

DIRTY TALK

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1. WHY DIRTY TALK?

- **Increase intimacy** by allowing partners to communicate desires in a verbal and playful way.
- **Build sexual confidence** and help express what you like, want, or need in the moment.
- **Enhance arousal** through words and tone, creating mental and emotional stimulation.
- **Deepen connection** by making sexual experiences more interactive and personalized.

2. OVERCOMING NERVOUSNESS

Start small and simple:

- If you're new to dirty talk, start with compliments or descriptive words about what you're feeling.
- Example: "You feel amazing," or "I love the way you touch me."

Practice makes perfect:

- Use dirty talk outside of sexual encounters to build comfort.
- Example: Send a suggestive text or whisper something playful during the day.

Use your voice:

- Play with tone and volume. Sometimes, a whispered phrase can be just as powerful as explicit language.
- Experiment with being playful, dominant, or teasing in your tone.

3. DIRTY TALK DO'S AND DON'TS

Do:

- Start with compliments or descriptions if you're unsure where to begin.
- Keep it authentic – say what feels natural and true to you.
- Respect your partner's boundaries and pace.
- Use active listening to gauge what excites your partner.
- Check in if something feels uncomfortable or unclear.

Don't:

- Use language that your partner isn't comfortable with (e.g., certain explicit terms).
- Feel pressured to talk constantly – pauses are okay.
- Assume your partner likes what you're saying without getting feedback.
- Forget to check in with your partner after the experience

4. SEVEN TYPES OF DIRTY TALK

Narration (Describe what's happening):

- Narrate the moment and describe the sensations you're experiencing or actions you're taking.
 - "I love the way your hands feel on me."
 - "I can't believe how wet you make me."
 - "I'm going to kiss every inch of your body right now."

2. Permission (Asking for or giving permission):

- Ask your partner for permission or give it to them, enhancing the excitement through control.
 - "Can I touch you there?"
 - "Do you want me to go faster?"
 - "I need you to tell me what you want me to do next."

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Desire (Expressing what you want or crave):

- Share your desires, building anticipation and excitement.
 - "I've been thinking about you all day."
 - "I need you inside me right now."
 - "I can't wait to feel your mouth on me."

Compliments (Praising your partner's body or actions):

- Compliment their body, actions, or the way they make you feel.
 - "You feel so amazing."
 - "You taste incredible."
 - "I love how you know exactly what I like."

4. SEVEN TYPES OF DIRTY TALK

Flavor (Adding playful or specific sensory words):

- Use vivid, sensory details to enhance the experience with flavor and intensity.
 - "Your skin is so soft, I can't stop touching it."
 - "I love how you taste, I want more."
 - "You smell so good, it's driving me crazy."

Fantasy (Sharing a scenario or sexual fantasy):

- Create a scenario or describe a fantasy that excites both of you.
 - "Imagine if we were doing this in a public place."
 - "I've been thinking about tying you up and having my way with you."
 - "What if someone walked in right now and saw what we're doing?"

4. SEVEN TYPES OF DIRTY TALK

Affirmation (Positive feedback during or after play):

- Affirm your partner's actions and how good they make you feel.
 - "You're doing such a great job."
 - "I love it when you touch me like that."
 - "You're so good at this, I never want you to stop."

5. TIPS

Listen to their responses:

- Pay attention to your partner's verbal and non-verbal feedback. Are they responding positively? Do they seem excited or shy?

Use feedback to improve:

- Ask them afterwards what they liked or didn't like, and incorporate that into future encounters.

Encourage your partner:

- If they seem hesitant, offer gentle encouragement.
 - Example: "That turns me on when you say that," or "I love hearing what you're thinking."

5. TIPS

Stay lighthearted:

- If things get awkward or someone stumbles over words, laugh it off and keep going. Dirty talk should be fun and playful.

Get creative:

- Use different tones, scenarios, and fantasies to mix it up. Feel free to experiment with different roles and dialogues.

Practice makes perfect:

- The more you practice, the more natural it will feel.

6. IF YOU'RE FEELING SHY

Sighs and Moans:

- Don't underestimate the power of vocalizing pleasure. Moaning, sighing, or breathing heavily are non-verbal ways to communicate that you're enjoying yourself.

Touch and Feedback:

- Non-verbal feedback like arching your back, pulling your partner closer, or moving into their touch shows what's working for you.