giving you all the reasons he can come up with that you should deny him an orgasm. That one is especially good if you want to tell him that he has convinced you that you should deny him the orgasm you promised. You can choose any subject you like. You can even give him the subject of one of your favorite fantasies and see what he does with it.

Remember, just because he does what you ask does not mean you have to give him what you promised. You can always say that he did not do well enough, or that you changed your mind. Teasing games are all about winning. He wants to win in order to get an orgasm, you want to win in order to deny him one. In many cases, he will be just as happy being denied, as you are denying him. It is just the way the game is played. Just because you lose, does not mean he wins. He should understand that there are times when you, as a woman, can change your mind. The point is, he will have had fun trying to accomplish whatever task you assigned.

### **The Five Edges Game:**

Again, he should have at least his hands bound for this game. It does not matter whether he is simply standing in front of you or spread-eagle on a bed or table. As long as he can not move his hands, everything will be fine.

The object of this game is to see if he can warn you that he is about to ejaculate in time for you to stop stroking him. Basically, you will stroke his cock any way you want. He is to tell you to stop in time to prevent him ejaculating. If he fails to stop you in time and actually has an orgasm, let's hope you stop in time for it to be ruined (at least, he will get no enjoyment from it). If this happens, you will have to punish him for not telling you to stop in time. You are on your own deciding a punishment.

Now, assuming he is successful in stopping you, wait for thirty seconds to a minute before beginning again. The fifth time he stops you, give him a minute or so to relax and then turn him loose. You are done. No more teasing. No more stroking. He now has to wait until the next time you want to tease him in some way.

Again, you can still have him please you, especially if he is in chastity. As long as he does not have an unauthorized orgasm, he can do anything you want him to do. Oh, and by the way, no one said you can not have intercourse to play this game. He just has to tell you to stop in time for you to pull off of him so that he does not ejaculate. Of course, that is not likely to happen if you have one of those "Quick-shooters" on your hands.

### **One Stroke At A Time:**

This game may, or may not, lead to an orgasm, depending on how you play. The

way you play is simple. Either you do the stroking or you allow him to, depending on how you feel about it. Either way, he gets one stroke of his cock, fast or slow, it is up to you. Then he must rest for ten seconds. The next time he gets two strokes and waits another ten seconds. Continue adding one stroke after each break. You can set a limit on the number of strokes or you can allow him to continue until he has an orgasm. Remember, only add one stroke after each break!

This can take quite awhile if he is not a quick-shooter. You can add lubrication to speed things up a bit if you need to. Or you can make him do all the work without it. Of course, if you do all the stroking, you can make them as long, or slow, as you like. This can extend his tease for quite some time. You can also set a limit on the number of strokes he can have. That is, the game is over once he reaches a certain number of strokes.

Another variation of this game is to double the number of strokes after each break. Of course, the number grows quite rapidly after the first few, but, again, you can set the limit to whatever you feel is appropriate. That way, you are always in control, no matter who does the stroking.

### **Pick A Card:**

This is a game of chance, more or less. You need a stack of three-by-five index cards, or several pieces of paper all exactly the same size. On each card you will write down a different activity, such as, ten minutes of teasing, or an hour of stroking, or even one of the games you get from this book. On one card you will give him the opportunity to have an orgasm. That does not mean that he will have an orgasm, only the chance to have one. You will want at least fifteen to twenty cards. The more cards, the better.

Each day, your partner draws one card from the stack (or from a bowl, jar, bag, or whatever you want to use) and that will be the activity he gets to do that day. These activities, as I said, can be anything from masturbating for so many minutes to playing a teasing game. Again, you make up the cards. If you want them to include things like giving you a back rub, or so many orgasms, that is fine. The more varied the activities the better.

An opportunity to have an orgasm might very well be one of the other games you like to play. He won't actually get the orgasm unless he wins that game, but at least you gave him a chance. That is all that is required.

I find this type of game to be the most interesting. One reason for that is I do not have to think up an activity each day. I only have to make out the cards once, and let him pick at random what activity we will be doing that day. Of course, you do not actually have to play this game every day. You can play once or twice a week, if you like. But it is a good way to vary your activities when it comes to major tease sessions.

There is no reason that you can not include activities such as spanking or paddling if he enjoys that sort of thing. Many man do. The sky is the limit with what you put on the cards. You just have to be ready for whatever he might draw that day.

### **The Butt-Plug Game:**

This is an easy game to play. In fact, you probably will not have to do anything except verify that he actually put one in his anus after you tell him to do it. The fun comes in after the plug has been properly inserted. You can send him to the store to pick up some groceries, or lingerie for you. It does not matter where you send him. Just being in public with a plug in his anus will be embarrassing

enough. However, should you have him take you out to diner or to a movie (or both) you can enjoy his discomfort.

This game can be particularly fun if, instead of the usual plastic plug, you use one that has a remote controlled vibrator built in. Of course, you will want to accompany him when he goes out. A movie, shopping, dinner at your favorite restaurant, all can be much more fun when you control the vibrations of the plug (or insertable egg). You can turn it on and off at any convenient time. Inconvenient for him, of course. Try it, you may like it.

You can also have him give you some much needed attention. Use the vibrating version and turn it on when he is doing something right, and off when he is not. Oral sex is fun this way, and so is a simple back massage.

### **The TV Game:**

In this game, you need to choose a word or color of clothing or something that you might see in the TV show or movie that you have selected to watch. Why? Because every time you hear that particular word, or see someone wearing the color you have chosen, you will fondle your partner's genitals for ten seconds. You can choose any word, color, or event that you might expect to see (or hear) during the TV show. Of course, your partner is not allowed to ejaculate during the show. So you want to keep your fondling to a minimum or at least not too excessive.

The objective is merely to tease him while still doing something you want to do. You can even do it while driving on a long trip. My mother used to play a similar game with me on long trips, not sexual, of course. I would choose a product that might show up on a billboard or sign along our journey. Every time I saw an ad for that product, I earned a penny. I did not get very rich, but then, it kept me

busy and helped to pass the time.

So if your partner is driving (and there are not any kids in the car), you could play a similar game with him. You can fondle him for ten seconds each time he sees a certain ad. It can make the trip more fun and help the time to pass more quickly. Besides, if you are planning to stay in a motel or hotel for the night, he will be ready for whatever you may have in mind.

If you do not like the idea of fondling your guy while he is driving, or if you have kids in the car, you can always allow him to accumulate tease time for each ad he finds. Perhaps one minute for each? Use your imagination to find new ways to play.

Another variation is to watch a porn video or movie together. Have him choose an activity such as “oral sex” before the video starts. It is best if he has not seen the movie before. Then you can fondle him whenever that activity is going on in the movie. If you want to be really sneaky about it, find a video that does not have a certain activity, then tell him you will fondle him while that activity is on screen. It sounds mean, but at least he gets to see a porn movie.

### **The Phone Challenge:**

In this game he needs a cell phone or be at work where you can reach him. Call him up out of the blue (or send him a text), at some random time. It does not matter what he is doing, driving to a meeting in another city, working at his desk, or just out shopping. You tell him that he has thirty minutes in which to masturbate to orgasm and send you photographic proof that he has done it. He can pull into a gas station or run to the restroom, wherever he is, to masturbate. If he fails to send you proof within the time allotted, he has to wait until the next time you give him the opportunity.

Of course, this game includes some risk. He might be caught doing this in a public restroom, but no one says he has to use a public restroom. He could just as easily find a nice private location to do the required deed. However you choose to play this game, it can be fun for the both of you. He gets the chance for an orgasm, while you get the thrill of knowing it will not be easy for him.

### **The Bondage Tease:**

No, you are not going to tie him up in some truck stop restroom and hope he escapes before he gets caught. Though that might be fun. This is a simple tease that will remind him of you all day long. If your guy is not in chastity (or maybe while he is) you can tie a small piece of twine or rope (a bootlace works well for this) around his penis and balls. If you do not tie it so tight that it cuts off circulation, he should be fine wearing it to work all day.

The twine (or bootlace) will serve as a constant means of reminding him of how it got there. He will think of you and be aroused all day long. Try it. It works well for such a simple tease.

### **The Web tease:**

This is one of my favorite ways to tease my husband. There are several websites that contain what are commonly called "Webteases." A webtease is simply a set of instructions, usually given one at a time, that men use when they have no one else to tease them.

Basically, they receive one task to complete. Once they have completed it, they are given another. What you want to do is find one that will challenge him and then make him do it. The fun part is watching him perform the numerous tasks the tease requires. You can either be the judge of when he has completed a task correctly, or you can be the one who does it to him. For example; the tease might call for him to stroke his cock so many times without ejaculating. If you like, you can do the stroking for him. If it requires him to paddle himself, you do it for him. It can really be a great deal of fun for the both of you.

Another variation is to simply read the instructions to him and then watch as he attempts to complete each task. If you really just want some time to yourself, find a webtease that will take him considerable time to complete and leave him alone with it. He will be getting the teasing he longs for, while you can have some peace and quiet for yourself. The only problem with that is, he just might slip up and have that orgasm you were not ready to allow him to have, yet.

Teasing your partner sexually is a very important thing when it comes to sexual harmony. If you are trying to rebuild your relationship, or just want to inject a little fun into your sex life, or if you want to establish yourself as the head of the family, sexual teasing can be the best route to take. Now let's take a look at what kinds of denial games you can play.

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## Chapter 7

### **Denial games**

So what is the difference between “tease games” and “denial games?” Beyond the obvious, there is a subtle difference in that when you tease your partner, you may often end with him having some kind of orgasm. Whether it be a full, ruined, or stifled orgasm makes no difference. With denial games, the objective is to put off the orgasm for as long as you can without taking away the hope that your partner has in actually getting to ejaculate.

While many of the teasing games give your partner the chance to win, be allowed to have, or even earn an orgasm, denial games are designed to help you determine how long he will have to wait for that orgasm without destroying any hope he may have of getting one... Soon.

It is important not to push his orgasm too far into the future. Doing that can take away his drive, his desire to please you. It is much better to keep it close (within a few days, or a week) and then keep pushing it back a little at a time to keep him striving to earn it. Though there is no reason why you can not grant your partner an orgasm at any time, keeping him frustrated and eager to please is a much better way of controlling him.

It seems that allowing your partner to have an orgasm every week or so is not really in your best interest. I have discovered, both through personal experience and talking to hundreds of other women, that it is not until the third week that his behavior, and his willingness to serve and please you, reaches its optimum. Therefore, I have provided you with a list of games you can play that are designed to keep him on his toes. That is, to keep his attention focused on

pleasing you in order to convince you to allow him to have an orgasm.

As I have mentioned many times in the past, men think about sex many times every day. The objective is to keep him thinking about YOU when he thinks of sex. The term “sex” as we use it when talking about men does not necessarily mean “intercourse” as it does with so many women. In fact, the word need not even bring ejaculation to mind. As I use the term, and would like for you to think if it, is simply anything that turns your man on sexually. Be it a minute of fondling or an hour of physically exhausting teasing, sex is merely any activity, including verbal, that arouses your partner.

If you want your man to be more responsive to your needs, more attentive, and even more obedient, then you need to give him some kind of sexual attention several (or as often as possible) times a day. However, giving him a full orgasm is self defeating. Once he has an orgasm, he will go through several days to two weeks (depending on the individual) during which he will not “need” another orgasm. Therefore, he will not do all he can to see to it that you are happy. And that should be your goal. To get him to the point where he wants to do whatever it takes to make you happy.

It is important to remember that Denial games should never be a guarantee that he will get an orgasm on any certain day. It is never a good idea to promise or guarantee that he will receive an orgasm at any certain time. Instead, you should only give him the hope that he will be granted an orgasm.

As you can see, if you look them over carefully, most of the Teasing games were designed to prevent him from actually achieving an orgasm. The reason for that should be clear. You want him to have hope so that he will continue to strive for an orgasm, but you do not want him to actually have an orgasm. So when you refer to a day in the future when he may have an orgasm, you should always use the term “chance” to have an orgasm. So even if you intend on granting him an orgasm on a certain day, you should always say you will “give him a chance” for

an orgasm. That way, should you decide not to grant it that day, you can play a game that will he will lose. Thus, denying him what he thought he had earned.

As a side note, my philosophy has always been that a man should think he is in reach of obtaining an orgasm, but never quite reach it. That is, do not tell him that you do not intend to allow him to have an orgasm for a year (or even six months). Instead, keep it close. Next week is close enough to give him the drive, the desire to please you, that will keep him going strong. But if he loses hope because he knows he will have to wait for a month or more, he will become discouraged and not do his best for you.

So without further discussion, here are a few games you can play that are designed to help you keep him striving for that orgasm, and doing all he can to please you in the process.

### **The Dice Game:**

There are many dice games you can play, and I do not have the room in this book to tell you about all of them, so I will give you one example and you can take it from there. Just use your imagination. In this game, you can use one, two, or even three dice. I recommend you use no more than two, but it is really up to you to determine how many you want to use.

Allow him to roll the dice. The number shown (the total if using more than one) is how many days he must wait until he gets a chance for an orgasm. (Note, I said “chance” for an orgasm.) There are many ways to extend that date. I will get to that later. For now, I suggest you circle the day on your calendar where he can see it. Hang one on the wall, if you do not already have one there.

If he disobeys you, or displeases you in some way before that day arrives, you can put an “X” through it and circle another day. You might only move it one or two days down the line, or you might move it as much as a week. I do not recommend moving the day any more than a week, however. Moving it too far, can take away his hope and, therefore, his desire to please you.

As you can see, the game is easy to play and should be played the day after he has actually had an orgasm. If you are using only one die, I do not recommend letting him roll it the same day as his orgasm. This does not give you time to find a reason to move it back if you need to.

### **Mine-First Game:**

This game is more of an on-going game. The rules are simple. He only gets to have an orgasm after he has given you a certain number of orgasms. Of course, if you are accustomed to having multiple orgasms, you will want to set the number high. If you only have one or two a session, then you can set a lower number.

Once your partner has given you that number of orgasms, he has earned a chance for one of his own. Again, if you do not want him to actually have an orgasm, use one of the teasing games in which you can prevent him actually achieving it. That way, you can say that he had his chance, but that he will now just have to wait for another day.

A simple variation of this game is to have your partner roll a pair (or three) of dice. The total shown on the dice is then equal to the number of orgasms he must give you before he can have one of his own. If you stop him before you reach the number of orgasms required, then he gets nothing. How many dice you use is dependent on how greedy you are and how many orgasms in one session you can handle.

### **The Strap-on Game:**

In this game, he may still be able to achieve an orgasm, but hopefully not. The way it works is that you put a hollow strap-on dildo over his cock. You can have intercourse with him while he is wearing it. You should keep track of the time. If he manages to cum, you lose. But if you can have an orgasm first, stop the intercourse. However many minutes it took you to achieve orgasm, is how many days he must wait for another chance to have his own.

If it takes you too long to achieve your first orgasm, you can simply try for multiple orgasms. In this case, the number of days he must wait becomes the number of orgasms you had. That will make it a shorter wait for him and a more exciting time for you.

This game is a good one to play if you play the “Mine-First” game. In that case, his objective is to give you as many orgasms as he can in order to shorten his wait for his own orgasm. There are no rules stating that you can not use more than one game.

### **Thirty Days Game:**

In this game your partner will determine when he wants a chance to have an orgasm. (Note: I said “chance” again.) Tell your partner that he may try for one orgasm during the next thirty days (or calendar month if you like). But he only gets ONE chance. Then tell him that he may choose the day. Have him circle it on the calendar if you like. But he should remember, he only gets one chance during the thirty day period. In effect, he will be choosing how long he is to be denied.

The down side to this game is that it really is not fair for you to move that day because of an infraction. That is, you should not cross it off and move it down the line. After all, he chose that day knowing full well that he will not get another orgasm during that month (or thirty day period). If you move it because he talked back or something, he may, rightfully, feel cheated.

It is best to let him decide when he wants to be denied. He may wish he had not chosen the day that he did, for one reason or another, but it was his choice, not yours.

The Event Game:

In this game, you choose an event that neither of you can control, such as the weather. For example, he only gets a chance for an orgasm on the days when it rains or snows, depending on the time of year. Of course, if you happen to have a run of bad weather, he will get lots of chances. But then again, you can play games he will lose and not attain an orgasm. Right?

This game is great for the sports enthusiast. Tell him that he will get a chance to have an orgasm every time his favorite team wins a game. Or, if his favorite team wins too often, make it when they lose. You might even enjoy watching the games with him just so you can remind him what is at stake. Do not forget about the point spread. You may be able to call a win a loss.

Better yet, play fantasy football with him. Your team against his. He only gets a chance for an orgasm, remember? So if you lose, at least you can have fun playing lots of teasing games with him.

## **The Point Game:**

This game requires a little more setup on your part. Figure out some way for him to earn points. It could be that he earns a certain number of points for each orgasm you have, or so many for each chore that he does correctly. You can give him points for simply doing everything you ask without complaining. Each point can be a second or a minute toward his tease time. If he earns enough points, he can earn a chance for an orgasm. You must set the required number of points needed for an orgasm, but if he uses any of his points for tease time, then it will take him that much longer to earn enough for the chance for an orgasm.

Suppose you set the number of points needed for an orgasm as one-hundred-twenty (120) and he earns sixty points in one week. He can either turn in a number of points for teasing or he can hold onto them in hopes of earning enough for an orgasm. This is a good way to help improve his behavior if that has been a problem for you. Or it can be a way of allowing him to control his own denial time. Again, you set the requirements for earning points and the number of points required for an orgasm.

If he gets his chance for that orgasm, you can play a game that you can control, thus making him lose. Or you can have him masturbate for his orgasm. If you use your imagination, there are any number of possibilities for denying his orgasm, or making it not as much fun as he hoped for. No matter what you do with this game, you are still in control even though he has the illusion that it is he who is in control. You might want to take a look at some of the “Humiliation games.” They can be an excellent way of allowing him an orgasm while having some fun with him at the same time.

## **10 Second Game:**

Here again, we have a game in which your partner can earn time towards an orgasm. And here again, he gets to decide when he wants to try for that orgasm. The way it works is this: For every day that he is good and does everything he is told to do, he earns ten seconds. When he thinks he has earned enough time, he can try for an orgasm. Allow him to masturbate, under your supervision, of course. You can direct him or allow him to do it however he wants. It is up to you. If he does not have his orgasm, he will have to start all over again and earn more time. That is, his time starts over at zero and he must earn enough time to try again.

If you add it up, he could earn as much as five minutes if he waits a full thirty days. Chances are, he will not want to wait that long. But even if he does, you can make him stroke as fast or as slow as you want. You can even do it for him so that you can control how close to the edge he gets.

Even though on the surface this looks like a great way for him to get an orgasm every few days, if you work it right, he will never actually get that orgasm unless you want him to have it.

### **The Edging Game:**

In this game, he is told that he may not have an orgasm. This is strictly an edging game. You allow him to watch a porn video on his computer, phone, or even a rented movie. If you use a video on one of the many video websites available, you should either pick the video yourself, or allow him to pick one of a certain length. The longer the better.

He is allowed to watch the video or movie and masturbate. However, he is NOT

allowed to ejaculate. He must stop for one full minute each time he gets close to ejaculating. If he fails to stop himself, then you can devise a suitable punishment for his failure to obey.

### **No Touching Game:**

This is a very simple game. It would work just as well as a teasing game. Again, he is allowed to watch a porn video or movie. However, he is not allowed to touch himself at all during the movie. If he does, he must stop the movie or video and he loses his chance to play again for a week. His objective is to see how much pre-cum he can produce in a given amount of time (the length of the movie).

The longer the video or movie the longer he will have to sit without being allowed to touch himself. If he scratches his thigh, for example, he loses and must wait until another time to be allowed to try it again.

The point behind this exercise is to get him sexually aroused without you having to be involved except to monitor his hands. You can bind his hands if you like. That relieves you of having to watch him. Of course, then it is not much of a game. Unless you place a cup under his cock to collect the pre-cum. Maybe you can compare the amount of pre-cum with a previous time and reward him if he produces more.

### **Stroke Time:**

This is a simple game. Again, he needs to earn points. Once he has enough points (you set the requirements) he will get one stroke of his cock for each point

earned. The catch? You will do the stroking. You can go as fast or as slow as you like, but he is not allowed to have an orgasm. If he gets close, stop. Once he has rested, you can continue stroking him. The objective is to use up all of his earned strokes without permitting an orgasm.

The key here is to allow him to earn strokes easily. The more strokes he earns, the longer he gets teased. But since you are doing the stroking, you control his orgasm. You can allow him to choose when he thinks he has earned enough strokes or you can set a certain number of strokes as a goal for him to earn. It is up to you, how you play the game. Just remember, it is a denial game.

Now, shall we take a look at some Humiliation Games?

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## Chapter 8

### **Humiliating Games**

Many men actually enjoy being humiliated. Some more than others. But I have found that most men enjoy at least some form of humiliation if not many different forms. Some will admit to it, while others will flat out deny it. The best way to handle it is to start out with some light humiliation, maybe verbal, or simple masturbation. You can ask him later how it made him feel. Talking to your partner about any kind of sexual activity can be a little bit intimidating, to say the least. But once you have actually done a particular activity, it becomes easier to talk about. So do not be afraid to try a little bit of humiliation and see where it leads you.

Humiliation activities can range anywhere from simply watching him masturbate or telling him he has a tiny cock to performing sexual activities in a public or semi-public place, in front of other people. It is highly unlikely that your partner will be willing to jump right into public humiliation. In fact, most people will never try it. That is understandable. Semi-public sexual activities, on the other hand, is a totally different matter.

Whether doing streaking across a parking lot, or being put on display for like-minded individuals, many men will, eventually, do something in a semi-public setting. For example, if you belong to a local group such as a BDSM club or a specialized T&D (Tease and Denial) group, you will probably feel somewhat comfortable “performing” in front of this small group of friends. Or maybe, you will want to invite a special friend (probably another woman) to join you in teasing your partner someday. There may even be some of you who already do semi-public activities with a local group of friends. This is why I have included this section in this book.

Please, even if you think you would never do anything even the slightest bit humiliating to your partner, do not skip this chapter. There may be some things that you are willing to do simply because you never thought of them as humiliating. So keep an open mind as you read this section. Who knows? Maybe your partner will find a great deal of this kind of thing erotic to think about, even if he would never do any of it in public. It would be fantasy material for you.

Remember, fantasy is a very big part of tease and denial or any sexual activity for that matter. So read on, and even if you do not want to do any of the activities listed here, you may want to use it in a fantasy format. After all, his imagination is the quickest way to get him hard.

Listed below are several ideas you can use to humiliate your partner. Especially if he gets excited just thinking about being told to do them. I have included a variety of activities, just to give you an idea of the many, many things you can use to sexually tease your partner.

### **Verbal Humiliation:**

Verbal humiliation is probably the most common type of humiliation men enjoy. I will warn you, there are some men who absolutely hate it. And that is okay. If your partner is one of those men, then do not use it.

Verbal humiliation is exactly what it sounds like. Telling your partner how small his cock is, or saying things like, “How do you think that tiny thing could ever please a woman?” can be as exciting to some men as fondling a breast is to others. It is all a matter of what gets his motor running. However, before you start saying humiliating things to him, you better talk it over. He may not like it

at all. If he does, he will tell you.

### **Private Humiliation:**

Private humiliation is just that, private. It only involves you and your partner. Most men will find this form of humiliation acceptable, enjoyable, even. You can use any form of humiliation in his fantasies to find out what he may like. That is acceptable. Assuming he finds no other form of humiliation exciting, private humiliation is something he may be very open to. So here are some ideas you can use that will be a bit embarrassing for him. On the upside, even if he hates this kind of humiliation, you can use it as a form of punishment any time you need to correct his behavior.

You can use a vibrator or dildo to pleasure yourself. Make him watch. Do not allow him to touch himself or you. You can tell him (while you are doing it) how much bigger the dildo is than him, or how much better the vibrator feels than he does. Remember, talking while performing sexual activities can be very erotic. Do not be afraid to talk about what you like. You can talk about your own fantasies if it helps stimulate you while you masturbate in front of him.

Do not be afraid to masturbate in front him. Or to talk “dirty” while doing anything with him. After all, this is the man who has seen you naked. He is the only man allowed in the bathroom while you are sitting on the toilet. How embarrassing can it be to tell him what turns you on? If you open up and tell him about your fantasies, he will be more willing to do the same for you. You do not have to recite a fantasy verbatim. All you really have to do is to talk about the fantasy. Tell him the kinds of things that turn you on or that turn him on, for that matter.

The main thing you need to make sure of, in this particular humiliation, is that he

is not permitted to participate in any way. You could bind his hands behind his back or make him sit in a chair beside the bed (or both). As long as he cannot do anything but watch, he will get turned on. Whether or not you do any other kind of sexual activity, once you have finished, is totally up to you. You may want to take the opportunity to give him a hand-job. Even if you do not allow him an orgasm, he will enjoy it. Guaranteed! It is also a great time to have give you a little oral stimulation. Just because he is denied, does not mean you have to be.

Another form of humiliation is to make him masturbate for you. Most men find this quite embarrassing. There are a few men who actually love to perform in front of an audience, whether there is only one person or a whole room full. But let's assume he has never done that sort of thing before. He will be embarrassed, and that is what you want. Again, if he enjoys the embarrassment, you can do this any time and rest assured he will be turned on by it. On the other hand, if he does not enjoy it, you have another form of punishment or discipline that you can use whenever you need it.

There are a great number of variations you can do with this. You can simply watch him, or you can kibitz him by telling him to hurry up, or add to his humiliation by verbally insulting him and his ability (if he enjoys that sort of thing). You can make him speed up or slow down at your whim, or you can inform him that he is not to ejaculate without your permission and see what he does. You can give him a certain amount of time, or a certain number of strokes, to complete his task. The less time or the fewer strokes you allow him the more difficult it will be for him to ejaculate.

You can make it a little more difficult, or embarrassing, if you wrap a bootlace tightly around his balls, or the base of his cock, or both. Using a cock-ring can be an effective way of prolonging his ability to ejaculate as well. A cock-ring can also be an effective way to stifle his orgasm if it is tight enough. If you are really good at judging his closeness to orgasm, you can make him stop at the last second and ruin his own orgasm. Or simply make him edge himself many times by stopping him and allowing him a few seconds to rest before continuing. This

is called “edging” and can be a great deal of fun. If you are one of those women who enjoys denying him an orgasm, you can let him edge several times and then stop him from masturbating before he actually gets to ejaculate. Again, that can be used for disciplinary action as well as humiliation.

Speaking of masturbation, you can always have him masturbate with the hand he doesn't normally use for that sort of thing. It can be very entertaining to watch, especially if you kibitz him about it. To make his humiliation complete, stop him before he ejaculates and tell him it was just too funny to watch. This is especially good if he is becoming used to masturbating in front of you. Also, talking about bringing your friends over to see how funny he is doing it can be a big turn on for him.

Here is a fun variation you might want to try if you enjoy humiliating him. Bind his hands behind his back. Tell him that he may have an orgasm if he can find a way of obtaining it without using any toys. Watch as he tries to find a way of masturbating without using his hands (or any toys). It can be quite entertaining.

If you really want to make it difficult for him, try making him masturbate while watching a porn video of something he does not like. For example, a gay porn video, or a video about CBT, especially if done to a man by another man. He may even have trouble getting hard, which is another way you can verbally humiliate him.

Have you given any thought to having him learn to suck a dildo? You can use a strap-on type so that it feels more like sucking a real cock. Many men have latent homosexual fantasies. Not that it is something he actually wants to do, but the fantasy is still there. One way to help bring that fantasy closer to reality is by having him suck on a realistic looking dildo. It will be humiliating, but only you will know. So he can live with it.

Lingerie is often used to humiliate a man when you are confined to the house. Dress him up in panties, a bra, or a teddy. Make him do his chores dressed like that. You can tell him how cute he looks or how much you would like to show him off to your girlfriends. You can physically tease him while he is wearing lingerie as well. Tell him that he is not to ejaculate because it would make a mess in his pretty panties.

Maybe have him wear a pair of crotchless panties around the house to do his chores. Do not forget to reward him with a short fondling session each time he does a good job. After all, it will only add to his embarrassment.

Let us suppose for a moment that you have decided to allow him to actually have a full orgasm. Try having him do it over some food that he is to consume afterward. Ice cream is good for this. Or maybe his supper. Or you could simply make him drink his own ejaculate, Or maybe have him lick it off a plate. The possibilities are endless.

One thing I have not yet mentioned here, and that is, the use of butt-plugs. Any time of the day or night you can have him insert a butt-plug in his anus. This is not really anal play as you are going to have him do it to himself. However, it may be more humiliating to put it in yourself. The choice is yours. The fun of using a plug in this manner is that only you and your partner know of its existence. It is particularly enjoyable to send him out shopping for something, even more butt-plugs. Other people will be totally unaware that he is wearing one, but he will know. And that will make him just a bit self-conscious. He will think that every person who looks his way knows he has a plug shoved up his bottom. So, even though you may send him out in public, I consider this a very private humiliation. So I have included it here.

Stifled orgasms can also be used for humiliation purposes. (See Stifling & Ruining Orgasms)

A ruined orgasm is one in which his ejaculate will only trickle out and not squirt in a normal manner. (See Stifling & Ruining Orgasms)

Now then, let's talk about prostate milking. This is a very common form of private (or public) humiliation. Many couples who practice orgasm control use prostate milking as a means of draining semen without the thrill of an orgasm. However, prostate milking can be a very different and fun way to humiliate your partner. It can be used as a punishment or discipline if you like, but I prefer to keep it as a fun humiliation for both the giver and the receiver. This is another way of teasing that takes a bit of practice.

The last private form of humiliation I will give you actually falls in line with a more public humiliation I will give you later. Make him masturbate on (or in) one of those plastic, inflatable dolls that always seem to show up at bachelor parties. Have him make love to it as if it were a real live woman. When (and if) he should actually be able to do it, you can make him clean her up by licking and sucking his own ejaculate out of whatever hole he put it in. Just think of the humiliating things you could say to him while he is doing all of that!

### **Semi-Pubic Humiliation:**

Send your partner out on a little shopping trip. Tell him to purchase a list of things. The list should be a little strange. For example, one banana, a cucumber, a box of condoms, and a 'girly' magazine (the raunchier the better). He has to purchase everything in one store and he must ask the clerk if he/she thinks the cucumber is too small (or too large). He will, most likely, be quite humiliated by the whole adventure.

Here is another little shopping trip for him. Send him to purchase a pair of woman's panties. Optionally, he could have to ask for help in finding a pair that fit. Or better yet, have him purchase a pair of crotchless panties for himself. I have already given you a use for those. But finding a store that carries them might be just as much fun. He will have to ask a clerk for help in finding them and suffer the embarrassment of going to another store after being told they do not have any. If you really want to enjoy it, ride along with him and go into the store ahead of him so that you can listen in on his conversations with the clerks.

Another way to handle a little semi-public humiliation is to send him to a local sex shop to pick up a few toys you might want on hand. Such things as butt-plugs, dildos, phallic-shaped vibrators, among many other toys you might want, might be enough to cause him at least a little embarrassment. You could even have him pick a video or two to be used in other humiliating ways (see Private Humiliation).

Of course, if you want to make him have sex with an inflatable doll, he will need to pick one up. A sex shop is about the only place, other than online, where he might find one. So be sure and have him purchase a cheap one. Or you could make him purchase a male inflatable doll for some humiliating fun at home. Yes, Virginia, they do make those. If you have decided to make him do some dildo sucking as I mentioned before, a male inflatable sex doll is a must-have item. Just think of the fun you can have with him if you make him buy one of these.

### **Public Humiliation:**

Public humiliation is anytime that you humiliate your partner in front of another person or group of people. It could be as simple as telling your best friend that you control your partner's orgasms (within earshot of your partner), to inviting a group of people over to watch him masturbate for them (or perform some other, equally humiliating, act).

I do not recommend having your partner do ANYTHING when children are around or that might get him arrested for public indecency. However, making him masturbate in the restroom of a gas station is another thing altogether. That is, it is usually private because the door locks and there is usually only room for one. I have, and often do, send men into more public restrooms, such as at a fast-food restaurant, to masturbate. Assuming they use a stall and not a urinal, they should be able to get away with it. Of course, there is more of a chance that someone will figure it out, or even catch him. But the risk is low. When it gets really fun is when you make them ejaculate into a small cup which they have to bring back to the table or the car. Most men I have talked with enjoy this kind of humiliation. Well, as long as they do not get caught. And no one I know has, as of yet.

You can have your partner drive to some remote spot and masturbate for you. Whether you accompany him or not is up to you. You can always make him send a photo using his cell phone to prove he did as directed.

Along those same lines, you can shove him out into the back yard (dressed or naked) and tell him that he can not come back into the house until he has masturbated to orgasm. You can make him bring you his ejaculate as proof, or text you a photo.

I have known couples who would invite friends over for dinner so that he could serve them dressed as a maid. Sometimes without undies. A short enough skirt and they all know it. Sometimes there will be some kind of entertainment after dinner. That is, the male half of the couple will have to perform some kind of sexual act, such as masturbating in front of the group. This is just an example of how far you can take public humiliation if you have a mind to.

If you plan to invite someone to dinner (and a show), it is a good idea to make sure they understand exactly what they can expect. You do not want to shock

your friends too much. I also suggest you clear it with your partner before hand. That is, unless you have one of those relationships wherein your partner is expected to do ANYTHING you tell him to do. Then you can surprise him.

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## Chapter 9

### **Fantasy & Non-Fantasy**

There are, obviously, many, many other games you can play. Many different kinds of teasing you can do. But here are a few that I either have not mentioned in previous chapters, or merely touched upon them. But they are popular among a variety of men.

One important thing to remember is that you can do all these things in fantasy. That is, you do not actually have to do them, just bring it up while you are physically teasing him. Tell him that you think it would be fun to dress him up in whatever way you like. You will be planting a fantasy in his head that just may grow into a desire to try it sometime. The same goes for any of the games listed below. So have fun with him. Play with his mind.

#### **Fantasy Teases:**

Fantasy teases can be either psychological in nature or physical in nature (reality based). The difference is simple: You either just talk about the particular fantasy (psychological) or you do it for real (physical). There will be some fantasies that you only want to talk about in order to tease your partner while others you will want to do for real. That is, turn them into reality. You may even start out with a particular fantasy by only talking about it, and later turn it into reality. Cross-dressing is one of the more common fantasies with which you might do this.

#### **Cross-dressing:**

I will start with one of the more common fantasies, cross-dressing. Though the very name may bring up scary images of your guy completely decked out in makeup, a fancy dress, and a pair of high-heeled shoes, it does not have to be that in-depth. Purchase a pair of panties, or better yet, crotchless panties, and have him wear them around the house, or to work under his street clothes. He will be well aware that he has them on and be aroused for the whole day. I do not recommend that you make him wear them every day. This can become boring and not nearly as exciting as wearing them once or twice a week.

A variation on this theme would be to dress him in pantyhose. Maybe use crotchless so that it makes it easier for him to pee (if you want to make it easier for him). He can even wear socks over them to conceal the fact that he is wearing them if need be. Better yet, dress him in a garter belt and stockings. Get one with some nice lace on the garter belt, just to add to his embarrassment. I have known women who went as far as dressing him in a sexy teddy before sending him off to work. Wearing lingerie under his regular clothing can be quite a thrill for some men. Even if it is not something he wants to do, it will remind him all day of who is in charge.

Of course, you can always dress him up in a nice frilly dress, stockings and makeup, if that is what you want. You can even take him to your favorite night spot for a drink, if you like. It is up to you, not him. So feel free to experiment.

### **Video Upload:**

You can use this form of fantasy play along with any physical tease you use. The basic idea is to threaten to upload a video of him being physically teased, masturbating, or even being punished. The objective, of course, is to frighten him into thinking that you might actually do it. Some people actually do. So the threat is a very real one. Some men, especially those who fantasize about

exhibitionism are especially susceptible to this kind of teasing. Whether you simply pretend to make the video or you actually record one, depends on how real you want to make his fantasy. Being able to show it to him before you upload it (even if you are not really going to) can reinforce the fantasy. It can also be used as a form of humiliation if you can actually show him the video you “intend” to upload.

### **Bisexual Activities:**

Many men, but not all, have secret desires to engage in homosexual activities. It does not, by any means, mean that they are actually gay. Most men want to do certain things, but only if they are “forced” into doing them. That is, they would not do them on their own, or ask you to make them do these things. However, they may very well enjoy doing them if you tell them that they have to do them for you. In other words, they want you to force them to do things that they would not normally do. Yes, it is a contradiction, but they enjoy doing what you tell them to do. It may seem strange, but it is true. You may want to keep bi-sexual activities strictly as fantasy, or you may work up to turning them into reality. That part is up to you. Some women enjoy making their submissive do things such as this. If that is the case with you, all I can say is, make sure you do it safely!

### **The Party Toy:**

Another very common fantasy for the exhibitionist or the man who enjoys humiliation, is being used as a “party toy.” If you tell him that you are planning a little party with some of your friends and that you want him to dress up in a French maid's costume to serve you and your guests, he may beg you not to do it. Unless he tells you that would be a hard limit, no matter how much he begs you not to do it, he loves the idea. That is, at least in fantasy. You can use this fantasy to turn him on at any time.

Of course, there are many other ways to use him as a party toy. You do not have to dress him up in any special way. You can simply tell him that you are going to allow your friends to play with his “equipment” or watch him masturbate for them. There are any number of things you can put into this fantasy. I will not go into detail because there is not enough room in this book for that, I will just leave it up to your imagination (and his).

### **Restroom Fantasies:**

Here is a fun fantasy you can use anytime you are physically teasing him. Tell him that you are going to take him to a restroom somewhere. Maybe a truck stop? There, he will have to give truckers five-dollar blow-jobs. Maybe he has to earn fifty-dollars before he can go home. Of course, since it is a fantasy, you can use any restroom you like, such as a fast-food restaurant or gas station. The possibilities are unlimited.

Maybe, instead of a Men's room, you tell him that you are going to take him to the Ladies' room and put him behind a plywood wall. His genitals will be fed through a small hole in the wall so that any woman who comes in can do whatever she likes with his genitals. Use your imagination to fill in the blanks, or let him fill them in for you. After all, it is always fun to see how they think things will play out.

### **Cuckold Fantasies:**

This is another area with multiple variations upon one basic fantasy. A cuckold is a man whose wife has sex with other men with her husband's knowledge. The original definition referred to a man whose wife often earned extra money as a

prostitute. Today, there are many couples who actually practice this sort of relationship. But you do not need to actually go out and find a lover to play into this type of fantasy. All you need to do is talk about doing it. Tell your partner what you would do if you were to turn him into a cuckold.

If your partner is aroused by cuckold, hot wife, or three-way sex, talking about it while you are physically teasing him can increase his level of arousal. And that is your objective. You can talk about things you might make him do, such as cleaning you up after another man had sex with you. Or how you would love to make your partner watch the action. Maybe it turns him on more to only hear what happened when you went out on a date with another man. The possibilities are endless, so if cuckolding is something that turns him on, be sure to use these kinds of fantasies from time to time.

Along the same lines as cuckolding is the idea that you, his Mistress, have a Master whom you serve as sex slave. Your partner's ejaculations could be in the hands of another man. Again, these are fantasies. You can use them to tease and taunt your partner. To increase his arousal whenever you feel the need.

Physical teasing is not the only time you can use these kinds of fantasies to increase his state of arousal. You can, of course, email him stories about cuckolding, text him with little erotic things that you might do to him or that your “lover” might do to you. Many men like to watch other people having sex. That is why pornography is so popular. Placing images in his head of you doing things with another man, or another woman for that matter, can be quite erotic to your partner.

Remember, just because he had fantasies about becoming a cuckold, does not mean that you have to make those fantasies come true. The same goes for any fantasy he might have. You can use fantasies to arouse your partner any time you want. But you never have to do anything you do not want to do.

## **Other Types of Teasing:**

There is one thing I have not talked about in this book, yet. I have not mentioned what you can do if you accidentally allow your partner to ejaculate. After all, we talked about edging and ruined orgasms and even stifled orgasms, but we have not discussed how you can physically tease him when he has a full orgasm.

We are talking about Post Orgasmic Torture (P.O.T.). It sounds worse than it is, but I am convinced it was named by a man. Using P.O.T. is really quite easy, but there is a time limit on when you can do it. It only works when your partner has a full orgasm. And then, only for about a minute immediately after.

Here is how it works. When your partner ejaculates, grab hold of the shaft of his penis. Hold it firmly in your fist, fingers wrapped around it just below the head. While there is still some ejaculate on his penis, use the palm of your hand to briskly rub the head of his penis. Do not rub too hard, but you will know you are doing it right when your partner does everything he can to stop you.

The head of the penis gets extremely sensitive the moment he begins to ejaculate. It will last only a few seconds if you do not do anything. However, if you do what I described above, your partner will squirm, scream, and writhe. If his hands are free, he will grab your wrists and try to pull your hands away from his penis. If you stop, it will only take a matter of a very few seconds before the sensitivity fades. That means, if you stop for more than a second or two, chances are, you will not be able to continue. His penis will no longer be as sensitive as it was and he will be able to withstand the torment.

P.O.T. is one of my favorite things to do. If you do it often enough, your partner

may actually begin to dread having an orgasm. It would be a Pavlovian reaction to the torment you put him through after each orgasm. But most women do not want to take it that far.

## **Anal Games:**

Many men love anal play of one type or another. I have already mentioned using butt-plugs as a means of arousing him when he is at home or goes out on short trips. But there are so many things you can do besides that, and I did not want to ignore them.

One of the most popular forms of anal play is loved by men and woman all over the world. That is strap-on play. It involves the woman using a device called a strap-on. It literally straps a dildo onto her lower abdomen so that she can take her partner from behind. Many men enjoy the feeling of total submission they get when being taken in this manner. Women seem to enjoy the feelings of power and control that this activity affords them. I am not going to go into detail about how to use a strap-on device, but I will warn you to use LOTS of lubrication.

Another way to use a strap-on device is for oral play. That is, have him suck the dildo as if giving a blow-job to another man. Again, this often gives the woman a feeling of power. Totally reversing the roles in this manner can be a big turn-on for many men. You might want to keep this kind of play for the occasional punishment as well. Do not forget to talk to him while he is engaged in this activity. You can talk about how much you would enjoy seeing him do it to another man. It is a good way to re-enforce his fantasies.

There are a large variety of dildos that are designed to work with a strap-on device. I suggest you start small and work your way up to the larger variety. Of

course, it is imperative that you talk about these kinds of fantasies while engaging in anal sex. It will heighten his arousal and, possibly, your own.

Of course, strap-ons are not the only devices you can use in anal play. There are a myriad dildos of all shapes and sizes for use in anal play. If you, or your partner, enjoy anal play, I recommend stocking your toy box with several different types of devices.

### **Prostate Milking:**

This is one area of anal play that deserves its own section. I feel I must state here that men do not EVER NEED an orgasm. Ejaculation is not a requirement for good health. A man can abstain from all sexual activity and never need to ejaculate. I have personally spoken to several doctors who have all assured me that there is nothing, health-wise, that requires a man to ejaculate. That question seems to come up every time I talk about long term denial, so I just thought I would get that out of the way before we proceed.

Prostate milking is a common activity in female led relationships. Why? Because it is both fun to do and it allows for the safe draining of a man's ejaculate without allowing him to enjoy it. Many men do actually enjoy having a woman milk their ejaculate, but they get no enjoyment from the ejaculation itself. That means, you can do it often, repeatedly in one session, and he will never feel the joy or post orgasm drop, he would normally feel. So prostate milking makes an excellent alternative to a full orgasm.

Milking the prostate is a simple procedure, but achieving success is not so simple. It takes practice. Using lots of lubrication and a pair of surgical type gloves, you should insert your finger into his anus and feel for his prostate. The prostate is about the size of a walnut (if it is not enlarged) and is very easy to

locate. Your finger should bend toward the front of his body, not the back. If he is on his back, your palm should be facing up. If he is on his knees or standing, your palm should be facing downward.

Feel around for the prostate. Once you find it, rub it firmly in a circular motion. It may take anywhere from a few minutes up to twenty or more. There are several devices on the market to make this easier to do, but I have little experience with any of them. I prefer to do it the way the doctors do it. Using my finger.

Prostate milking is fun when you are successful, but it does require practice. I know women who regularly milk their partners either weekly or monthly. It can give you a feeling of power, especially when you are successful. The key is not to get discouraged even if you fail. As I said, it takes practice.

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## Chapter 10

### **Basic Techniques**

For those of you who may be new to tease and denial, I offer this chapter to help you handle the basic methods of physically teasing your partner. I talk a great deal about the mental and verbal aspects of tease and denial, but the central crux is, of course, the physical teasing you should be doing on a regular basis. It is this type of teasing that creates the highest levels of arousal in your partner. No matter how much verbal or mental teasing you do, you cannot reach the levels of arousal that thirty to sixty minutes of physical teasing can create in your partner. And the more often you can devote that kind of time to physically teasing your partner the more effective the other methods of teasing will be.

Having said that, I want to impress upon you the importance of varying your routine from session to session. As we discussed earlier, doing the same thing over and over again, no matter what it is, will eventually become boring. You will become complacent, even apathetic, towards your partner and sexual teasing. You can not afford to do that.

How much time should you devote to this type of physical teasing? I recommend spending at least one hour a week, preferably on the weekend. However, if you can spend thirty minutes to an hour more than once a week, I highly recommend you do that. For example, thirty minutes on a Wednesday night, in addition to an hour or more on Saturday (or Saturday night) will go a long way toward keeping your partner aroused the rest of the week. The more often you can pay him some physical attention, the better. In fact, thirty minutes, three times a week, is better than one hour on the weekend. So if you know you will not have the time on the weekend, or any particular weekend, try to make up for it with several shorter sessions during the week. Even fifteen minutes a day would be great.

Sex is the one aspect of your life that you are unlikely to find any classes to attend to learn how to do it. There are Yoga classes, business courses, even anatomy is required at most universities. But where can you find a class on how to physically arouse another human being? Who teaches you how to touch him/her in order to bring that person to the peak of sexual excitement? No one. It is the one aspect of our lives that is rarely talked about, much less taught. You are expected to either just know it or learn it on your own.

Granted, a certain amount will be learned as you go. But that is usually due to the different likes and dislikes of the average individual. We are all different. According to Rod Serling (of Twilight Zone fame) if we were all exactly the same, none of us could get along with each other. But we are not all the same, and that is why you need to get to know what things your partner enjoys, sexually speaking.

In this chapter, I will teach you several different methods of physically teasing your partner. This is, by no means, a complete list of teases. As we just discussed, everyone is different. So there will be things your partner enjoys that are not on my list. Experimentation is fun and exciting. So you will need to do some experimentation in order to find out what unique and different things can be used or done to bring your partner to the pinnacle of sexual arousal. I will give you some basics. Sort of a jumping off point, and you can take it from there.

In chapter four, I gave you a list of twelve items that I consider to be the basic essentials. But there is one thing, not on that list, that is truly essential: Your desire. Without the desire to make all this work, you are doomed to fail. Do not let apathy creep in and destroy everything that you have worked so hard to achieve. To use tease and denial effectively, you must have the desire to do what it takes to keep your partner aroused as much as you can. It is up to you to keep yourself motivated. No one else can create this desire for you. That is why I always advise women to find ways to make all of this fun for yourself. If you truly enjoy what you are doing, you will not become apathetic.

The single most important thing on that list of items you need is the blindfold. It may sound stupid, but the mind is an interesting thing. You are going to be attempting to get into your partner's mind. To get to his libido in order to sexually arouse him as much as possible. When a person is blindfolded, his/her imagination begins to run rampant. They feel vulnerable. That, in turn, triggers the imagination. Depending on the circumstances, they will begin to imagine all sorts of things.

In this situation, we want your partner to imagine sexual things. That is where your words come into play. It may be difficult for you to “talk dirty” to your partner. But remember, this is the person who knows you best. He knows most of your secrets. He has been intimate with you more than once (at least, I hope so). So take a deep breath and begin.

Once the blindfold is in place, he is now in a position for you to guide his imagination. Even if all you talk about is what you are doing, it can be arousing to him. First of all, he knows this is a sexual situation. After all, that is the point of all this. He also knows he has no control over what happens next. His imagination is wide open to your suggestions. Use that when you talk to him. It is not your place to make him relax. Relaxed is not how you want him. You want to build some sexual tension. Perhaps, even induce a little bit of fear.

If you let him see all the toys you have carefully laid out, whether you intend to use them all or not, it will help to fill his mind with all kinds of possibilities. He will have mixed emotions of hope, anticipation, fear, and sexual desire, all rolled into one. If you talk about the things you want to do to him, it will help to focus his attention, his thoughts, on the sexual things that fill his mind and his imagination. You can tell him that you have some “very special” plans for him. That, in itself, will stimulate his sexual desires and fears.

If you can bind his hands at least, that will enhance his feelings of vulnerability. I strongly suggest binding his hands in some way. So you will need, at the very least, a little rope or a pair of leather or cloth wrist cuffs. A couple of bandannas or even nylon stockings will work. If you can restrain his legs by tying his ankles to the bed post or something, it can make the physical teasing much easier because no matter how much he might squirm, he can not get away from you. Do you have to tie him down? No, but it will magnify his sexual excitement.

So exactly how do you do all this physical teasing? Pay attention, I am only going to give you a few of the more common methods, and I will let you work out other things that you enjoy doing for yourself.

### **Basic Stroking:**

The most basic and simple way to tease your partner is to stroke his cock. I am sure that is not news to you. But how do you do it? Since your objective is NOT to bring him to orgasm, I suggest starting off with very light touches. Use one finger, or just your tongue, at first. If you feel you must give him firmer strokes, I suggest you only give him a few at a time. After all, you are just teasing him.

Steady stroking of his cock should invariably be done with some kind of lubrication to prevent irritating his penis. Light touching is a very good method of teasing his cock because you run less chance of accidentally bringing him to orgasm. But if you want try something different...

### **No Touch:**

Let me introduce you to a slightly better way of teasing him. Try spending ten to

fifteen minutes paying attention to the rest of his body and carefully avoiding his genitals. Run your fingertips, fingernails, and maybe even a piece of ice, everywhere BUT his genitals. You can talk about what you are doing. Ask him if it feels good. Make a point of telling him that you do not want to touch his genitals. Run your fingers as close to his cock or balls as you can get without actually touching them. Tell him that you almost touched them and that you do not want to do that. Talk in a soft, sexy, tone, or just say it in a teasing way. He will be doing everything he can to get you to touch him, but the longer you hold off, the better.

### **The Feather:**

Instead of your fingers, try either of the above methods using an ostrich feather or a very soft brush. I am told that angora does an excellent job as well. Whether you are stroking his genitals, his body, or both, be sure to watch him closely and talk to him. Force him to think about what are doing by talking about it. Keep him talking about how it feels or say things like, “I bet you want to feel something more stimulating, don't you?” It is very important that you keep a conversation going or tell him about a fantasy, it can be one of yours or one of his. It is just important to keep his mind on sex. You do not have to tell him a complete fantasy. Say something like, “I wonder how you would feel if I invited (insert best friend's name) over to help me do this.” His mind will complete the fantasy. Have him tell you what might happen in that fantasy. Trust me, he can work it out.

### **Prickly Sensations:**

Whether you use toothpicks, wooden Kabob skewers, or the pointy end of a mechanical pencil makes little difference. Although, I think the Kabob Skewers give you a bit more leverage because they are longer and heavier. Use them to gently poke his skin anywhere you like. From the bottoms of his feet to the hair on his head (or the skin beneath it). You can poke him anywhere. It is especially

fun to poke around his genitals, too. Your objective is to give him multiple sensations since he is (hopefully) blindfolded and can not see what you are doing or where you plan to do it next. I like to skip around a bit. Poke his nipples, then his inner thighs, maybe the bottoms of his toes, then his genitals. By skipping around like this, he will never know where to expect the next tiny prick (no pun intended). If you can get to it, his bottom is an excellent place to poke him. Use your imagination. Make some pokes very light and others a little harder. With a little practice, you can easily figure out just how much pressure you can use.

### **Pinching Places:**

You may have been wondering what the clothespins were for. Use them on his nipples to cause a little bit of pain, or try putting some on his scrotum. They are not very painful on the scrotum, but they can be fun to play with when you put some there. You can also use your fingers to pinch briefly anywhere else you want. Clothespins work well anywhere you can pinch enough skin to hold them in place. Some places will be more painful than others, if you buy cheap ones (weak springs) none of them will be more than he can stand. You do not have to stick with clothespins, either. You can try a variety of clips that you can buy almost anywhere. To test a clip for strength, place one on your little finger right over your fingernail. If you can keep it there for a minute or more, then it will not cause him too much pain anywhere.

### **Hot & Cold:**

Using a single ice cube you can tease any part of his body. The key with ice is, if you leave it in one spot long enough, it will begin to feel very hot. That is, it will burn him. Leave it there too long and it can damage his skin. However you use it, ice is fun. If you use a single cube, you can be very exacting with the placement of the ice, but it will melt and drip onto whatever surface he is on. You can use a towel beneath him to help keep your bed clothes from being soaked. You can also place several cubes, or crushed ice, in a zip-lock bag. It

will not get anything wet. Remember to keep it moving though. I like to rub it up and down his entire body, including his genitals, for about five minutes at a time.

### **Mild CBT:**

I am not one to recommend anything even remotely dangerous. However, using a bootlace to wrap around your partner's genitals can be fun. Unless you tie it tightly enough to cut off circulation, everything should be fine. If his cock or his balls start to turn a deep red or purple, you have tied it too tight. Get it off! If not, there will not be any damage, so play as long as you like. I have been told by a few trusted Mistress', and a couple of subs I know, that wrapping a bootlace fairly tightly around the top of the scrotum can make it more difficult for a guy to reach an orgasm. I have never tested that theory personally, but you can always test it for yourself. I have already mentioned that you may be able to stifle an orgasm by using a tight cock ring or tying a bootlace around the base of his cock. Just do not leave it there too long.

### **Slippery Solutions:**

Using a pair of rubber gloves of one type or another, can not only give him a different sensation than your bare hand, it will keep your hand clean when using lotions or lubricants, or performing any type of anal play. I recommend using the "nitrile" type gloves rather than vinyl or latex. Some lubricants will attack vinyl and/or latex. Nitrile is what most hospitals use these days and can be purchased at most pharmacies.

You want to use these gloves when you are stroking his cock and fondling his balls in long tease sessions. You will not need them if you are only going to fondle him for a few minutes. But when used during longer sessions, they can help make lubricants last longer and keep your hands from getting all wet and

sticky when you are ready to move on to some other form of teasing. Taking even a short break to clean your hands can ruin the moment. You want to keep the momentum going. Gloves take only a few seconds to remove, especially if you only wear one on one hand.

I recommend that you use several different methods of physical teasing if you are going to do more than just a few minutes. It adds variety to the session and helps to keep him on his toes, so to speak, while you are playing with his body. It is always good to mix it up so that you do not get stuck in a rut. As a famous cartoon third grade teacher often says, “Ruts are bad.” He may have been talking about “drugs” but it works here too.

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## Chapter 11

### **Stifling & Ruining Orgasms**

There seems to be a great deal of misinformation out there on the Internet about ruined orgasms. So much so, that I had to actually make up a new term for some of them... “Stifled” orgasms. Most of the websites I encountered when I was researching ruined orgasms, are flat out wrong. When I put it into practice, it became obvious that there were two distinct types of “ruined” orgasms. One of them, did not even produce the desired effects well enough for me to consider them ruined. So I coined the phrase “Stifled Orgasm” to better describe what was happening. Hopefully, I can now set the record straight. Let me define each so that you better understand what the difference is, what happens to him, and how to properly ruin or stifle his orgasms.

Let me begin by defining a few terms, just so we are clear about that which we are talking. First of all, “the point of no return” is that point at which an orgasm is eminent, and there is no way to prevent it. Once a man reaches this point, he could not stop his orgasm from happening even if he wanted to. And neither can you.

A “stifled orgasm” is one in which the ejaculate is held back, forcefully, and stopped from being expelled from his body. In other words, you keep him from shooting his semen half way across the room. His ejaculate is forced to stay in his body and must find another place to go.

A “ruined orgasm” is different. His ejaculate is allowed to exit his body along the normal path. That is, it goes the right way, but with no power behind it. It only flows gently out of his penis instead of being forcefully ejected. You know

you have ruined his orgasm when his semen flows gently out of his penis instead of shooting out like it normally does.

Now that we have cleared that up, we should talk about the effects each type of orgasm has on his body. That is the important difference.

In a “normal” orgasm, one in which his ejaculate is ejected forcefully, that is, it will shoot out for the first several “spurts” and then taper off as the amount of ejaculate in his body is reduced. The result of a normal orgasm is that his body will go through some changes. There will be endorphins and other chemicals released in his brain, his brain will send signals to his body to release the blood engorging his penis (making it soft) and he will be put into a relaxed mood. If you have ever had sex with your partner and he did not have the energy to take care of your needs after he ejaculated, this is why.

It will take at approximately six hours for his body to completely recuperate and reproduce the amount of sperm that has been eliminated from his body. If he has had a vasectomy, his sperm is merely released into his body where it will be absorbed, only his semen is ejected, but the effect is the same. It will take much longer for his brain to recover.

Unless he is a teenager, he will probably not be able to perform during this period. In fact, because of the other chemicals that are released in his body, he may have an attitude problem for several days (up to two weeks). This means he will not really want to have much sex during that time. It does not mean that you can not engage him in sexual activities. It only means that it will be more difficult for him to reach the same level of interest that he had before the orgasm occurred.

This is why many women have so much trouble with their partner's behavior for

so long after he has had an orgasm. If you were paying attention, you should realize that he will probably not be as attentive, as loving, as willing to please you, after he has had a nice full orgasm, for about a week to two weeks. Are you getting my point? Orgasms can be bad. They can destroy a loving relationship. Well, at least his participation in it.

If you think that your partner needs to have an orgasm, or if he has convinced you, somehow, that he needs to have one every so often, let me set the record straight. I have consulted with numerous physicians on this, and the general consensus is that a man does not “need” to have an orgasm at all. Ever! There are men who live perfectly happy, healthy, lives in abstinence. They may never have an orgasm for years at a time with no ill effects. So when your guy insists that he needs to have an orgasm for “health reasons,” he is either deluded or just does not get it.

Do not start feeling sorry for him, or worry about his health, simply because he has not had an orgasm for a month or more. It will not harm him. Do not fall for his pleas of heart-felt sympathy. He does not need that orgasm. My point here is this, since it will not harm him to go without a full orgasm for as long as you want to deny him, then why allow him one at all? If you do give in and allow him to have a full orgasm, be prepared for a week or more of him not behaving in the way you want him to. He may be grumpy, he may just not want to make the bed, or do some other chore, or he may simply become disobedient altogether. Remember, it is your fault. You allowed him to have that orgasm.

On the other hand, if you stifle his orgasm, he may still have the same behavior problem. He may still not have the energy to satisfy your needs. And he may still get grumpy for a few days. But... it can be fun to stifle his orgasms, and the after effects are usually shorter lived than with a full, unfettered, orgasm.

So how do you stifle an orgasm? This is very easy to do. There are a number of ways in which you can stifle his orgasm. The key is to not allow his ejaculate to

exit his body right away. You need to hold it back, forcefully. The easiest method is the wrap your thumb and forefinger around the base of his penis and squeeze hard. Very hard. Hold your squeeze at least until you can no longer feel his penis pumping. That is, you should be able to feel his penis “jerk” as it attempts to expel his ejaculate. This pumping action will gradually slow and decrease in strength. You need to hold it until it has completely stopped.

When you finally release your grip on the base of his penis, some ejaculate may leak out. If it still shoots once, you should have held on a little longer, but you have still succeeded in stifling his orgasm. Pat yourself on the back. But you will still need to be prepared for the post orgasm drop. It may not be as pronounced, or last quite as long as it does with a full orgasm, but it will be there.

If you are going to stifle his orgasm, be prepared for him to complain of a little pain. It will not be an unbearable pain. But there will, most likely be a little pain caused by the pressure of his ejaculation. Trust me, nothing has burst or broken.

Another way to stifle his orgasm is to use your thumb and forefinger anywhere else along his penis. As long as you are squeezing it tightly enough to prevent the escape of his ejaculate, you have been successful. The results will be the same. It is, however, easier to stop the flow of ejaculate the closer to the base you are. His urethra, the tube through which his semen flows, is closer to the surface at the base than anywhere else along his penis. Therefore, the further from the base you are, the tighter you will need to grip.

There is another way to stifle his orgasm that does not require such a tight grip. If you pinch the sides of the head of his penis (NOT the top and bottom) you can easily stop his ejaculate from being expelled. You can even use a washcloth. Be aware, the pain might be a little more severe, but still, not enough to concern you. Again, you do not need to pinch so hard that you cause him pain with your grip. The pain he feels will be the ejaculate trying to find a place to go. It may even back up into his bladder. That will not hurt anything either. Except to kill

any sperm in his semen. He will pee it out later.

You can simply place your thumb or the palm of your hand firmly over the tiny hole where his semen would escape if it could. Pressing firmly right over this hole can stop his ejaculate from escaping. This will effectively stifle his orgasm.

So how do you actually “ruin” his orgasm? That is extremely easy and, yet, very hard to accomplish. I will tell you now, you will have to practice. A lot! You have to learn to time it exactly right. If you do not time it correctly, he may end up having a full orgasm, which would be a bad thing. On the other hand, you might just end up edging him, which can be great fun in itself. So do not worry if he has no orgasm at all. It just means you will have to try again. And you can do that immediately. As long as he has not expelled his semen, you can continue to try for a ruined orgasm.

The key to ruining an orgasm is to stop stimulating him at the exact right moment. If you wait too long, he will have a full orgasm and there is nothing you can do about it. If you stop too soon, you will have only managed to edge him, and you can try again immediately. You will know you were successful when none of his ejaculate comes out forcefully. That is, it will only dribble or run out of his penis without any force what so ever.

The goal is to reach the point of no return and then do NOTHING! If you reach that point and even touch his penis with your finger, he may have a full orgasm. You must stop whatever you were doing to bring him to that point and do not touch him until you are sure that the danger is over. By that I mean, if his ejaculate does not dribble out at all, then you stopped too soon. But that is okay. You can allow him a few seconds, or a minute, to relax. Then you can begin again. If you stopped at the right time, try as he might, and he will, he will not be able to make his ejaculate squirt out. It will only dribble out.

If his ejaculate comes out any faster than a dribble, then you will need to wait until another day to attempt it again. Sorry, but he has had a full orgasm, even if he only spurts once and the rest dribbles out. That one spurt is enough to cause the release of the endorphins, etc.

Now, what happens after you have successfully ruined his orgasm? Anything you want to do. He will not feel the usual orgasm drop as I described previously. His body will react to a ruined orgasm as though it had no orgasm at all. You can bring him back to the point of no return quickly and easily and do it all over again. Or you can stop right there and tell him that he has had his orgasm for the month and you are done.

Is it possible to ruin several orgasms in one day? Yes. In fact, you can continue to ruin orgasm after orgasm until he has no ejaculate left. It usually takes three to five ruined orgasms to completely drain his system. We call that “ruined orgasm milking” because you are miking all his semen out and draining his system of any ejaculate. You can still ruin more orgasms, he just will not have anything available to expel.

Okay, there is one more thing I want to talk about since it relates to ruined orgasms. Edging. You may have heard the term, you may even be aware of what it is, but have you learned to do it? If not, allow me to give you some pointers.

As I said before, if you stop teasing, touching, stimulating his penis before he reaches the point of no return, you are edging him. How many times can you edge him before he can not do it any more? As many as it takes to totally exhaust him.

The truth is, you can edge him all day long, if you like. There is no limit to the number of times you can bring him the point of no return and stop. As long as he

has no orgasm at all, you can allow him a few seconds of rest and do it again. You can allow him to rest for as long as you like, but you should allow him enough time to catch his breath. If you do not give him enough time to relax, you may end up giving him an orgasm unexpectedly. It is up to you exactly how much time you give him, but some women wait a full minute before starting in again.

So there you have it. You now know the difference between a full orgasm, a stifled orgasm and a ruined orgasm. You also know the different effects each has on his body and disposition. So use this information wisely. Do not give in to his pleas for relief. If you want him to be denied for two months, do not let him convince you that he can not go that long. Yes, he can. He can go without an orgasm for as long as you want him to.

Now, if you are not using a chastity device, you may end up wishing you had one on him. He may, or may not, cheat by masturbating, but he may very well have a “wet dream” when you do not want him to. A wet dream is an erotic dream that, because of his level of arousal and/or some physical stimulation caused by sheets and blankets, causes him to ejaculate. This happens quite often in boys just entering puberty and young men, to a lesser extent.

So, even though your partner may not masturbate, it does not mean that he will not ejaculate. If this kind of thing happens, or happens often, you may want to consider a chastity device of some kind. There are plenty of them on the market, many inexpensive enough for you to try out. If you have a problem because of the fit, you may need to resort to a custom made chastity device. That will cost you a bit more, but in the end, it may be worth the added cost to keep him locked up properly.

I do not recommend any certain device. Every man is built differently and no one device is right for everyone. I have found, over the years, that every chastity device on the market has its drawbacks. The key is to find one that fits well, is

easy to take care of, and that has a way to lock it so that he cannot remove it at will. Other than that, I can not give you any more information here. Things change too quickly. As soon as I tell you not to buy a certain type, someone will come up with one of that type that is better than all the rest. All I can say is, do your homework, then be prepared to test different devices for yourself.

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## Chapter 12

### **4-Week Plan**

Every woman should have a plan. If you are setting up an FLR or just looking to integrate a little tease and denial into your sex-life, you should have a plan. In this chapter, I will help guide you through the process of developing that plan. For some of you, this may seem like review, while for others, it will be brand new.

Whether you are just starting out, or you have been at it for some time, it might benefit you to take this opportunity to start fresh. You may have skipped some of the following steps when you first set up your FLR, either because you were being pressured by your partner or because you were in a hurry to get started. Either way, if you are not currently doing at least the majority of the things I am going to outline for you here, you may very well be struggling when you should be sailing along smoothly.

To begin, your first week should be spent in preparation for the weeks to come. Though this is not a cookie-cutter program, simply because everyone, every couple, is different, it is an outline designed to get you started on the right path. It will help you develop patterns and habits that will make being in charge much easier than you ever thought it could be. So put your thinking caps on and let us get started.

Please note, while I normally recommend that any infractions of your rules, except direct disobedience, be dealt with swiftly and severely (if necessary), during this first month however, I ask you to simply take note of such infractions and hold punishment until the end of the week. By the same token, I recommend

holding back any special rewards as well.

### **Preparation:**

The first thing you need to do is to figure out how you want your average week to look. That is, what day of the week will be used for what. I recommend starting out by following the calendar. It makes it easy keep track of things. So make Sunday your first day. If you have kids around, you may have to modify some of the things you want to do and when you can do them. But for simplicity sake, we will assume that you do not have children. If you do, then you can make the necessary modifications to this outline to suit the time you have available to do the things you want and need to do.

Since Sunday will be the first day of every week, that makes Saturday the last day. I use Saturdays as a day for rewards and punishments. It is the day when I usually have more time to spend with my partner. Whether that time consists of all day or just that night after the kids are in bed, makes little difference. By using Saturdays for rewards and punishments, it means I have all day Sunday to start the week off fresh.

It is important to use the first day of your week as a day when you can forget about previous transgressions. Each week should start out as if it is the first day of your plan. That is, start each week fresh without anything carried over from the previous week. If your partner was disobedient, or was punished for some other transgression, that is now in the past and should be left there. Do not carry a punishment into the following week. By the same token, be sure your partner is rewarded for everything he deserves before you begin a new week. Consider each week an entity unto itself. Leave no reward or punishment unfinished. You will have enough to do in each new week without having to worry about unfinished business.

## **Week 1: Research**

This first week will be best spent doing research, making lists, and practicing a few minor teases of the kind you need to start making a habit of doing. Among these are mini-teases. You should get into the habit of using mini-teases as often as you can. Therefore, make a list of the kinds of mini-teases that you think you would like to use. You should make a list of at least ten different mini-teases that you think will be fun. After all, if it is not fun for you, it will not be fun for him, and you will fail, miserably.

On Sunday of your first week, sit down with your partner and explain that you are going to take charge of your lives. If you have already done that, you can skip it, but chances are, you will be doing things a little differently from now on. Whether you choose to tell him that or not, makes little difference. If you do not tell him, you can pleasantly surprise him this week.

Each day during this first week, you will begin working your way through your list of mini-teases. Do not try to do too much in any one day. Chances are, this will be a new routine for you (him as well) and you do not want to try to do too much. Each day, pick one or two of the mini-teases on your list and try them out. Do not bother to give your partner any warning of what you will be doing. Just do it.

Take note of how your partner reacts to each different tease. Does it make him nervous? Does he seem to enjoy it? Does he get sexually excited in spite of what he says? These things are important. If you find that he does not seem to enjoy one kind of tease, but gets really excited during another, you now know what works, and what does not.

If you keep a close eye on how your partner reacts to each new mini-tease you

introduce to him, you can start to modify your list by refining it. Remember, keep at least ten different mini-teases (that work) on your list. If one fails, replace it with something else. You should always keep an eye out for new things to try. It keeps things fresh and more exciting for you both.

Do some research. Check out some of the story type websites where you can read short stories. Some of them are pretty good, but you can always learn something, even from the not-so-good stories. Find ones that actually excite you. You can use them in many ways in the future. Also look through some online photos. You never know what you can learn from just a picture. I get new ideas all the time, just by doing a photo search on my favorite search engine. Captioned photos are especially good for this.

Make a list of different ways you might punish your partner should he need it. You know him better than anyone else in the world. Use what you know about his likes and dislikes to compile lists of punishments and rewards. Remember, it is always good to reward him when he deserves it. Rewards can often make punishment unnecessary.

Finally, if you are one of those women (I was one once) who are not comfortable giving your partner orders, practice. Think of him as a teenager. You have to be firm, but not abusive. That is, if you can get firm with a child, why can you not do the same with the man you love? A man, by the way, who wants you to be strong and correct him when he displeases you. Practice in front of a mirror, if need be. Again, you are not trying to be a mean B\*tch or anything. But you want him to listen to you and to understand that you are serious when you tell him to do something.

Take time, at least once during the week, to give him special attention in bed. It does not matter if he ejaculates or not this first week. Ejaculation (orgasm) control will come later. For now, though, make sure that you, yourself, get to have some pleasure. Tell him to give you a back, or full-body, massage. Maybe

oral sex is something you could use more of. Whatever you would like to have a little more of, tell him to do it for you. Tell him to do it BEFORE you do anything for him. Get your reward for all this work you are doing and do not worry about rewarding him. After all, he will get his reward at the end of the week.

Take special note of anything he does that you either like or dislike during the week. If he forgets to take out the trash, or he complains when you ask him to do something for you, take note. Literally. Take notes so that you will not forget. Of course, give him a verbal reward, or let him know that you are displeased with his behavior, but do not try to punish him now. Remember, Saturday is the big day for all that.

Speaking of Saturday, when it finally arrives, you need to sit him down and address all the things he has done during the week. Let him know what pleased you and what did not. Hopefully, there will have been no serious violations this first week. After all, you should not have been very demanding... Yet. This week, you want to concentrate more on the rewards. Show him how good behavior is rewarded. Do something sexual that you know he likes. Make it point to tell him that it is a reward for his good behavior. Impress upon him how much you appreciate him when he does what you want him to do.

As for his non-compliance, or misbehavior, you want to down play that just a bit. Scold him for whatever he has done, make the punishment light, or leave it with a scolding. We are simply trying to show him what kinds of things he can expect when he does well, we will get to more severe punishments, later.

This would also be a good time to reflect on the week. Ask him how he felt about it. Did he enjoy the things you did? What was his favorite thing? His most embarrassing moment? How did he feel when you performed your mini-teases? Get as much feedback as you can from him. It is your big chance to talk openly about the way things are going.

## **Week 2: Fantasy**

This week you are going to continue the mini-teases you started last week. Change them up, text him more, or less, and try some new mini-teases on him. While you are at it, you can have him give some insight into his fantasies. Ask him to tell you one of his favorites, or email it to you, or, if all else fails, have him send you a link to one of his favorite stories online.

I hope, by this time, you have developed a few fantasies of your own. If you are having fun, then it should be easy to come up with some kind of fantasy. Maybe you read something that peaked your interest. Maybe there is something you have always wanted to try but it was too kinking to actually do. Remember, we are talking about fantasy here. If you have difficulty expressing them out loud to him, try sending him an email with a fantasy in it. Or maybe you found a story you particularly enjoyed. Send him the link.

This is the week to start getting to know your wild side. If you can come up with one or two fantasies of your own, you can find out if they turn him on at all. He might just surprise you. Remember, men fantasize a great deal more than the average woman. So telling him your fantasies just might turn some of yours into some of his.

Try to find a little time during the week to have him give you a nice massage, a bath, or even some truly great oral sex. Have him use a vibrator on you, or anything that gets you going or that relaxes you. It is your turn to enjoy some attention.

Do not even bother to give him any kind of orgasm this week. Do not make a big

deal about it, just find an excuse not to do it. Have him tend to your needs first, then tell you him that he did such a great job that you are too tired to do anything for him. Promise to make it up to him if you have to, but do not give him an orgasm. Here is a thought, tire him out so much pleasing you that he does not have the energy to do anything for himself. If he complains, remind him who is in charge and that he should know that he will get what he needs, eventually. Do not worry, though, if he runs off to the bathroom and masturbates. The point you are making this week is that you are not going to give him anything yourself. Well, not until Saturday, anyway.

Sometime this week you should give your partner a chore to do. Something that he does not normally do, such as wash the dishes (even if it means just loading the dishwasher), or folding some of his own laundry. Give him a chore that he would not normally do. If he complains, remind him that you are in charge and that it would be a good way to earn a nice reward. Take notes on how well he does with his chores. Does he do them cheerfully? Willingly? Or does he gripe and complain about doing it. Maybe he did not do it at all.

Come Saturday, you will remind him of all the things he did that you were not happy about. You will scold him for not holding up his part of the bargain. Again, you may not need to physically punish him, but you can tell him what his reward would have been had he been a little more cooperative. While you are at it, give him special praise for any special attention he gave you during the week. Did he buy flowers? Candy? Did he do anything particularly special for you? If he did not, mention that it would have been nice if he had thought of you during the week. After all, are you not treating him to some special teasing?

### **Week 3: Denial Begins**

On Sunday, inform your partner that this week you are going to start some more serious teasing, but along with it, you are going to deny him an orgasm. If he complains that he did not get to ejaculate the previous week, you can try a little

experiment. Tell him that he can either live with it, or he can masturbate for you right then and there. If he agrees to masturbate for you, do not make it easy for him. Have him strip right then and do it. No stimulation, no video to watch, not even a sexy photo to look at. All he gets is you. Take a seat (anywhere) and tell him to begin. Give him a time limit if you like. But make sure he knows that this will be his only opportunity to ejaculate this week.

It does not matter whether he actually can (or does) ejaculate. All that matters is that he sees that you are serious and that you are in charge. Making him do it spontaneously, right in front of you, will be your way of testing him. Is he embarrassed? If so, does he seem to enjoy it? Does he have trouble reaching an orgasm under these conditions? If you are lucky, he will decide not to do it. Either way, you win.

This week, you should find time during the week to give him a fifteen to thirty minute tease session. This may, or may not, be the first mid-week session you have given him. The important thing is to show him that you can do it. Let him know that he is being rewarded, not punished, by you. You are doing this (teasing him) because you enjoy doing it and, hopefully, because he will enjoy being physically teased, and denied.

By this time, you should be getting use to doing the mini-teases. You should be able to do it, almost, without thinking about it. Do not forget to vary your routine. You do not want to get stuck in a rut. Keep things exciting for the both of you by changing some of the things you do.

This is also a good time to test out some other ideas. Give him a task to do while he is at work. Have him send you a photo of himself with an erection. Or have him stop off on the way home to make a “special” purchase. At the end of the week you can ask him how he truly feels about doing those kinds of things. These tasks should be of the limited humiliation type of tasks. Something just a little bit embarrassing. Do not go overboard. Make it simple. But make it

something you can verify. If he does them well, and does not complain about them, you may have discovered that he enjoys humiliation, at least a little bit. It has been my experience that most men actually enjoy this type of humiliation to some degree. And I always find it enjoyable to see just how far he will go for me. It never hurts to ask.

This Saturday, you will begin to use a little more than a scolding if he has displeased you. After all, you have been giving him quite a bit of teasing (I hope) and he should be appreciative of the time you put in. That means, he should be obeying you more willingly than ever before. If he is not better behaved, you may have to resort to some corporal punishment, just to make your point. Use a flat hairbrush, a ruler, or even a wooden spoon, if you do not have a small paddle. Make him bend over the back of a chair, or the bed, or even lay face-down on the bed if you like. Give him about five good whacks on his bottom and tell him that you will no longer put up with disobedience or his bad attitude or whatever the problem is.

Do not make a big thing about it. If this is the first time you have ever paddled him on your own, he will learn that you not only can do it, but you will do it, when he is not obedient. Again, take note of how he reacts to the whole thing. You may never paddle him again, but you have planted the seeds of discipline in his brain. He will not soon forget. If his behavior does not improve, or if it worsens, then you may have to find some other means of punishment. Remember, this was a test. If he enjoys the paddling too much, it will not be a good deterrent for bad behavior, or you may just need to paddle him a little more severely.

Notice, I did not tell you to give him an orgasm as a reward. You got him through one week without it, why not try for two? Or maybe three or four? Instead of an orgasm, give him more teasing. Set aside an hour for sexual activity. Let him please you first. He will be anxious to do just that in hopes of getting an orgasm for himself. Spend at least thirty minutes teasing him. Edge him a few times, or do not even allow him to get that close. When you are

finished, let him know that you are just not ready to grant him an orgasm at this time. Remind him that you might allow it next Saturday, if he is good.

#### **Week 4: Establishing the Rules**

Okay, you made it through the first three weeks. Great! Now you have more homework to do. This week, you need to work up a list of rules that you would like him to follow. It can be as short or as long as you would like to make it. If you like, you can include a list of rewards and punishments, though I would recommend against it. You do not want to get caught up in a situation where he begins to throw your own list back in your face should you decide to change anything.

Of course, you should continue your daily teasing with lots of mini-teases and some tasks he can do while he is not at home. If you determined that he does enjoy a little bit of humiliation, try the butt-plug while he is out shopping. Or have him insert one before he comes home from work. If you can, take a little more time in the evenings before bed to tease him a little while. Or simply have him pleasure you.

There is one more thing you need to consider at this point. Do you want, or need, to start using a chastity device? This can be a big decision. Maybe you know he wants it. Maybe it is something you think he needs to keep control of his ejaculations. It is a big decision. Then there is the cost to consider as well. Or maybe, that is not a problem for you. You may have to try it to see if it is something you want to continue or not. Either way, it is something to think about. Some men can control their masturbatory urges while others cannot. Maybe you do not mind if he masturbates once in awhile.

However, before you decide, you should consider this. After an orgasm, most

men go through a phase in which they are far less attentive, obedient, and just plain not interested in sexual activity. So take all this into careful consideration when deciding whether or not to include chastity in your relationship.

If you have done your job right, followed my instructions, and not allowed yourself to get bored or lose interest, then you are ready to strike out on your own. What you do from here on out is all up to you. You are the one in charge. Make sure you BOTH know that. Do not get all wimpy and start backing down when he pushes against your authority. You are the dominant one. Do not forget it. Do not let him forget it.

If you followed these steps carefully, you should have, by now, become more confident in your dominance, your position as head of the house. You can delegate any particular responsibility that you would rather not have to deal with. If you do not enjoy handling all the money, you can allow your partner to be in charge of the monthly budget as long he clears all large expenditures with you before making them. You can delegate anything you like as long as you still maintain control.

I hope you live a long, prosperous life as the lead in your Female Led Relationship.

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## Chapter 13

### **Conclusion**

It is my hope that more women will become the head of their particular households once they learn how much fun being in control can be. Society tells us that women should learn to be assertive and that a man is not required to be happy and self-sufficient. I agree. Society also wants us to be submissive to our husbands. With that I do not agree.

Science tell us that women are physically more fit for survival than men. If that is true, and I believe it is, it is only fitting that more women be in control of their families. I also believe that many women are in control, but don't realize it. They know that if they want something done, they have a way to get their husbands to do it. It is called "Erotic Power." I did not coin the phrase, but I often use it to show women the easiest way of taking control.

Tease and denial is simply a means to an end. It can be fun for both partners and can help women to realize the power they actually wield. Most men are willing to be better husbands and fathers with the proper incentives. Tease and denial provides these incentives and gives a woman the means to control the basic attitudes men have toward their families.

I hope that this book will show many women that they can be dominant without having to be cruel. After all, love is the basis for a successful relationship. But love is not enough in most cases. Since men and women are different, understanding those differences, and applying the proper incentives, will help more relationships last longer.

Whether you are looking to set up a female lead relationship or just want to add a little variety to your sex life, this book should contain everything you need to make it fun for the both of you.

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## **About The Author**

Mistress Ivey (Georgia Ivey Green), has lived as a female dominant since 2006. Before that she was a submissive to her current husband (and number one fan) where she learned what it means to be a dominant. She has been helping others to understand what a female led relationship (FLR) can be and how to make their relationships better since 2010.

Mistress Ivey has tried to educate people, and to dispel the stereo types that are normally associated with female led relationships that the Internet has, for so long, projected. She wants people to understand that a female can be in charge of a successful relationship without having to “dress” the part or be cruel. That is why she started writing her blog “Becoming A Mistress” back in October 2010. Now she is passing her knowledge on to you, the reader, in hopes that you, too, can improve your life and your relationship.

Check out Mistress Ivey's blog at:

Becoming A Mistress

FaceBook: mistress.ivey

FetLife: “MistressIvey”

**Other Books by Georgia Ivey Green**

Pain-Free Sex

How to Set Up An FLR

A KeyHolder's Handbook

Tips & Tricks for KeyHolder's

Taking Back Your Marriage