

## Module Ten, Part 3: Fine-Tuning Your Technique

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## Fine-Tuning Your Technique

Alright, girlfriend, it's time to take your sexual superpowers to an advanced level of mastery.

As you've gone through this program and tried out these wild techniques, I'm sure you discovered that some things you tried went exceptionally well, while other things didn't.

Maybe they felt awkward. Perhaps your confidence was still a little shaky. You might have felt vulnerable and retreated back to activities or language you felt more comfortable with.

I may sound like a broken record (again. Ha!), but it's totally normal to not master something your first time trying it. With any new skill, it takes some time and practice to get it right.

For the activities that didn't go well the first time around, I want you to think about what didn't go right.

And how could that go better next time?

For example, if it was a Skype session, maybe dealing with the technology got you fumbled up.

If it was trying out a BDSM fantasy, it could be that the props were uncomfortable or you both didn't know how to easily use them.

Maybe it was a during phone sex and you stumbled over a word that sent you into a fit of giggles.

Perhaps you were doing the Oral Intensifier and the mirror behind you toppled over and knocked you unconscious. Okay...I sure hope that didn't happen to anyone. Ouch!

No matter what it was that didn't go perfectly, it wasn't the end of the world, right? I'm sure you both still had fun and it increased your feelings of connectedness. And I think anything that sounded sexy enough to try once deserves a second try.

## Back to what did go well...

Enough about problems. Let's talk about the stuff you had a blast with!

What were the techniques that felt like second nature?

## And especially, what were the activities and language that got the biggest response from your partner?

Write all of that down.

Next, I want you to brainstorm some ideas on variations to those techniques.

For example...

- Did he go nuts for Pavlov's Erection? Head back to the drawing board for other innocent items you could use as your "bell" to condition him.
- Did he love the Erotic Action Movie? Re-read that lesson and write up a new, even more provocatively daring script starring him as the sexy hero.
- Was Verbal Viagra the magic bullet? Make a point of using that technique often. It gets even hotter when you do it in a circumstance where sex would be totally inappropriate. Think charity auction, your kids' school Halloween party, grandma's 90th birthday... anyplace where sex would normally be the furthest thing from your minds. That contrast amps up the heat.
- Did 50 Shades of Experimenting open up some newfound kinky interests? Take a trip to the sex store together to browse for new props and toys.
- With Erotic Telepathy, are there other fantasies he has hinted at that you could bring to life for him? This is an excellent time to revisit that lesson anyway. Your mind is chock-full of the things that drove him wild with desire. I bet you'll think of new things you can add there!

It's quite possible that you will develop a list of favorite techniques that will become your go-to sexual menu. By creatively brainstorming variations, you can keep the interest level humming on high even if you are only selecting from a handful of core concepts.

And if you ever feel like things are getting the slightest bit stale, pull out a lesson that you haven't used in awhile and give it a go. You may discover that it's time to add that one onto your menu of favorites.

Also, you will likely discover that he is going to be eager to share his ideas with you, and he will probably take the lead in introducing new sexy activities. How delightful for him to turn the tables on you!