



BEGINNERS GUIDE

*Wave Goodbye to Vanilla,
Explore the BDSM Lover
In Yourself!*

BDSM

Playbook

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BDSM Playbook

Beginner's Guide

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Introduction

I want to thank you and congratulate you for downloading the book, “ ***BDSM Playbook For Beginners.*** ”

This book contains proven steps and strategies on how to explore the concept of BDSM to bring about amazing improvements in your sex life and in your relationship.

Imagine yourself and your partner playing a game. Your lover stands behind you while you lean backward, eyes closed, and you let yourself fall, trusting your lover to catch you. Certain thoughts will probably race through your mind.

Will your lover catch you?

Will he/she let you fall?

Will he/she be able to catch you in time?

And yet, despite the risks, when everything goes exactly as planned, the both of you experience an incomparably exhilarating sensation. *This is what BDSM is all about: Trust. Excitement. An incomparable intimate experience.*

Sadly, Mainstream movies and cheap erotica have tainted people’s perception of BDSM. These days, a lot of people misconstrue BDSM as an abusive and bizarre practice. In fact, BDSM is about respect. It’s not about striking fear. It’s about conquering fear. BDSM is when trust, confidence, and curiosity win over the possibility of pain or harm or humiliation. Through this book, you will learn the true definition of BDSM, the origins and the basics, and more importantly, the benefits of introducing BDSM to your relationship.

During sex, you need to be involved not just physically but mentally and emotionally as well. BDSM makes you available and vulnerable to your partner in all three dimensions and vice versa, thus deepening your intimacy. Through these pages, you will discover the basic steps to incorporating BDSM into your sex life from proper communication to basic BDSM sex techniques to recommended tools and toys for beginners.

Thanks again for downloading this book. I hope you enjoy it!

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Chapter 1. BDSM Demystified

Nowadays, BDSM is often used to describe a broad range of erotic practices that are perceived as beyond ordinary, and even deviant. But if you've ever blindfolded your lover, if you've ever spanked your partner for naughty behavior, or if you've ever teased someone by briefly withholding sexual pleasure, then you've taken the baby steps to BDSM.

Contrary to what most people may believe, BDSM is far from being a modern sex fad. BDSM has been practiced for centuries though the acronym was first used between the 50's and the 60's.

- **B** stands for Bondage which refers to the use of restraints in order to heighten sexual pleasure.
- **D** stands for Discipline, which refers to the use of punishment and reward in order to control sexual behavior.
- **D&S** stands for Dominance and Submission which is commonly perceived as power play. D&S relationships need not necessarily be physical. In fact, there are a lot of Dom-Sub relationships online. Furthermore, Dom-Sub relationships aren't all that black and white. Couples may choose to switch roles from time to time. Meanwhile, some individuals have a tendency to develop a taste for the opposite role throughout the course of time.
- **S&M** means Sadism and Masochism which is usually where some people get their impression of BDSM. But as you are discovering now, there is more to BDSM than just whips and chains.

This acronym is that which ties together various sexual activities that may seem to have nothing in common at all. Others use the term BDSM to describe a fetish. Others use it to describe a lifestyle.

BDSM is more than just spanking or playing the role of the sub or the dom. BDSM is a great many things. It's about taking control. It's about relinquishing control. It's about inflicting physical pain to show love and respect. It's about taking the pain to show love and respect. It's that human beast of burden pulling a cart. It's turning your sex partner into a foot stool. It's mild hair pulling. It's suspending your sexual soulmate from the ceiling. It's keeping your lover on his/her toes... figuratively and literally. It's donning costumes and assuming a role. It's cock worship. It's forced bedwetting. It's a kidnapping fantasy. It's a nipple-pinching, ball-crushing, butt-bruising game. BDSM can be all these things and more. Yet it can never be used to exclusively define a single fetish or activity.

More importantly, BDSM is a consensual act and an agreement made between two

responsible individuals who want to bring their sexual experience to new heights. Ultimately, BDSM is a shared adventure where couples become free to explore their innermost fantasies, to discover their boundaries, and to push those boundaries.

BDSM is an exploration of the self. It is an exploration of one's partner. It is an exploration of one's willingness to be truthful to oneself and to one's partner. It is not a dehumanizing act. Rather, it is the most *human* form of lovemaking there is. Animals may have sex without talking, planning or negotiating but in BDSM sex, boundaries are made clear, setups are arranged, needs are addressed, and emotions are nurtured.

Chapter 2. The History of Kink

Records found by anthropologists dating back to 4000-3100 BCE in early Mesopotamia showed evidences of festivities and sacrifices which involve domination, cross-dressing, giving and taking of pain for pleasure, and altered states of consciousness.

Graphical proof of sadomasochism was discovered in an Estrucan burial site dating back to 6th Century BCE. It was a depiction of two men whipping one woman with the use of their bare hands and a cane while assuming an erotic position.

In the Kama Sutra (300 CE), you'll find sections which refer to sexual practices that involve pain and pleasure. According to the book, you must only inflict pain upon women who agree to receive it. Hence, the Kama Sutra provides us with the earliest record of consensual kinky sex.

There were references to BDSM activities in 15th century Europe though it became more public in the 18th century when brothels which specialized in flagellation, bondage, and "acts of punishment" began to flourish. During this time, dominant female prostitutes were available to meet the needs of submissive men.

In 1886, Richard Freiherr von Krafft-Ebing popularized the term Sadomasochism in his book *Psychopathia Sexualis*. Sigmund Freud utilized the word to describe a kind of neurotic sexual enjoyment. The term got its origins from the combined names of Marquis de Sade and Leopold von Sacher-Masoch. Both men were highly controversial authors during their time.

Marquis the Sade lived in France from 1740 to 1840. He bore the reputation of a worst libertine. He wrote several semi-fictional works which included heavily sexual scenes, something which the Catholic Church frowned upon. However, the philosopher and the aristocrat did more than just that. His stories and his plays depicted scenes that were not only regarded as erotic but also as violent and illegal. Take his work, "Juliette" as an example. It told the tale of an orphan girl who had just ripened to puberty. She was taken into a convent and there at the nunnery, she was initiated by the Mother Superior to acts of pleasure, from performing cunnilingus to using dildos. Other scenes in his works involved priests, nuns, and even the Pope kissing, fucking, masturbating with prostitutes and with each other, defecating and urinating on each other, and even hurting or killing each other violently while they're at it. Naturally, this infuriated the Catholic Church. The Marquis was locked up in an insane asylum for 32 years but that didn't stop him from writing and having his stories smuggled to be released to the public. The point is, the Marquis de Sade also practiced what he preached (or at least most of it) and for this, the term Sadism was created after his name.

The Austrian Leopold Ritter von Sacher-Masoch who was born many years later after the Marquis (1836) was known for his published work, *Venus in Furs* where he

elaborated on the concept of the dominant female. In this book, the man falls in love with a woman, volunteers to be her slave, and begs her to treat him in a degrading manner. As time passes, the acts gradually become more and more degrading. Like de Sade, von Sacher-Masoch practiced what he preached and even asked his wife to play the role of the dom and to do unto him exactly what's written in the book. Thus, it was only appropriate that the term Masochism was taken from his name.

It was in 1950's when Irving Klaw's black and white photos and films came out featuring the gorgeous pin-up model Bettie Page. Sometimes, she was bound and gagged, playing the role of the sub. Sometimes, she held the whip in her hands, playing the role of the dom.

Nowadays, the internet provides readers with all sorts of misleading info about BDSM causing them to get turned off before they even bother exploring this lifestyle. This is something that we are going to correct through this book.

Chapter 3. Better than Vanilla: Benefits of BDSM

BDSM leads to better sex

Great sex is when you can be free to be yourself with your lover -- no hang-ups, no pretenses. This is what you get with BDSM sex. Imagine how liberating it is to know that you're having sex with the *real* version of your partner.

Great sex requires variety and couples who practice BDSM are constantly expending time and effort in finding ways to make sex more exciting for each other. Trying one sexual adventure after the other enhances your curiosity and your confidence in bed.

Great sex is a result of great foreplay. Often in BDSM sex, there is constant touching involved. It's not the mindless, mechanical coupling that usually occurs during vanilla sex. In order for BDSM sex to work, it requires you to be aware, to be in the present, to be an active participant. And isn't that what a healthy relationship is all about?

BDSM leads to better communication in relationships

In order to have great sex, it's important that you don't just *do* it. You also need to be able to *talk* about it. Keeping all of your needs and fantasies to yourselves inevitably leads to dissatisfaction, frustration, and resentment towards each other. Couples who engage in BDSM are more communicative when it comes to expressing their sexual desires. In turn, they also become more open in expressing their deepest emotions.

In vanilla relationships, couples don't usually talk openly about sex. They don't confront their partner's shortcomings or wonder about their own until such a time when their relationship or marriage becomes threatened. BDSM couples, on the other hand, are naturally honest and direct with each other because they need transparency in order for the BDSM relationship to thrive. In fact, most BDSM couples tend to develop a secret language that only the two of them can understand. Each time you talk about rules and safe words or make a list of things that you want to do between the sheets, you are actively communicating and considering each other's needs.

BDSM increases intimacy between couples

When couples do something new together, this makes them vulnerable to each other. When you share an adventure with each other, the experience binds you. How can it not? You share a secret together. You've shared one euphoric moment after the next. Moreover, that feeling of bliss that you experience each time you try something new is

automatically linked to your partner. Thus, when you think of each other, you end up feeling the exciting sensation all over.

This goes without saying but each time you let your lover bind you, or blindfold you, or flog you, it necessitates a high degree of trust which is essential in all relationships.

BDSM promotes fidelity

Contrary to what most people may believe, BDSM relationships do not often lead to lewd sexual behavior, multiple sexual partners, and infidelity. In fact, couples who take BDSM seriously end up investing a great deal of time, energy, trust, and emotion into the relationship that it would be less likely for them to do anything to sabotage their efforts. They are unlikely to risk all the trust and safety that they have painstakingly built. Furthermore, two of the major causes of infidelity are sexual incompatibility and stagnation. Both rarely apply in BDSM relationships.

BDSM aids in improving mental health

Studies reveal that BDSM friendly individuals are less fearful, more open-minded, more secure in relationships, and better at coping with rejection. According to research, BDSM has therapeutic effects to individuals who have experienced psychological trauma in the past. That's because it allows you to express your sexuality without fear or shame. BDSM sex requires you and your partner to be fully present: mind, body, and soul during the interaction and thus the therapeutic powers of BDSM can be likened to that of yoga or mindful meditation.

BDSM lessens psychological stress and anxiety

A scientific experiment revealed that while participating in BDSM activities, the subjects' stress levels have noticeably decreased. Both dominants and submissives reflected lower cortisol levels in their systems. That's because in BDSM sex, you let go of expectations and judgment to give way to physical intensity. While observing both sub and dom subjects engage in giving and taking pain, scientists discovered decreased blood flow in the prefrontal and limbic pain regions in the brain. This yields a tranquilizing effect, thus lessening anxiety.

BDSM encourages self-advocacy

Who you are in bed is a reflection of who you are in real life. If you're frightened, anxious, or uptight between the sheets, that's who you are at home and at work. Whether or not it is manifested externally, it's who you are inside.

Participating in BDSM sex helps you become more honest and more upfront about your sexual needs. When you learn to confidently speak out in the bedroom by giving a command, that's when you stop being a person who just sits and wait for others to anticipate your needs. When you learn to speak a safe word during BDSM sex, that's when you stop becoming that person who's too afraid to interrupt someone mid-speech regardless of how uncomfortable you're feeling.

BDSM teaches responsibility

Whether you are a sub or a dom, BDSM teaches you that you are responsible for the quality of your sexual experience. Being a dominant is not about taking advantage of your power to suit only your selfish desires just as being a submissive is not about shutting your brain off so you could let your partner do all the work. BDSM is all about establishing a give-and-take relationship.

Some people mistake the role of the submissive as a powerless position and thus, one that is free from any responsibility. On the contrary, there is a special kind of power that the submissive possesses over the dominant. It's the sub who decides how long he/she will continue to give away his/her control. The moment the sub uses the safe word, the dom must stop. Once the submissive decides that he/she will no longer relinquish power, the Sub-Dom relationship is over.

Chapter 4. The Basics of BDSM

It all begins with the self

The first step would be to educate yourself. Learn to differentiate between fantasy and desire. Erotic fantasies reside in your imagination and as such, they have no limits. Desires, on the other hand, is something which you crave for in reality. So while you may allow your fantasy to go crazy, you have to be realistic about what you truly desire for your relationship and your sex life.

Naturally, you'll need to be honest with yourself about whether you're more of a sub or more of a dom. If you're a sub, what kind of sub are you, specifically? Are you a babygirl/mommy's little boy? Or are you more of a slave? There are so many levels to submission just as there are so many levels to domination.

But more than that, you need to be specific about the kind of erotic energy you want to try out. A touch can be nurturing, teasing, cruel, or agonizing, all depending on the erotic energy which you place behind it. For instance, you can't just ask your partner to spank you. It doesn't work like that. You need to be crystal clear about the kind of spanking that you desire. Do you want it to be light and playful? Heavy and rough? You need to reflect on all these things or else you'll end up not getting exactly what you want.

It's also important to ask yourself what BDSM means to you because this will determine where you must begin. Are you more interested in the B&D part or in the S&M part? If you're more into B&D, then it's recommended that you start off with simple blindfolding. If you're more into S&M, then it's best to start off with some mild spanking.

Basic BDSM Roles: *Subs... Doms... Which is which?*

- **Mistress** or **Domme** is a term used to describe the female dominant. She controls the pace of the sex and must be obeyed.
- The **Master** is the male dominant.
- The **Daddy** is a kind of male dominant where the submissive is called the **Babygirl**. Though possessing a dominant role, he is more nurturing compared to the Master.
- The female version of the Daddy is called the **Mommy**.
- It is important to note that the **Babygirl** or the **Daddy's Little Girl** is not an underage girl. She is, in fact, a grown woman who enjoys being in contact with her inner child. The male counterpart is the **Mommy's Little Boy**.

- The **Brat** is a kind of babygirl who acts out in a rebellious, child-like manner so as to provoke the Dominant to spank him/her.
- The **Submissive** refers to the individual who relinquishes power to the Dominant. Note that being a submissive doesn't necessarily mean that one is weak or clingy. In fact, people who possess power roles in their careers like bosses of great companies enjoy fulfilling the role of the submissive because it provides them with a welcome respite from having to make all the decisions. It gives them a brief moment to be carefree.
- Compared to the Submissive, the **Slave** offers a more complete servitude to the Master or the Mistress with a desire to be fully owned and to be controlled by him/her. As such, a symbolic contract is often drawn. Thus, the role is performed not just during sex but outside the bedroom as well.
- The **Switch** is what you call an individual who likes being the dom but also likes being the sub. This also refers to couples who enjoy power exchange and swapping roles.
- The **Sadist** is someone who takes pleasure in giving either physical or emotional pain or humiliation. Meanwhile, the **Masochist** is someone who takes pleasure in receiving it. Remember that all pain inflicted and all humiliations are consensual. Note that just because someone is the Dom, it doesn't mean that he's the Sadist in the relationship. He can, in fact, be the one giving the command but also the one receiving the pain. Hence, it's not necessary to be a sadist to be a dom and vice versa. A **Sadomasochist** is someone who enjoys receiving pain just as much as he enjoys giving it.

Have the Talk

There is no other way to go about it but to sit together and have an honest and mature conversation with each other. Start off by sharing your deepest, most secret desires with each other. Create an erotic bucket list, if you must. Listen to your partner's desires and encourage him/her to be honest by being honest yourself.

There are several ways in which you can prepare your significant other for the talk. For instance, you can read to him/her an erotic scene from a book that you love then ask your partner what he/she thinks about it.

E.g.: "That scene in "Secretary" where [Maggie Gyllenhaal](#) got spanked by her boss for her typos was pretty hot wasn't it?"

Explain to your partner what intrigued you most about that scene. You can say something like this:

"What fascinated me was how powerful the guy must've felt when he forced her to read

through her typos while spanking her bum raw. He must've felt like he was helping her learn a lesson she'll never forget. I loved how she enjoyed it too... being obedient, having her mistakes corrected without feeling offended."

You can even venture so far as to say something like:

"How would feel like if I do that to you every time you say a swear word?"

Whatever your lover's reaction is, take in a non-judgmental manner.

Here's another more straightforward approach:

"I had a dream where one of us was in charge during lovemaking. What do you think about that?"

When talking about your individual fantasies, the rule is to never say never. Have an open mind and don't automatically dismiss your partner's suggestions. If you think that your significant other's desires are a little too kinky for you, negotiate. Instead of saying: "No, I won't." or "No, I can't.", say: "Maybe not now." Or "We'll see."

If your partner is worried or anxious about incorporating BDSM into your sexual activities, discuss it without putting any pressure on him/her. Explore what his/her fears are. What is he/she worried about? What are the factors that have caused this negative idea of BDSM?

Don't believe everything that you see on the internet. Remind your partner that he/she doesn't have to do anything that they don't want to. In the end, BDSM sex is what you make it.

Set boundaries

Once you and your partner have both agreed to engage in BDSM sex, it's time to set the ground rules.

This is where you take into consideration your individual comfort zones. A checklist may be made just to be sure that you really are on the same page.

For example, if you're planning to explore bondage, discuss exactly how you're willing to be bound. Are you okay with your hands and feet being tied? Or would you be more comfortable if only your hands were tied and your legs are left free? When you're all tied up, what are the things that your partner are allowed to do? You may be okay with your partner kissing and touching you while you're all tied up but you may not be okay with sexual penetration while you're still bound. You need to be very specific.

Here are some examples of setting boundaries:

"Yes, you can put ice on my clitoris but never insert it into my vagina. Also, I'm uncomfortable doing this while I'm blindfolded and tied up."

“Yes, I’m okay with sex toys being inserted into my anus but dildos have to be four inches or shorter. I’m not sure if I’m ready for vibrating toys. I’m not comfortable with having anything attached to my penis.”

“I loved being spanked anywhere except on the face.”

The Negotiation phase is where you identify the roles that you’re going to play. Are you top or bottom? Are you sub or dom?

This is also where you come up with the Safeword which will be used if either of you feels uncomfortable. Be sure that the safeword is something that the both of you will easily remember and that it’s not something that you would normally say during sex.

For example, don’t use “No”, “Stop.”, or “Please, don’t.” as a safeword as it can easily be misconstrued as part of one’s roleplaying. Instead, say something like: “Candy.” or “Clover”.

You should also prepare for cases where safewords may not be used, like when the sub’s mouth is gagged or when you’re playing music loudly; for such cases, create the applicable safe signal. It can be a hand gesture (or a head gesture if the hands are tied).

Some couples create two different safewords where one means “slow down” while the other means “stop now”.

Once you have established your rules, stick to them. Even when, at the heat of the moment, you become tempted to take things one step farther, or even if you see that your partner can take some harder spanking, fight the urge and stick to the rules. It’s way better to leave your partner wanting more than to turn him/her off from BDSM forever. You can always renegotiate afterwards.

Take it one step at a time.

Always start with the feather before moving on to the whip. The greatest mistake that couples make is trying out too many things at one time. Another is immediately trying out toys and positions that are too complicated.

So before you start tying your partner’s wrists to the bed, try pinning her arms up with your hands and see how she feels about this. Before inserting dildos into your guy’s anus, why not start first with a gloved and well-lubricated finger and see if he’s really comfortable with it. Explore one element at a time. Don’t start off by combining bondage and whips in one go.

The key is to gradually build up the intensity. Have your partner rate your spanking from a scale of one to ten (ten being the hardest that your lover can take, NOT the hardest that you can give).

Evaluate constantly

It is necessary to communicate after sharing a BDSM experience. Talk to each other to find out whether expectations have been met and how you can improve the experience for the next session. Are you willing to take it to the next level? Should you take it down a notch? Or should you stay where you are at the moment?

Remember: Always Secure Consent

One great rule in BDSM sex is to “Never Assume Anything.” Consent is important because it’s the fine line which distinguishes kinky sex from abuse. It doesn’t matter if you’ve been having BDSM sex for years. Consent is crucial. Consent is a solid “Yes” from your partner. This means that he/she understands the consequences of the activity because you’ve discussed it beforehand. This is how men and women feel safe when assuming the role of the submissive. They are not fearful about what’s going to happen next because they already know what to expect. Thus, they are free to relinquish control to their partners. Likewise, this is how dominants feel safe about assuming their roles. It’s how they know that whatever it is that they do, it is wanted, welcomed, and enjoyed by their partner.

Before engaging in any form of BDSM activity, ask your partner plainly: “Before we begin, I must know that you’ve agreed to this.”

Chapter 5. BDSM Tools and Toys for Beginners

BDSM is a fantasy. In fact, think of it as a play that requires a plot, a setting, costumes, and tools.

Not everyone can afford to have his/her own red room of pain but with a few tweaks, you can magically transform your boudoir anytime into a shrine of pleasure. Turn your bedroom into a sacred space exclusive for sleeping and lovemaking. More importantly, turn it into a judgment-free zone.

Make use of aromatherapy candles and oils and install dim lighting to help set the mood. If you're planning on making BDSM love during the daytime, invest in thick curtains and blinds. You're going to be indulging in a fantasy so get rid of stuff that will distract you and remind you of your personal life. (ex. the laundry list that screams "plain housewife" instead of "Domme" or that mobile phone which will remind you that you're not "Mommy's little boy")

BDSM tools don't necessarily need to be physical. In fact, at the beginning, you're advised to start with simple tools which can be found at home. The real turn on in BDSM is the *idea* of dominating or being dominated. Thus, it's something that you can do with or without the use handcuffs or whips.

You can start assuming the dominant role by ordering your lover to lie supine on the bed.

Tell him/her exactly where to place his/her arms. Do this with utmost confidence. Your voice, your expression, your body language speaks louder than the whip in your hand.

Ultimately, the most important thing in BDSM sex is to weave a spell and to believe in that fantasy.

Before purchasing BDSM tools reminiscent of the Spanish Inquisition, why not look around your home for tamer toys.

You can also blindfold the sub with an eye mask. Bind him/her with a silk tie before progressing to handcuffs. Then use a clean feather duster to tickle your partner with. As mentioned, as a beginner, it would be more fun not to jump straight to using sex toys. Instead, use your imagination to utilize torture tools which are available to you. Your tongue! Lick your partner's body in random places while withholding pleasure.

Go easy and don't fast-forward to using ball gags for the mouth. Experiment with a suit tie first.

For spanking, start off by using the back of a hairbrush or a spatula instead of a whip.

If you want to explore animal play, don't begin by wrapping a dog collar around your

partner's neck. Start off by wrapping a small collar around the wrist or the arm then lead him/her around the room or house.

Do you think that you're ready for bloodsports (pricking the skin for pain and to draw small amounts of blood)? Well don't go there just yet! Start off by using a tracing wheel. Roll it around your partner's sensitive parts (ex. around the nipples, near the groin) and see if they're comfortable with it

Before using nipple clamps, test the waters by pinching your partner's nipples.

If you're into S&M, another household tool you can use is a candle. Start with one or two drops of hot wax into your partner's least sensitive body part.

BDSM Toys for the Big Boys (and Girls)

Floggers

The trick in choosing floggers is to determine exactly what kind of stimulation you're after. This will depend entirely on the thongs' width and the material they're made of. When purchasing leather floggers, a softer type of leather is more advisable for beginners. In fact, it's recommended to opt for the suede variety which will provide a milder sting and can help warm up your skin. Thin thongs made from rubber or stiff ones made from tough leather can inflict more pain especially when the whips are administered with force.

Crops

If you're ready for them, you can purchase crops from riding stores. Remember though that the stiffer the crop is, the greater the sting. Also, the smaller the tip/tongue is, the more it is capable to inflict pain.

Canes

The thinner canes are, the more they are likely to hurt and even break the submissive's skin. Soft blows with thicker canes are more recommended for newbies *after* some practice with the hairbrush or the spatula. One technique is to not actually hit the submissive but to tease him/her by blindfolding him/her and then swishing the cane in the air rapidly and really hard.

Nipple Clamps

Beginners are better off with the screw-up variety which can be adjusted. The technique is to start off by leaving the nipple clamps on the sub's nips for a maximum of two minutes. The moment you remove the clamps, that's the time when the sub will actually feel the pain as the blood comes rushing back to that area.

Paddles

The rule for choosing paddles is that the wider and stiffer it is, the more intense the pain will be. Opt for soft suede paddles. Naturally, you should start off with flat paddles before experimenting with studded ones.

Restraints

In choosing restraints, opt for ones that have broad straps that fit well. They are recommended to ensure comfort during lengthy roleplaying scenes.

If you plan on using ropes then be sure that they don't put pressure on any tendons or ligaments. It would be extremely uncomfortable for the submissive if there's an enormous knot pressing against his/her back as he/she is lying down.

Once you and your partner decide that you're ready for neck collars, remember this rule: Never leave the sub unattended if his/her neck collar is attached to any object.

Your Imagination

Your brain is undoubtedly the most valuable BDSM tool there is. Unlike any sex toy, your imagination possesses unrivaled potential in building excitement and fantasy.

One thing you can do is to send erotic text messages or emails to each other during the day. Tease your lover and build the passion to a crescendo by telling your sexual soulmate exactly what you plan to do to him/her.

As mentioned, Sub-Dom relationships often occur online without any physical contact.

For example, a Dom can easily call his/her Submissive and order him/her exactly what to eat for dinner. "I want you to eat three slices of carrots, one pea, and a matchbox sized chicken meat. No skin. Now, take three small sips of wine."

Don't underestimate the power of language. Use personal honorifics to refer to your sub/dom. You can call your sub your "kitten", or your dom your "Queen"

In the end, remember that BDSM sex is a deeply personalized experience. It is only as wild or as dangerous or as exciting as you make it. As mentioned earlier, BDSM is such a broad term that can mean a lot of things but ultimately, it is what you make it to be, from a fun one-night thing to a rich lifetime experience.

Conclusion

Thank you again for downloading this book!

I hope this book was able to help you to learn the true meaning of BDSM, its basics, and its benefits.

The next step is to apply these tips and strategies to bring your sex life and your relationship to exhilarating heights.

Lastly, remember that sex is meant to be an extraordinary experience, so don't be afraid of exploring activities and sensations that are beyond the ordinary. Each of us has our own fetishes and fantasies. Are you brave enough to live out yours?

Finally, if you enjoyed this book, then I'd like to ask you for a favor, would you be kind enough to leave a review for this book on Amazon? It ' d be greatly appreciated!

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Thank you and good luck!