

THE *Language* OF *Desire*

Part Three, Worksheet Movie Night

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Movie Night

You knew this was going to happen, right? I'm asking you to sit down and watch a porno.

If you have never explored this category, you might be surprised at the sheer volume of content along with all of the specific genres. There are thousands of titles to choose from.

Not all porn is created equal

There are some companies who shoot higher quality, professional-level material. They also adhere to guidelines to keep the talent safe(r). In fact, in California there have been lawmakers pushing legislation to mandate condom use and STD testing.

There is also a plethora of amateur porn out there. With these movies, it is difficult to know if the talent is of legal age and/or if they are being filmed with consent.

If you are concerned with any of these issues, you can avoid amateur porn by selecting titles from established companies like Wicked Pictures or Vivid Entertainment.

Step One: Selecting a movie

It's true that the storyline doesn't really matter. You might decide that a certain title or genre sounds sexier than something else. Generally speaking, you can just as easily make your choice based on what DVD cover you like the best.

Peruse the cover photos and pick a movie based on which woman you find most attractive. It makes it easier to watch someone you think is attractive have sex than someone you think isn't.

There are sex shops in most towns that still rent and sell adult DVDs out of a storefront. That takes a bit of bravery to walk in, choose a movie, and face the cashier. But nowadays, you can discreetly order adult content through your cable provider. Go to the same area on your remote where you pay for regular movies and you should find a category for Adult.

Also, if you pay for premium cable channels, many of them have “late night” content you can watch without it showing up on your bill. A lot of this content is less hardcore, too (rated X vs. XXX).

Another option is to go online. For free content, YouPorn.com is a website that includes amateur user-uploaded content as well as clips from professional movies. There are also membership websites where you can watch movies. Be careful though, many of these websites are tricky with recurring membership fees that aren’t always easy to cancel.

It is also possible to purchase a DVD online and have it shipped to you. It takes a few days, but these websites ship them discreetly in plain packaging. Your postal worker won’t know what you’ve bought!

My recommendation? Order a movie from your cable provider. It’s easy and immediate.

Step Two: Watch like a researcher

Once you’ve chosen a movie or two, it’s time to watch. For some of you, this may feel uncomfortable. But remind yourself this is about research and understanding why porn is such a draw for men. You are watching this to learn.

If you are watching alone, obviously it’s important to make sure you have privacy and won’t be interrupted by kids or other people. And if you are watching online, use your own private computer. Don’t use your company-issued laptop!

While you are watching, take note of a few things, you can jot these down in your journal:

- See how the woman is overwhelmed by his presence. Sometimes all he has to do is walk into the room and the actress is seduced by that.
- Notice the camera angles and how the woman is filmed vs. how the man is filmed
- Pay attention to what she says and the moans/noises she makes
- Notice how she surrenders control to him. How does she indicate that?
- Look at how she looks at him (well, the camera usually). Imagine what that sense of control would feel like to the man.
- Observe how eager she is to please him and how much she encourages and compliments him on his prowess/anatomy.

You don't have to watch the entire movie, a handful of scenes will generally give you enough information to do this exercise.

Advanced Step: Watch together

After I got over my initial distaste for porn, I decided to see if it was something I could incorporate into my sex life. I sort of figured that watching the movie together felt better to me than him watching alone in secret, mainly because I didn't want him to feel like he had to hide it from me. And also, I thought maybe it could be a way to connect.

I was right. Watching porn together on occasion has been a positive thing for us for a few reasons.

- **He feels understood and accepted.** Porn is no longer something he has to be ashamed of or hide from me.
- **Sometimes it's funny.** Really, the acting is terrible and the plot-lines are cheesy in much of this. So we crack up watching together.
- **Sometimes it's really hot.** There is definitely a part of our brains that gets triggered watching other humans have sex. I honestly didn't expect it to happen to me, but it did.
- **It opens up communication.** Watching other people have all sorts of crazy sex on-screen has made us even more comfortable discussing our desires. We get ideas about things to try and also learn what does (and doesn't) turn each other on.

I want you to at least consider watching a movie with your guy. You might be pleasantly surprised at how it brings you closer.