

THE *Language* OF *Desire*

Part Three, Worksheet Self-Talk

by Felicity Keith

**Website: <http://www.DigitalRomanceInc.com>
Email: support@digitalromanceinc.com**

Copyright 2014 © by Digital Romance, Inc. All rights reserved. Reproduction and distribution in any way, shape, or form is forbidden. No part of this manual or its accompanying audio and/or video material shall be reproduced, stored in a retrieval system, or transmitted by any other means, electronic, mechanical, photocopying, recording or otherwise without prior written permission from the author. If you have questions, email legal@digitalromanceinc.com.

Copyrighted materials cited in this course are reproduced here for educational purposes only under fair use provisions of U.S. Copyright law.

This publication is designed to provide accurate and authoritative information with regard to the subject matter covered. It is sold with the understanding that the author is not engaged in rendering legal, accounting or other professional advice. If legal advice or other professional assistance is required, the services of a competent professional should be sought. Michael Fiore and Digital Romance, Inc. individually or corporately, do not accept any responsibility for any liabilities resulting from the actions of any parties involved.

Self-Talk

One of the biggest hurdles to overcome with dirty talk is getting comfortable saying the words, especially when it comes to talking about his penis. If reading them makes you blush, saying them is even tougher!

The more you practice saying them, the easier it gets, both to type them out and hit send as well as to say them over the phone and in person.

Like you did with the Madonna Moan, you are going to practice this.

I was pretty freaked out by the idea of talking dirty at first. It made me nervous and uncomfortable. So I put myself on a training regimen.

The best places I found to practice? In the shower and in the car. Also, after I knew my kids were asleep or times I had the house to myself.

Step One: Read your lines

Start out by reading these phrases out loud. Read 'em and repeat. Spend about three to five minutes saying them each time. Do this a few times per week:

I love your dick.

Your penis is incredible.

I can't wait to feel your penis inside me.

I want to have your dick in my mouth.

Your penis is beautiful.

Your cock feels so amazing.

I want your hard cock so bad.

You have such a magnificent cock.

Your dick gives me so much pleasure.

I love making you and your cock happy and satisfied.

I can't stop thinking about your amazing penis.

Seeing your hard dick turns me on.

I love how thick your cock is.

I love how your dick fills me up.

Take it slow, you are so big.

Your cock is so big, give it all to me.

I love your hard cock.

You last so long!

Your dick feels so good.

Show me your big hard dick.

Give me your big hard dick.

Fuck me with your amazing cock.

I love how you fuck me with your big hard cock.

You WILL FEEL DUMB doing this at first! But it gets easier the more you do it.

Step Two: Improv

Next, without using the list as a guideline, practice coming up with your own material. I would pretend that I was with my man about to get it on. I would tell him what I wanted him to do to me and what I wanted to do to him.

If it helps you to get into the right headspace, practice doing this when you masturbate.

- Focus on anatomy. What body part is doing what to another body part?
- Focus on sensation. How does it feel? Good, amazing, wet, tight, slippery, delicious. . .
- Focus on details. Fast, slow, hard, big, hot. . .

Do these exercises at least two times per week right now. I will remind you in your daily emails :)