

Male Chastity

A Guide for Keyholders

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Take Care, not Risks!

This book is for consenting adults who recognize that the adult activities they enjoy in private require correspondingly adult levels of responsibility and common sense.

As with any erotic activity that involves physical restraint, misuse of a chastity device can be dangerous. The author and publisher of this book accept no liability for the consequences of any such misuse.

If you are uncertain of how to use a chastity device (or anything else) safely, refrain from using it until you have clarified your questions and concerns with the supplier or manufacturer. If the supplier or manufacturer refuses to stand behind their product by providing information on its safe use, then choose an alternative device.

Male Chastity: *the practice of securing a consenting adult male by means of a lockable chastity device such that the chastened male's sexual release can be achieved only with the keyholder's involvement and consent.*

Keyholder: *the one who holds the above male's key.*

Preface

The male libido is very different from the female. It is almost entirely focused on the sex act – which, for a heterosexual male, generally means engaging in sexual intercourse with an agreeable female to the point of ejaculation.

Denied access to an agreeable female (or if she is temporarily unavailable), most males resort to masturbation and sexual fantasy as a 'safety valve' to release the tension caused by their biological drives.

From the point of view of the perpetuation of the species, such a highly-focused sex drive is natural and desirable; how else were men supposed to 'Go Forth and Multiply'? Unfortunately, the tendency that worked so well when it came to spreading humanity across the face of the planet can turn out to be a problem in a modern loving relationship.

Do you recall how your man behaved, back when he was courting you? Wasn't he more attentive, more romantic, more concerned with pleasing you? Did he ever forget to call you, back then? Have you ever wondered where that attentiveness came from, or asked yourself where it went?

It came from his natural sexual tension, and it most likely left through that safety valve I mentioned before.

Without a doubt your man liked you; without a doubt he loved you; without a doubt he desired you. And that desire was based on sexual tension, on the physical rewards you could offer him – rewards that were temporarily denied, although he knew they were right there within his grasp, if only he could win you...

That's what desire is.

Think back to the last time you and your man made love. Was he as passionate as he used to be in the early days? Did his interest wane as soon as he'd had his climax? Did he roll over and start snoring? Did his ability and inclination to please you fade as soon as his libido was satisfied?

That scenario might be all-too-common, but it's not inevitable. This book describes an alternative that can lead to a return to romance and a re-kindling of desire, and it involves taking physical control of your man's opportunities for sexual arousal and orgasm.

If you can manage this, you will have harnessed his libido, which is the most primal of the forces that drive him. You will be able to ramp him up and bring him back down, tease him and please him and delight him (but not necessarily to the extent he would like).

You will – quite literally – hold the key that can unlock his nature; that can help you understand him and help him understand you and your needs. You will find that he becomes eager – desperate, even – to fulfill your desires.

And just as importantly, with a man who is amenable to these ideas, you will find that you have fulfilled wishes he never knew he had, and satisfied his own deepest needs as well.

PART ONE

INTRODUCTION AND ORIENTATION

Introduction

You might have picked this book up for any number of reasons:

- You might have been given it by your husband or boyfriend.
- The cover, title, or subject matter might have piqued your curiosity.
- You might have come across the idea of male chastity elsewhere, and be curious to learn more about how it can spice up your love life and help you get more from your relationship.

Speaking from experience, I am certain that the first reason is by far the likeliest: your attention has drawn to this book by the man in your life. If so, he hopes to receive a gift from you. As you read the rest of this book, you will discover what that gift is, and what you might expect to receive in return.

Most of the time in a heterosexual relationship, the man is the one who wears the pants. Part of that may be due to biology, though it sure also goes back to the way most of us have been brought up, with boys encouraged to be decisive and daring and girls encouraged to be desired and demure.

Then there's the fact that men still tend to earn more than their female counterparts; that's likely to make him the main breadwinner, which in turn gives him a lot of influence over how the household income is spent.

He's also likely to be physically stronger, and a lot more bull-headed, than you are. Because women are trained to a more nurturing role, there's an excellent chance that you're more aware of his needs than he is of yours (or your family's), and that he spends less time focusing on you and more on his other goals (such as his work).

Sounds great, doesn't it? He gets all the attention and has the interesting, lucrative career, while you get house hold chores, child-rearing – and to take care of him. As far as sex is concerned, he gets to initiate it whenever he wants; any time you don't happen to be in the mood, he can take care of himself.

So why is there such a high probability that he gave you this book? Why has the idea of male chastity – in which a man surrenders a great deal of power, including absolute control of his most intimate parts, to his wife or girlfriend – become increasingly popular in recent years?

Believe me, with the vast majority of straight couples who decide to experiment with male chastity, the idea didn't originate with the woman (though perhaps it should).

What you may not realize is that a surprisingly large number of apparently traditional men are submissive at heart. In particular, they are sexually submissive. When it comes to dealing with his own submissiveness, a man has three options:

- He can go through life silent and ashamed, keeping his submissive nature secret and never sharing this important aspect of his sexuality with his lover.
- He can, either to a greater or less extent, seek relief through Internet pornography, masturbatory fantasy, on-line chat rooms, or even less savory options.
- He can come out to his wife or lover, trusting that she will appreciate his honesty, understand his submissiveness, accept him for who he really is, and perhaps even help him find what he needs.

If your man asked you to read this book, he has clearly chosen the third alternative. Good for him, and for you! The nature of your relationship is such that your man is able to trust you, without felling he must conceal a crucial part of himself from you.

The ball is now in your court. How will you respond? Will you go along with everything he wants, or will you decide it's all too yucky and pretend you lost the book?

Or will you read the rest of the book, waiting until you've had the chance to absorb its contents before responding.

The ideal from his point of view, of course, would be for his admission to trigger a matching revelation from you: that you've been wishing to dominate him sexually for the longest time, but were too embarrassed.

The thing is, things seldom happen that way – so don't worry if that's not how they're working out for you. The reason is simple: the submissive kink is much, much more widespread in men than the dominant kink is in women. (In fact, fetishes and sexual kinks of any kind seem to be more common in men than in women).

None of that is to discount the possibility that you are a dominant woman who has picked up this book with a view to introducing its ideas to

your submissive male partner. If that's you, then you'll find plenty of guidance in the pages to come.

If, on the other hand, the concepts of sexual dominance and submission are new – or at least, not entirely familiar – to you, and if you're reading this book at the request of your man, then you can safely assume he's hoping that you'll discover and nurture a seed of dominance within yourself, and that you might eventually decide to act on the information contained within.

And if you are a man – if you hope to persuade your wife or girlfriend to take control of your chastity – then you'd be well-advised to hand this book straight over to your better half. The most you'll get from reading any further is a hard-on. Do yourself a favor and wait until it's the proper time for you to learn what your lover has in store for you.

What is Male Chastity?

Male chastity means different things to different people. Strictly defined, it refers to any male abstinence from sexual activity. For example, monks, priests, and various other holy men practice male chastity (or at least they're supposed to), generally in the service of their god.

Within a heterosexual relationship, the term refers to the case where the man refrains from any kind of sexual gratification unless granted permission by his wife or girlfriend. This type of chaste male abstains in the service of his Goddess rather than of his God. He does so in the knowledge that his sexual sacrifice will ultimately enhance the couple's pleasure.

In some cases, the man remains chaste voluntarily and without any kind of enforcement. He simply promises to refrain from sexual stimulation or enjoyment unless his lover summons him to the bedroom (or otherwise grants permission for his abstinence to end).

In recent years, another type of male chastity has become increasingly popular, in which the man's penis is locked into a specially-made device (typically this is a tube or cage) and kept there for periods of up to several days, or even longer, at a time.

The device is generally too small to allow a full erection and once locked up, the man cannot remove it or touch himself in any way, giving the person who controls the key (the so-called keyholder) an unprecedented level of erotic power.

Some couples use male chastity as a means to empower the woman in many or all areas of the relationship. For others, it simply brings a little extra spice into the bedroom. And of course, there's a whole spectrum of desires, fantasies and practices in between.

This book is about male chastity within a long-term relationship between a woman and a man who know and trust one another. It is aimed at couples who want to rev up their sex life, who are prepared to experiment with new ideas, who are responsible and caring enough to take one another's well-being seriously, and who perhaps wish to go further than occasional bedroom play.

Why Male Chastity?

If you've never come across the idea of male chastity before, you're probably wondering what all the fuss is about. Your natural questions might include: '*Why on earth would he want me to lock his penis up so that he can't even touch it?*' and '*Why would I want to deny him access to his own body?*'

In one sense, the answer is self-evident: if your man has agreed (or more likely, asked) to be so locked up, then he must want to at least try it. Some deep, dark part of his male psyche craves to be controlled by you, to be entirely at your mercy.

Another answer comes from the ideas of philosophers like Jean-Paul Sartre, who taught us the value of embracing desire without necessarily acting on it. According to this philosophy, the journey is more important than the destination; the means are more important than the end. Delaying gratification allows more time to linger over the whole experience, and makes the ultimate climax all the more explosive when it comes. By locking up your man's penis and taking control of his release, you are helping him to delay his sexual gratification – something he might not be able to manage on his own.

Another possible origin can be found in the idea of the male making a sacrifice for the female – a concept that is hardly new, at least in stories. How many myths, legends and folk tales include a hero who is motivated toward self-sacrifice on behalf of the woman he desires, and who thus endures all kinds of difficulties and hardships at her behest?

Here's a well-known example: for the most chivalrous and adventurous of King Arthur's knights, putting life and limb on the line in the service of some fair damsel was almost a lifestyle choice ... and when the maiden rewarded the knight with her favor to wear during a joust, how proudly he would display it as he strove to make her his Queen of Love and Beauty in the lists!

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In one sense, a man locked in chastity is sacrificing his chance for sexual pleasure. In another sense, his sexual pleasure is simply deferred and thus heightened; his commitment to his keyholder is certainly deepened. When a man's sexual release is delayed, he becomes more and more aroused. The more you tease him and deny him release, the hornier he gets (and the more eager to please you).

So it's hardly surprising that a man should become more attentive as his keyholder ramps him from arousal to frustration and back; his options for achieving sexual satisfaction have been taken (literally) out of his hands and narrowed down to the will of a single person.

By becoming your man's keyholder, you accept his sacrifice and repay him with a unique and extraordinary gift. What else will you demand in return for that gift? Be certain that he is eager to know, and to respond. The answer a man receives to this urgent question will be different for every woman and between every couple; we'll examine some possibilities shortly.

For now, let's just recall that nature has endowed the female with the ability to enjoy many more orgasms than the male – and that male chastity does nothing to change that. Quite the opposite, in fact. You will have plenty of opportunities to confirm this for yourself as you gradually learn to harness (and fulfill) his sex drive in the service of your own.

You should never feel any sense of selfishness or guilt in doing any of this. Male chastity might seem cruel and unusual, but it's no more than what your man has asked for, or willingly agreed to. Any demands you make of him, and any denials you impose on him, are part of his submissive fantasy. And in compensation, his sexual release (when you eventually permit it) will be like nothing he has ever experienced before.

So rather than depriving him of liberty and treating him cruelly, you are providing something that he wants and needs: the feeling of being controlled, teased, aroused and frustrated by the device, and by you. If that leads him to pay you more attention and to find new ways to please you, so much the better. Your pleasure will become his pleasure as he strives to serve, and to deserve your gift of holding (and eventually using) his key.

As a couple, you may discover that male chastity brings a new closeness and a re-kindling of desire that you had perhaps thought left behind with your dating/courtship days. You will certainly experience a profound shift in the power and pleasure dynamic of your sexual relationship.

Why not Male Chastity?

Male chastity is not for every couple. It's quite possible that, once you're done reading this book, you'll set it aside with the words, 'Thanks, but no thanks.'

Every monogamous relationship includes two people, either of whom is free to introduce new ideas, and either of whom is free to turn these ideas down. We've seen that the subject of male chastity is more likely to be brought up by the man; if this is the case then it can be hard for his lover to understand why he would desire something so seemingly perverse. Despite all advice to the contrary, the idea of locking him up may make her feel cruel or mean – or it might simply leave her cold.

Equally, if the idea comes from the woman, it can be hard for her male lover to imagine the benefits – unless he's open-minded and trusting enough to try.

For the man, male chastity brings some inconvenience, for example personal hygiene may require more time and care. He may also need to sit down while visiting the bathroom.

For the woman, male chastity brings extra responsibilities. An important aspect of her man's bodily well-being – one that was previously his own private business – is now under her direct control.

If any or all of the above aspects of male chastity are more than you're prepared to deal with, or at least come to terms with, then it's probably not something that you're going to enjoy. If your man is still dead-set on bringing this kind of erotic play into your sex life, then you might wish to consider playing occasional chastity games with him, while avoiding keeping him locked up long term.

Whatever you do, don't let him bully you. The whole idea of male chastity is for him to sacrifice and serve, not for you to get pushed around.

What's in it for you?

In two words: perpetual courtship.

Before we get into the details of what that means, let's consider what you have at the moment. In other words, what's not in it for you right now:

- Do you spend a lot more time and effort pleasing him, than he spends pleasing you?
- Who is more aware of, and attentive to, the other's needs – you or him?
- Do you receive oral sex as frequently and enthusiastically as you would like?
- How about back rubs and foot rubs?
- When he does perform these services, does he sometimes render them hurriedly, reluctantly or resentfully instead of joyfully?
- Does he do his share of the household chores?
- Is your relationship as emotionally intimate as you would like?

On the following pages, you will find space to record the areas of your relationship that you would like, in an ideal world, to change. Please take the time to fill them out. If you don't want to write in this book, use some separate sheets of paper.

The important thing is to come to a clear, written understanding of what you're looking for in return for the gift of keyholding. Make no mistake: holding a man's key *is* a gift, and one that requires significant time and attention from a loving keyholder. Do *not* feel awkward about demanding something from your man in return – the enhancement of your happiness is an essential aspect of his submission to you. So relax, and empower your chastened man to meet as many of your needs as possible; that's exactly what he craves to do.

By making these lists, you are defining the currency with which he will be able to earn and repay your gift, and creating the ledger that will show you (and him – remember that he wants you to enjoy this, too) that the effort has been worth your while.

If you honestly can't think of anything to write, why that means that your relationship with your man must already be perfect. Will you reward him by becoming his keyholder, or will you leave well alone? The choice is yours.

What's in it for Him?

If your man gave you this book, then he may already have explained why he is interested in being chastened. In case he hasn't vocalized his needs, or if you're researching this subject on your own account, then here are some ideas that help explain why men are submissive in the first place, and what a submissive man can get out of being chastened by a loving woman.

If you're finding it hard to come to terms with the notion that the world is full of sexually submissive men, then try an experiment. Next time you see a movie poster featuring a leather-clad, tight-laced, spike-heeled Goddess (and you don't have to look too far for such things nowadays), check out the male passersby – and watch their heads turn.

Why should so many normal, healthy men feel so attracted by the idea of the erotically powerful, demanding, self-interest female? One reason might be that men are burdened with many dominant roles (whether as heads of households or heads of corporations) in everyday life. According to this theory, powerful males sense that their lives are out of balance, and seek to redress this in the bedroom by shedding responsibility and control along with their clothes.

Even discounting this male tendency to sexual submissiveness, a man who is denied orgasm is a man who is constantly horny, and let's face it – horniness is fun for them, particularly if a desirable woman (that would be you!) is close at hand, and just possibly willing to help them out. Teasing, denial, and uncertainty are all part of an erotic game that's highly stimulating to the male libido.

A man securely locked in a chastity device has no sexual outlet apart from his keyholder. Self-relief is no longer an option. Sexual fantasies will doubtless persist, but they will increasingly revolve around you. (Did you think they involved you in any case? You might well be right, but you can be sure that whatever you got up to in those fantasies, they were things that he liked, and not necessarily anything you'd have wanted!)

Imagine the key to his penis dangling from a chain looped about your neck. Imagine what that will do to him: who do you think will be on his mind each time he gets aroused? And when the device grips and (mostly) prevents his spontaneous erection, who will he wish were gripping it instead?

To the chastened male, his keyholder becomes the most beautiful, desirable, and unattainable woman in the world – and what man wouldn't enjoy wooing and perhaps even winning such a woman, over and again?

Finally, by taking control of his own masculinity and by handing part of that control to his keyholder, the chastened male is set free to focus less on self-gratification and more on his life-partner, home and family. In an age where many of us often forget what truly counts, to be helped toward an understanding of the real things in our lives is no small gift.

But a Nice Girl would Never do such a Thing...

Human society has a natural tendency to stereotype people by placing them into this group or that, setting up patterns of behavior to which individuals are expected to conform.

Often, these expectations guide us toward behavior that's good for us – and just as importantly, good for the society in which we all must live. Other times, they can constrain our options for happiness, by forcing us into counterproductive modes of living.

Presuming that you think of yourself as belonging to the 'Nice Girl' stereotype, what does that actually mean?

- Does it mean you must sacrifice your own happiness and wellbeing, always putting others' needs and interests before your own?
- Does it mean you should only engage in a limited range of sexual behaviors, a range sanctioned by your parents, friends, church or social group?

- Does it mean you should never be selfish or demanding, regardless of the reward for both yourself and for the person ‘suffering’ from your ‘selfish demands’?

Everyone of the above definitions might be true, But surely the truest definition of ‘niceness’ is that nice people do nice things for one another. Dressing those things up in outrageous clothes, forceful words or earth imagery doesn’t stop them from being nice.

Quite the opposite if you just give yourself permission to embrace some of those things, it can make them even nicer...

If being nice is about making things nice, then ask yourself: are things as good as they could be, right now? In your relationship, your bedroom, your home? Is your ‘Nice Girl’ ideal helping, or hindering, the happiness you share with your man? Are you prepared to take a chance on making things better?

Maybe you’re worried that the forceful nature of male chastity seems like using sex as a weapon. If that were true, it would be a very bad idea indeed: using sex in this way can never be a positive act. Keeping your man in chastity is not, however, a skirmishing tactic in the war-between-the-sexes. Rather it’s a way to give him a great deal of pleasure.

Still not convinced? Then consider this: using sex as a weapon is a cold and calculating thing to do. Exercising control for the purpose of teasing, denial, mutual pleasure and fantasy-fulfillment is a hot and spontaneous thing to do. So what if you’re going to have multiple orgasms for every one of his? That’s inevitable because of the natural physiological differences between the sexes; it comes with the hand you were both dealt along with your genders.

For a man, there’s a huge difference between a relationship where he’s simply not getting as much sex as he would like, and one with limited male orgasms but plenty of erotic heat.

A man in the *former* kind of relation is liable to become surly and resentful. He’ll end up preferring the bar or the golf course to his own home, choosing the society of his buddies over that of his own family. He

might seek relief in pornography, masturbation or phone sex lines; in extreme cases he may be tempted into a ruinous affair.

A man in the *latter* kind of relationship can still enjoy a game of golf or a drink with his buddies, but those other activities will be strictly out of his hands – and he won't be interested in pursuing them anyway, because the erotic stimulation he craves is right there at home, with his chosen partner.

Here's the bottom line: 'Nice Girls' are allowed to have fun. They are allowed to take control, if they so desire. They don't always have to be the ones doing the cooking and cleaning. They can put themselves first and their submissive men second. Taking pleasure from a man doesn't disqualify you from being a Nice Girl; neither does being worshipped and adored.

And one of the nicest things about all of this is that your chastened man, driven to the far edge of horniness through your sexy teasing, denial and feminine empowerment, will love every moment of it. Even when he's frustrated – *especially* when he's frustrated – his libido will revert toward its eighteen-year-old self, and that's got to be good for both of you.

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As we've seen, enforced male chastity is a gift you give your man. It is a serious matter that requires your love, time, attention and care, as described later in this book. He will be offering you many gifts in return, of course, but yours is the more important one: it is your gift that enables the exchange.

Such a gift does not come without costs" when you take power, you also take responsibility. By the same token, your man is relieved of a piece of responsibility along with every piece of power he yields to you.

By becoming your man's keyholder, you accept these responsibilities in order to train and develop him in the study of your pleasure, and ultimately to enhance his own pleasure as well.

How can offering him such an opportunity not be a generous act?

But surely He's already Chaste?

You wish! If your man has told you that he never masturbates, he's almost certainly being less than honest (don't worry too much" this is most likely the result of embarrassment rather than any other true desire to deceive). After all, you surely have one or two things that you wouldn't want to share with him...

Almost all men masturbate, even when they're involved in a committed relationship. According to one survey, most males masturbate daily until they reach their thirties or beyond. In another survey, only one percent of males claimed not to masturbate (and you have to wonder about the reliability of that one percent).

So male masturbation is perfectly normal, and as long as it's not excessive or compulsive, it shouldn't have a direct impact on your relationship.

However, a man's libido is like money in the bank: once it's spent, you have to wait for the next payday. Since your man's sexual attention is in limited supply. You might prefer that it's spent on you ... and male chastity has a way of making sure that's exactly what happens.

We've already seen that he has sexual fantasies. He has them when he's masturbating, when he's day dreaming, probably when it looks like he's watching TV. There's no way you'll ever keep him from fantasizing (not that you should even want to) but you can be sure of one thing: if you lock up his penis and hold his key, all future auditions for parts in his fantasy life will be canceled.

The starring role will belong to you.

PART TWO

PRACTICAL MATTERS

Before You Begin

Well-made chastity devices don't come cheap – you won't get away with less than several hundred dollars at the top end of the market. This means that a decision to bring enforced male chastity into your relationship to bring enforced male chastity into your relationship carries a financial as well as an erotic significance, so please don't rush it (and don't let your over-eager lover bounce you into a hasty commitment).

Budget devices are available, but they generally offer a lower level of quality, comfort, and security. They might be fine for occasional play or experimentation, but don't expect them to be suitable for extended use, or to be as well-designed, attractive and robust as the high-end models.

If you make the mistake of buying a device that's uncomfortable, insecure, or otherwise inappropriate for its intended use, you'll have ended up with an expensive paperweight (these items are generally not returnable, for obvious reasons). The same goes for buying a device before you and your lover are as sure as you can be that you're truly committed as a couple to the idea of bringing male chastity into your relationship.

Before you even go shopping, then, please undertake (together with your man) the two chastity exercises described below. The keener your man is on the idea of you becoming his keyholder, the more cooperative he will be and the easier you will both find the process.

Both exercises involve sexual self-restraint (of the voluntary kind) on his part. The exercises do not conflict with one another, so the most natural and efficient approach is to conduct both at the same time.

Exercise One: Voluntary Chastity

The first exercise involves you placing your man in voluntary chastity. Without being physically locked up, he will behave as if he were. He will refrain from masturbation, self-stimulation, or any form of erotic activity unless he has your explicit permission.

This may well be difficult for him. In particular, in the (less likely) event that it's you who is trying to persuade him toward this lifestyle,

rather than the other way around he may well resist the idea of entering voluntary chastity

However, you have a highly persuasive argument at your disposal: you can make it worth his while. Take the time to be *really* sexual with him. Get him completely turned on. Tie him up, if that's part of your bedroom repertoire (it will make it easier to prevent him from taking charge and insisting on the orgasm he wants).

Tease him to the edge of endurance, then let him back down. Repeat – but not to the point where you have to rinse.

Let him please you. Let him *beg* to please you. When he does, let him see how much you enjoy it; let him appreciate the effect that his attentions, and the situation, are having on you.

Then call a time-out. Tell him that he's not getting his turn tonight, that the thought of him trying to get to sleep while still unsatisfied (not to mention utterly frustrated) is a real turn-on for you, that you want to save him for tomorrow morning...

Tomorrow morning, make it worth his while again – and this time, think twice before leaving him frustrated (unless you're very sure it's the right thing to do).

After a few such sessions, you might just find that he's coming to understand the power of deferred gratification, that he's getting an inkling of how much erotic fun he could have in store if he goes along with what you want.

Or he might not, in which case you've saved yourself the trouble and expense of selecting and buying a chastity device. Remember, male chastity doesn't suit everyone; just as he must respect your wishes if you decide it's not for you, so you must respect his (but by all means keep trying to persuade him if you like; the worst out comes is that you both have a lot of fun!)

The above scenario assumed that your man was a reluctant chastity subject. As we've seen, it's more likely that he's eagerly embracing the idea; that he's the one trying to persuade you. And to be honest, if he is asking for you to be his keyholder, then he should at least be able to complete this exercise for you. He should be able to go for a few days or a couple of weeks without an orgasm.

If he *thinks* he wants to be kept in chastity but can't manage this, then you have to question how he's going to cope with actually being locked up. If he can't co-operate for the purposes of this exercise – well, you must draw your own conclusions.

It's possible, of course, that he needs the iron certainty of a lock and key in order to resist the temptation of his own flesh. Given that you're playing an intimate sex game with him, you surely know him well enough to judge if this is the case.

Exercise Two: Chastity Diary

The second exercise requires your man to keep a diary during his periods of voluntary chastity, recording how aroused and frustrated he felt from day to day.

- Arousal refers to how horny he is feeling.
- Frustration relates to how desperate he is to be permitted release.

If there were any specific reasons for his erotic feelings on a particular day, he should record these, too.

Arousal and frustration are not the same things; a chastened male might be unbelievably aroused while still accepting – and desiring – the loving authority of his keyholder. In other words, it is possible for a submissive man to feel incredibly horny, while at the same time preferring to be kept locked up so that he will feel even hornier in future, and so that his woman's empowerment (and his own submission) can be more perfectly expressed.

The other side of the coin is the non-submissive man, who might start feeling incredibly frustrated the minute he's locked in chastity, even though he's hardly had enough time to get horny.

Since there's no internationally accepted scale for measuring the male libido, your man should record whatever numbers seem appropriate. For example on the first day (and your man should be sexually sated when the exercise begins) he might enter a '1' for horniness and a '1' for frustration.

Presuming he's becoming hornier by the second day, he would record a '2' and a '1' indicating that he's a little hornier but not yet feeling significantly more frustrated, and so on.

During the exercise, don't hesitate to be sexual, and sexually demanding, with him: you want to see the effect of your behavior. Go through the teasing part of Exercise One, if you wish – permitting him to give you as many orgasms as you desire. You may touch and tease him in turn, but obviously you should stop short of the point where he has an orgasm of his own.

At some point, if he's being honest, and if he's not cheating (and you must impress on him that this exercise is meaningless without his complete honesty) his arousal will plateau; it might even begin to drop off. His sense of frustration may well continue to increase (that's why the exercise calls for both to be measured).

Once this plateau or falling off has been reached, reward him with an orgasm. At this point, he will probably be good for several in fairly rapid succession.

Repeat the cycle as many times as you and he desire, and then declare the experiment complete.

So, what will you have learned?

You will be able to see the curve that his arousal takes, day by day, as he is denied sexual release. You will know (relatively) how frustrating he found it. You will also have been able to observe, from the fact that you spent time with him during his period of self-denial, whether he grew surly or resentful about being denied.

In short, you will have gained a great deal of insight into his inner sexual workings, and what makes him tick. Together, you should now be well-placed to make a decision as to whether you wish to go further.

Choosing a Device

Choosing a male chastity device is a highly personal matter, and definitely something that you will want to do together with your man. Your aim is to find a product that is comfortable, practical and safe for him to wear, that is escape-proof, that is made out of suitable materials (consider any allergies he may have) and that also looks good.

Many designs exist, with more coming onto the market as the popularity of male chastity play grows. You should be aware that not all devices work as well as their makers might claim.

As we've seen, chastity devices are expensive and generally non-returnable, so mistakes will be costly. And it's not just a matter of money; receiving a device that doesn't work as promised can be deeply disappointing, particularly as you and your man have surely been looking forward to its arrival. So you should both take your time and do your research before making a decision.

Don't be afraid to contact the manufacturer or retailer with any questions or concerns you might have; they are offering premium-priced products and should be prepared to stand behind them (if they're less than helpful, that's a powerful hint for you to look elsewhere; we're not talking about buying corn flakes here).

On-line chastity forums are also excellent sources of current reviews from users who have tried the various alternatives; see Appendix A for sources of information).

What Types of Device are Available?

A whole range of male chastity devices is available on the market, but they fall into two broad categories according to how they are secured to the wearer's body:

- Belt-type devices look a lot like the traditional idea of a medieval chastity belt. They fasten about the waist or hips, and carry a firmly fixed shield or tube that prevents access to the penis.

- Tube-type devices fasten directly to the man's genitals, generally being secured by means of a ring that sits next to his lower abdomen, encircling his penis and scrotum. A tube or cage encloses the penis is firmly locked to the ring.

Belt-Type Devices

If you choose a belt-type device, you should have it custom-made for your man, according to measurements taken by, or at least under the supervision of, the belt manufacturer. An improperly fitted belt is likely to pinch, rub or chafe; it may even harmfully compress his genitals. An ill-fitting belt is also unlikely to be secure.

Since the belt's fitting must be perfect, any weight loss or gain could mean that it's not just your man's pants that he won't be able to get into any more – and custom chastity belts cost way more than pants!

Vigorous sporting activities are difficult or impossible for a man wearing such a device. Finally, a belt-type device will be difficult or impossible to conceal under tight-fitting clothes.

Tube-Type Devices

A tube-type device will not normally need to be custom-made (though several manufacturers offer a custom service). The devices sometimes come with different-sized rings, and possibly include spacers that can be inserted to improve the fit. They also tend to be more discreet and less expensive than the custom belt designs (though they can still run to serious money).

The best tube-type devices are custom made from a metal such as stainless steel, though cheaper plastic alternatives are available and popular. Steel devices will certainly trigger airport security systems, so plastic (including plastic locks) may be a better choice if your man does much traveling by air.

For proper comfort and security, a tube-type device must satisfy several requirements as described below.

Measuring for the Ring

The ring should be a snug fit. Too tight, and it will constrict his genitals, possibly causing long-term damage. Too loose and it will tend to slip off.

Please see Appendix B for detailed guidelines on measuring the required ring size. If the ring supplied turns out to be too small, order a larger one. Never, ever lock your man into a ring that's too tight.

Certain devices (generally the mass-produced ones) come with a set of different sized rings, which can be a considerable help. Also, some devices include the option of hinged rings that open and close; these can offer a snugger and more secure fit than a plain ring that must be slipped on over his penis and scrotum.

Tube Attachment

The cage and ring must lock together immovably. Ring-based tube devices work by gently cradling the wearer's scrotum between the cage and ring; the gap between these must be large enough to comfortably accommodate the scrotum while being too small for the testicles to pass through.

If the gap can be enlarged, the device will be much less secure. This means that the best designs have multiple posts and slots that connect the tube and ring, rather than relying on a single anchor point.

Piercing Variants

A variant of the tube-type chastity devices relies on the man's penis being pierced; such devices are designed (or supplied with special-purpose accessories) to lock to the piercing.

The advantage of these devices is that even if a man has a Houdini-like ability to get free of a standard chastity device, he won't be able to extricate himself from a tube that's locked to a piercing; there is simply no way for him to remove it without the key.

The, obviously, is that his penis will need to be pierced – something that must be done by a trained professional, and that's clearly

not for everybody. As with any piercing, proper aftercare and good hygiene are essential to avoid problems such as infection.

If you and your man believe this approach might be for you, then you and he *must* take the time to research the matter carefully – body piercing is a specialist skill, and one that relies on having the correct equipment (such as regularly-serviced autoclaves for sterilization) available in the piercing studio. Don't just open the Yellow Pages to "Tattoos" and stick a pin in the page; you and your man must learn enough to enable an informed choice about what you plan to have done. An experienced piercer working in a professionally-run studio will be able to advise you on the piercing and its aftercare, and will be able to perform the procedure safely and hygienically.

You must also take care when selecting the device. Chastity tubes typically weigh several ounces; that might not sound like much, but it's more than you want supported by a single penis piercing. The latest generations of such devices include a ring that supports the tube, preventing too much weight from resting on the piercing. It's essential that such a device is fitted correctly, so that the weight is distributed as intended by the device's designer.

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No matter which type of device you choose, be sure to discuss any concerns you might have with the manufacturer or supplier *before* you part with any money, and do not purchase unless you and your man are fully satisfied with the answers.

Once you receive the device, follow the manufacturer's instructions and keep a careful eye on things as your man 'settles in'. He must inform you immediately if he experiences any problems. If the device hurts him then something is wrong; you don't want him enduring something that might end up damage him.

Handcuff-based Variants

Some of the more economical tube-type designs are built from half of a pair of police-type handcuffs. The cuff takes the place of the ring that fastens about the wearer's genitals; apart from that, these devices are similar to other tube-type designs.

Opting for an adjustable handcuff instead of a plain ring has some clear advantages: it's easy to get on, and there's no need to take an accurate measurement because the cuff can be adjusted to whatever diameter your man needs.

Products based on mass-produced handcuffs also tend to be less expensive than devices where the whole thing has to be custom made. Having said that, handcuff-based devices are not without their drawbacks:

- Once locked, police-type handcuffs are not fixed; there's a catch that, if released, allows the mechanism to ratchet closed. If the cuff closes up accidentally while locked to your man, and the key's not available – well, you don't really need me to spell it out for you, do you? If you're considering a cuff-based device, you'd be well-advised to check with the manufacturer to see if they have solved this problem.
- Police-type handcuffs are constructed from flat pieces of steel. This means they have hard corners, unlike the smooth radius of a custom-made ring, and this can make them uncomfortable for long-term wear.
- The locks on cheap handcuffs can be trivially easy to pick – and if you buy mail order, you won't be able to test this before purchasing. Professional-quality units (such as those used by the police) are more escape proof – but also much more costly; if you're spending serious money anyway, then you might be better off selecting a fully customized design.

The above drawbacks mean that if you buy a chastity device adapted from a pair of handcuffs, you and your man should be prepared

for the possibility that it will mainly be used as a novelty, rather than as a comfortable, secure, long-term chastity device.

On the other hand, these devices offer an economical alternative, and they may be appropriate if you just want to engage in supervised play or experimentation without committing hundreds of dollars to a custom device.

Making the Choice

The choice between the two main types of chastity device (belt and tube) is highly personal – and probably one that you and he must make based on the factors we’ve discussed, such as aesthetics, cost and practicality.

Some couples will prefer the traditional ‘medieval’ look, feel and opulent statement of a full chastity belt. Others will value the economy and relative discretion of the tube-type device. They need (or otherwise) to commission and pay for custom fabrication might also come into it.

Whichever type you choose, please do as much research as you can before committing yourself and your cash. Seek out reviews of the model you have in mind; ask questions of the manufacturer (and of other users you encounter in on-line forums) and don’t get your credit card out until you are certain. For information on suppliers and forums, please see Appendix A.

Living with the Device

Placing your man in chastity will bring a profound change in your erotic relationship, and possibly elsewhere as well:

- Deprived of other outlets for his sexual energy, your man will be more attentive to you – both romantically and erotically. (If this idea does not appeal to you, then you are unwise to even consider placing him in chastity!
- You'll need to devote more of *your* attention, too. Despite any fantasies he (or you) may have about keeping him chaste for weeks or months, you'll need to unlock him periodically for reasons of health and hygiene.
- You'll also need to ensure that he tells you of any problems he's having with the device.
- If you really want to make the sparks fly, you should return his erotic and romantic attention in full measure. Just because he's submissive doesn't mean he's not a red-blooded male; the simple fact of being locked up might satisfy him at first but what he really needs is to be at the mercy of a loving, teasing, sexually-charged keyholder who makes erotic, sensual or other demands of him – even though she prefers to keep him under lock and key most of the time.
- For the most part, decisions about physical intimacy will now be yours. He might nag you (or even beg you) for sex but you don't have to permit it unless you're genuinely in the mood (you don't have to permit the nagging, either).

- You will be responsible for the safety of the keys, and for making sure he has an ‘emergency exit’ available (see the section on *Health, Hygiene and Safety*).

The idea of changes appearing in what may well be a comfortable, familiar relationship may seem daunting, but remember that when it comes to intimacy and romance, ‘comfortable’ and ‘familiar’ can sometimes be too much of a good thing. Even then, unless you’re deliberately setting out to create change, you’ll find that most areas of your lives together will proceed as before.

You will certainly find that your relationship becomes more erotically charged, simply because of the nature of what you have introduced to it. Such a change is no more than an increase in the level of what was already there (if you and your man felt no desire for one another, you’d hardly be experimenting with kinky sex toys, would?)

The most significant change to the ‘grown-up’ aspects of your relationship will probably be your man’s renewed desire to please you and earn your approval. If you feel he’s been taking you for granted; if your lives together are no longer as romantic or passionate as they once were – well, things can be different from now on.

Apart from that, the introduction of male chastity need not herald any sea-change in your everyday lives. It can certainly enable such a sea-change, but it doesn’t require it. See the section *Beyond the Bedroom* for information on some of the wider changes that male chastity can usher in, if you so desire.

The subject of male chastity might crop up in conversations between you at first (your man might find it particularly interesting, since he’s the one experiencing the intimate sensations and psychological impact of being locked up).

There’s no need for you to allow this to become an obsession: male chastity does not define your relationship; it is an adjunct to your relationship. If necessary, put your foot down and tell him not to mention

it any more unless he has an actual problem to report – or you'll keep him frustrated for even longer than you had previously intended.

Health, Hygiene and Safety

By submitting to chastity, your man has voluntarily reduced his usual ability to take care of himself. Mostly, he will be able to work around this by taking longer in the bathroom, using Q-Tips and an adjustable-pressure shower head, and so on, but you'll need to be at least a little more involved in this part of his life than before.

For example, even allowing for Q-Tips and an adjustable shower, you'll still need to make sure he's regularly unlocked so that he (and the device) can be thoroughly clean. These periods can be supervised or unsupervised, depending on whether you trust him to behave properly while he's unlocked. You can always take the opportunity for a shared bath or shower, if you wish to keep your eye on him. While you're at it, have him scrub your back.

It's essential that your man is able to remove the device in an emergency. If you are present, you can simply unlock him – but there will inevitably be times when one or the other of you is away from home. If you keep him in chastity during these periods, you must provide an 'emergency exit' – a way for him to remove the device if he absolutely has to, without permitting him to do so any time he likes.

Most chastity devices come with a spare key (if you're considering a device that doesn't, think very carefully about the consequences if the single key is ever mislaid). Always ensure that the spare key is kept in a secure place, known to both you and your man, where it cannot be lost.

This spare key is not, of course, intended to be used whenever your man desires; to do so would be to defeat the whole object of keeping him in chastity.

Instead, consider placing the key inside a 'key safe'. This can be any kind of container that can be sealed so that tampering will leave clear evidence; the easiest and cheapest method is to place the spare key in an envelope which you sign, seal and tape securely. By placing the envelope in a mutually-agreed place, you can ensure that your man can remove the

device in an emergency – but that you’ll know if he does so, so he’d better have a good reason.

Alternatively, you could place the spare key in a locked, lightweight box to which you hold the only key. In an emergency, the box can be smashed, but again this cannot be done secretly.

Some keyholders don’t use keys at all. Instead, they purchase numbered, single-use, plastic padlocks. Once locked, such padlocks cannot be opened; the only way to remove them is by cutting. Because the padlocks bear a serial number, and because you control the supply, he can remove the device in an emergency but he will not be able to hide the fact that he has done so.

Single-use padlocks made of plastic are obviously not environmentally friendly. The financial cost can also mount up; suppliers of chastity-related hardware know they are working in a specialist field and price their wares accordingly. Also, plastic locks may not give your man the sense of security that he craves.

Plastic has some advantages, though, the most significant of which is that if you send your man through an airport security scanner while he’s locked in a metal device – well, let’s just say he’ll be in for some embarrassing questions when the security staff search him.

Choosing a plastic locking system also means that there’s no key to take care of and nothing that might get lost, providing another argument for using such a system if your man remains in chastity while traveling.

Lightweight metal padlocks (such as are usually provided with male chastity devices) can also be cut in an emergency, provided that you or your man keep a pair of bolt cutters around the place and know how to use them safely. If you ever lose the key and resort to cutting a metal lock, be sure to wear eye protection and to cover and protect any parts of the body that might otherwise be injured by tools or flying debris.

Devices equipped with an integral lock instead of a removable padlock are a different matter; even if the device could be cut without risking an injury to its wearer, he’ll end up damaging an expensive custom chastity device instead of an off-the-shelf padlock. All in all, it’s better to keep a spare key in a safe place.

Safe Duration of Chastity

As you might expect, the question of how long a man can be safely kept locked up without being permitted to ejaculate, or even to have a full erection, is not one that academics are queuing up to answer.

Recent research does suggest that a high frequency of ejaculation in early adulthood may protect a man from prostate problems later in life. This raises the possibility that a man who spends extended periods wearing a device that effectively prevent orgasms (or who refrains from ejaculation for any other reason) may be increasing his long-term risks.

As male chastity becomes more popular, stories appear on the World Wide Web about keyholders enforcing extended periods of orgasm denial – months, or even years, at a time. If these stories are true (and many must surely be no more than the fantastical products of male wishful thinking) then the individuals concerned may live to regret it.

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Every man's libido is different, and will undergo further change as the years go by.

For example, an eighteen-year-old male might (given the opportunity) ejaculate twice a day or more. By the time he reaches his fifties, the same man could easily be down to a couple of times a week. Because of his stronger libido, the eighteen-year-old might find that two or three days in chastity sends him wild with frustration; to produce the same impact at age fifty could take several times longer.

So you must decide what is appropriate for your own circumstances – and you should avoid going to extremes (even if your man's fantasy, or your own, calls for that) unless you and he have educated yourself about – and have a strategy to deal with – the potential health risks.

Some couples who practice male chastity use prostate massage to regularly 'flush' the man's reproductive system, the idea being that this can help counter any long-term health risks. While pleasurable for the man, prostate massage does not provide the same explosive release as an orgasm.

Performed properly on a healthy subject, prostate massage may be beneficial, but it is not entirely risk free. The massage must be applied extremely gently, and is not appropriate if the man is suffering from a pre-existing prostate condition.

The gland in question is best accessed by means of its owners rectum, meaning that not every woman will want to (so as to speak) go there. This book does not describe prostate massage in detail, but if you and your partner needs to learn more about the subject, you will be able to find plenty of information in the various online chastity forums (see Appendix A) or by entering the term 'Prostate Massage' into your favorite search engine.

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As noted above, the effects on male physiology of extending periods without sexual release or relief are not well understood, so it is essential to use common sense and to play safe.

For example, it has been suggested that the long term, uninterrupted use of a device that does not allow erections might cause the skin of the penis to lose some of its normal elasticity – plainly not something that either you or your man desire.

Given the lack of medical studies in this field (and after all, how could a researcher justify such work on ethical grounds, or even find volunteers to experiment on?) you and your man must use your common sense. Fantasy is one thing; reality is where you and he have to live. When it comes to the well-being of his male parts, you don't want to be taking risks or breaking new ground (or skin, for that matter).

So play it safe and permit a regular schedule of release (bearing in mind that release from the device is not the same as release from chastity: there is no need to permit an orgasm just because you cause an erection).

In fact if you regularly unlock him in order to incorporate plenty of teasing and denial into your chastity play, then you will automatically be giving him any 'stretching exercises' he needs to maintain everything in good working order, and ensuring that his hydraulic system gets a

thorough work-out. And last but not least, you will also be providing him with an unforgettably frustrating erotic experience.

The above discussion has mainly been about the possible effect of various periods in chastity on your man's physical health. Within the limits established by the need to play safe, the schedule you choose will be driven by erotic needs (both yours and his); we will return to his aspect of the subject in Part Three of this book, *Erotic Chastity Play*.

Male Chastity and Sports

Vigorous exercise can cause even a well-fitting device to chafe, pinch or constrict its wearer, so it's generally better to err on the side of caution and release your man for the duration of any sporting activities.

The exact details of what is or is not possible will vary with his anatomy, the design of the chastity device, and the demands of the particular sport; running in a lightweight tube-type device might be no problem, for example, while a contact sport would be a completely different matter. It's not as if a sportsman can summon his keyholder into the stadium if he begins to experience problems.

Even a device that is light, snug and fully comfortable can make its wearer more vulnerable to sporting injury. A blow to the testicles is bad news for a man at any time, if those testicles are trapped against metal or plastic when they are struck then it will be much, much worse.

Also take care with cycling, horseback riding or other activities where the device might lead to excessive compression, or where it could inhibit the needed freedom of movement or posture.

Always be guided by common sense. Listen to your man and make sure that any problems or concerns he might have are dealt with. This is not an area where either of you want to take any risks. If your man is to play a sport that's incompatible with the chastity device he normally wears, then you have no option but to remove the device while he does so.

If you unlock your man for unsupervised sport (or for any other reason), then you obviously need to be able to count on him not to abuse your trust (in other words, himself!) during the period when he's free.

You might want to think of the release period as a time-out, provided for a specific purpose, after which he is expected to submit to imprisonment once more – in the same chaste condition that he was in when you released him.

If you suspect otherwise – if he appears physically sated, uninterested or unwilling to be locked up, for example – well, you must listen to his explanations, draw your conclusions, and act as you see fit. Part Four of this book includes some advice on how to deal with cheating or refusal on his part.

PART THREE

EROTIC
CHASTITY
PLAY

Erotic Play

What could be more personal than the various erotic games that lovers play with one another? Sex games are uniquely individual: the details, variety and inventiveness of such games are entirely at the discretion of the couple concerned.

So why should a book like this one include a section on erotic play?

Well, if part of the reason you're reading this to indulge the fantasies of your submissive man, then you presumably have some questions about the playful, as well as the practical, aspects of male chastity. In this part of the book, I will attempt to answer some of those questions, based on my own experience and research.

Even if the interest in introducing male chastity into your relationship comes from you rather than from him, and even if you already have plenty of ideas about what you'd like to do and where you'd like to take things, you might still want to read this section for background knowledge and ideas, and also to discover the likely impact of various types of chastity play on the submissive male.

A heterosexual relationship that includes enforced male chastity is, by definition, a manifestation of male submission and female dominance. You might not have realized this when you picked up this book, but you have set out on a journey toward becoming something of a Dominatrix. That doesn't mean you have to dress up in leather and carry a riding crop; it means that along with his key, you take power. How far you take that power is entirely up to you. Appendix C includes a brief reading list for those who are interest in learning more.

Fantasy and Reality

If your man is submissive (and as we've seen, a surprising number of men are) then he is likely to have some specific erotic fantasies that involve domination and submission and that go beyond the simple fact of being locked in chastity.

Perhaps his fantasies involve a cruel Mistress who dresses in specific clothing (leather, latex, and high heels seem to figure prominently) and who either performs, or orders him to perform, very specific acts. The fantasies might include large doses of humiliation, degradation, discomfort, and even pain.

There might be cross-dressing; there might even be diapers.

The point isn't to obsess about what your man may or may not fantasize about; rather, it's to point out that he *does* have fantasies and that they almost certainly run along well-worn lines. His fantasies might change from time to time, but if he dreams up something new and it works for him, then that new thing will most likely be incorporated as a regular part of his subsequent fantasy life.

In what he thinks of as his ideal world, these tightly-scripted scenarios would occur in reality – he'd have the opportunity to live them out. Meanwhile, back in *your* world, there's a chance he might try to foist some highly specific fantasies onto you.

For many women, the idea of acting out some or all of her man's fantasies will be a problem. If he wants you to flog him, or to dress him up as a 'sissy maid' or as an overgrown baby, and if the idea leaves you cold – what do you do?

Here's a hint: he's the one locked into the chastity device; you're the one with the key. That puts you in charge.

Haven't you got some fantasies of your own? Assuming you do, then why are you paying so much attention to his? Your purpose is not to serve as a script writer or costume designer, indulging your man by bringing his detailed fantasies to life. Your purpose is to make sure that you (and then he) have a good time.

You have already taken control of his penis, satisfying his deepest male submissive need. Having obliged him so far, you are under no further obligation to cater to his specific kinks – and if you choose to do this anyway, out of your love for him, then you should make it clear (deep down, he *wants* you to make it clear) that it's your choice to do so, rather than his.

Think about it: the fact that your man is sexually submissive means that he wants you to take control in the bedroom. But as a by-product of his submissiveness, he's invented elaborate scenarios involving you doing specific things to and for him while dressed in a corset and stiletto shoes (or that involve dressing him up in corsets and stiletto shoes, for that matter).

If you simply act out those scenarios, then which of you is *really* in charge?

He is, of course, and even if he doesn't know it, that's the exact opposite of what he really wants. Sooner or later, he will figure out that he's controlling you, rather than the other way around, and then the magic will stop working for him. You'll have done a bunch of stuff you didn't really want to do, to give him an experience that he might have enjoyed at the time, but that wasn't what he really needed.

It's not his fault. For the typical submissive male, there are no real-world outlets for this part of his nature, so fantasy is his only source of release.

The whole point of a sexual fantasy is that you get to fill in the details of what happens for yourself, so it's hardly surprising that a man should come up with ideas that turn him on. As he dwells on them (and masturbates to them) these ideas can become more and more deeply ingrained – and that's one way in which a sexual fetish can be born.

'If that's what he wants,' you might reason; 'if those kinky fantasies are enough for him, then why not leave him to it? Why would he want to muddy the waters by having me lock his penis up, while also trying to get me to live out whatever his fantasy-du-jour might be?'

Well, that *fantasy-du-jour* is clearly not enough for him – which is why he’s turning to you. Let’s face it; all the imaginary scenarios in the world are not worth a single hour in bed with the lover of your choice.

The very fact that he has asked you to act as his keyholder – or agreed to your request for his chastity – means that he wants your input and direction just as much as he wants your body.

So when it comes to dealing with his bedroom fantasies, remember the following points

- Fantasies are a normal part of human sexuality. They can be stimulating and arousing, but there’s no rule that says they have to be brought to life.
- If they are brought to life, it can be in a partial way. For example, ‘talking dirty’ about his fantasy can be just as powerful as acting it out.
- If it’s something you want, *and if he truly feels submissive toward you*, then it’s not something he wants either.
- By extension, if he has fixed ideas about what he wants, and if the only way he can be happy is to have those ideas acted out whether you’re into them or not – well, then he might *think* he’s submissive, but he’s mistaken.
- Deep down, the thing that your submissive man wants most is for you to be clear, confident and commanding in your female sexuality. If the things you choose to do with that power don’t happen to match his fantasy scripts – well, why would they?
- If his fantasy is one you can enjoy too, then by all means indulge him occasionally, if you so choose. Stamp your own mark on the proceedings rather than following his script – and make it clear that he scenario is happening because you want it.

- A wise man once said: '*If it comes true, then it wasn't a fantasy in the first place.*'
- Reality *always* trumps fantasy.

Locking the Device

Women often fail to understand the intimate, almost casual relationship that men have with their genitals. There's no male equivalent to the concept of 'unladylike behavior'; given privacy (and sometimes without it) they just scratch, tug and readjust as necessary.

Such activities can be at least partly explained by the fact that a typical adult male has several erections each day, and several more while he sleeps. Those erections feel good to the man, and a moment spent discreetly readjusting things can make them feel even better...

Men are also used to casually handling their penises every time they visit the bathroom or use the shower. If a man needs to empty his bladder while out in the woods or countryside, then as long as he can find a convenient bush to stand behind, he just needs to unzip and he's good to go.

As soon as you lock your man into a chastity device, his ability to continue with all these convenient activities (activities that come to him as naturally as scratching, and that probably *include* a lot of scratching) is going to go away.

This means that the snap of the lock, particularly the first time you close it but also subsequently, is a big event for him. He is transformed from someone who can scratch and readjust at will, into someone who can't. From somebody who is sexually independent, into someone who is sexually owned.

Of course, your man will intellectually understand what's going to happen, but there's nothing like the cold click of the mechanism to make him truly get it; the fact that his penis – the very symbol of his manhood – is now beyond his reach until you decide otherwise.

So it's only natural that he should experience some profound emotions.

One of those emotions will almost certainly be sexual elation. He'll probably become aroused immediately, which will give you the opportunity to observe the constraining effects of the chastity device at first hand.

In fact, a submissive man may become excited simply at the sight (or even the thought) of male chastity device, and this can cause a problem with fitting it, because a tube or cage that's small enough to be worn discreetly (and to inhibit erection) will certainly be too small to slip over your man's erect penis.

If this happens, you'll just have to wait. Order him to think of baseball, and as soon as the opportunity arises act quickly. A lubricant can help ease a tube or cage on more smoothly; every device will behave differently in this respect. Practice and make perfect.

The other emotion your man might experience is anxiety: '*What have I gotten myself into?*' Don't worry too much about that: superficial anxiety can actually be erotic for a man who knows, deep down, that he's in the hands of a beloved, trusted, loving woman – and the fact that he has offered or permitted himself to be locked up by you is evidence of that trust.

It goes without saying that you should never lock up a man who does not consent, or who is not in a position to give his informed consent.

Given that you have his trust, you're free to ply on his erotic anxiety if you wish. A comment about that being the last he'll see of his penis for quite a while might be appropriate, as you lock the device.

Alternatively, if you wish to reassure him, you could touch or fondly whatever is reachable (which might just be the enclosing metal or plastic at this point) and tell him that you'll miss his penis and wish it wasn't necessary to keep it confined for so long (but that it's for his own good).

With the 'locking ceremony' out of the way, there's no need to dwell on thins. If enforced male chastity is to be an everyday part of your lives from now on, then you don't have to make a big deal about his new condition – it's supposed to be normal, isn't it? Feel free to tell him to put his pants back on, to zip up, and to get on with his day – while you get on with yours.

The Chastened Male

Presuming that you keep your man in chastity for all or most of the time, what does that mean to your day-to-day relationship? Your days together can hardly turn into one long kinky scene after another; that might sound like fun (particularly to him) but you still have your lives to live.

So after a while, the fact that he is locked into a chastity device will fade into the background – but for him, at least, it will seldom disappear completely. The device is locked to his most sensitive parts and he will be constantly reminded of it. And every time he is remind of the device, he'll also be reminded of the person who controls it – you.

The times when he will be most conscious of the device will be when he gets aroused enough to trigger an erection. He won't be able to have a full erection, of course, because the device will not allow it. That fact will instantly draw his attention to his predicament, and keep it there until his arousal subsides.

Think about that: *whenever he's aroused, he's going to be thinking of you.* If he gets turned on and you aren't there ... he'll be wishing that you were.

Male Libido and Sexual Behavior

As we've seen, male libido increases with denial. The longer he goes without an orgasm, the hornier a man will get. Obviously, male libido also increases when a man is aroused by a woman that he finds attractive.

Put these two facts together and it's not hard to see that his libido increases when he experiences denial and attraction at the same time. In other words, when the woman he wants is right there to tantalize and tease him, but instead of surrendering to his desires, she denies him and strings him along.

If you want to maximize his arousal and frustration, it's worth bearing the above male sexual responses in mind.

This is where teasing, touching and proprietorial behavior come in. You have a whole armory of subtle signals that you can send him

whenever you like – taking his hand, fixing his tie, straightening his lapels, or simply touching his back can be a powerful reminder of his condition and your role in it.

In private, the sky's the limit. Pay some attention to his penis – or rather, to the device in which it's locked. Remind him of how powerless it makes him, and that he'd better be good if he ever wants to get free of it.

Emphasize the device even more by touching or taping it; the chances are that he'll find it incredibly erotic. Don't restrict yourself to your hands: use a pencil, or your foot, or whatever's handy. If your relationship has explored male submission to the point where you have a riding crop around the place, use that!

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Your chastened man's need to please and serve you arises from his submissiveness, which is intimately linked to his sexuality, and which increases with his denial. The longer he's locked up, the more desperate he will become to please – though you may reach a point of diminishing returns, at which point the wise keyholder will release her man and begin the process again.

In the meantime, he'll want to earn his release – but he won't want it to be easy. The reward that comes too easily is less worth having, so make him work hard for your approval: it will mean more to him if he really has to earn it.

Decide what you want from him, and be specific and uncompromising about it. His own preference might be to serve you in some sexual way, but you don't have to allow that unless, or until, you're ready. Remember: this is about your desires, not about his fantasies. The things he wishes to do for you are unlikely to be an exact match for the things you'd like him to do ... and guess who gets to choose?

The person with the key, of course! You have plenty of options. Have him give you a leisurely massage, or draw you a scented bath. Send him to fetch a bottle of champagne and a single glass – or two, if you're in the mood to share. Settle down to watch a movie together, or to have a conversation ... only you can know what will truly please you.

Don't fall into a routine where you do all the thinking while he just behaves like an obedient robot (you didn't choose your man for robotic qualities, did you?) Instead, guide him in the direction you'd like him to go. Encourage him to think for himself, to anticipate your desires, to fulfill your needs before you're even aware of them yourself.

After all, the best way for him to repay your gift of keyholding, and perhaps to earn the privilege of release, is for him to become the best mate he can possibly be isn't it?

You have absolutely no reason to be afraid of helping your submissive man toward that goal.

Ejaculation Control

When a healthy man is denied an orgasm for a significant period, and then release and permitted to have sex, it takes very little stimulation to bring him to the edge, and very little more to push him across. Even if he is not usually troubled with premature ejaculation, a period in chastity can make him as excitable – and as explosive – as he probably was on the night he lost his virginity.

There is, of course, no reason for you not have received full satisfaction – by means of his mouth or in any other way you please – in the meantime, but even so, there's a good chance that the first orgasm you permit him will come too quickly, particularly if you allow him to have that orgasm inside you.

Rather than seeing this as a problem, you can look at it as an opportunity. If your man has so much pent up sexual energy that he can't control himself, he is most unlikely to expend all that energy with a single ejaculation.

A man's recover time (his so-called refractory period) depends on many factors including his age and health, but you can be sure that chastity will reduce that period to the minimum. Within a few minutes, or perhaps a few hours, or at most by the next morning, he will probably be ready for service once more.

If you find he is coming too quickly immediately after being released, remember that there are many ways for you to give him, or

permit him, an orgasm. You might find it better to defer enjoying him fully until he's calmed down a little, and thus able to offer you his full sexual attention for as long as you desire.

It should go without saying that you don't need to permit intercourse at all unless you wish for it. You can have your man regularly, or reserve penetrative sex for an occasional treat – it's up to you. It depends on your desires as your man's keyholder, and on what works for you as a couple.

Some keyholders indulge themselves with a strap-on device. This is essentially a dildo that attaches to the man's chastity device, to enable a form of love-making that mirrors intercourse while eliminating any risk of a premature finish.

It also eliminates any direct penile stimulation for the man; the whole objective is to allow the keyholder to enjoy her man for as long as she desires, without even needing to release him from chastity.

Cruel as this practice might sound, I understand it provides a uniquely mind-blowing (not to mention mind-bending) experience for a submissive man.

Holding the Key

As the custodian of your man's chastity, you may well prefer to keep the key on you at all times, perhaps worn about your neck as a pendant or charm. In this way, you can ensure that the key will always be in your physical control, so that your man has no chance to sneak it away for some quiet self-relief.

Alternatively, you might keep the key in a place where your man will not be able to access it; perhaps hidden, perhaps locked away by some other means (in a box secured by a padlock, for example).

This has the advantage that the key will never be lost (if it comes down to it, you can always break the box open). However, you will lose some of the demonstrable authority and erotic power that comes from physically holding the key.

Managing his Libido

For many keyholders, the issue of how long to keep him locked up will be the most interesting/vexing/frustrating/intriguing (pick your adjective) question concerning male chastity.

Within the constraints of taking care of your man's health, the frequency of his release and orgasm is up to you. Consider your needs and desires, and also observe the effect on him. Refer back to the results of the chastity diary he kept to recall how continuing denial affects his libido and frustration levels.

With a deeply submissive male (in other words, one who asked you to become his keyholder, or who eagerly agreed when you suggested the idea), it is better to err on the side of infrequency rather than the opposite: periods of frustration are what male chastity is all about. It may seem harsh or cruel, but it's what he wants.

The fact that you deny him sexual release doesn't mean *you* can't have sex, or do and say sexually suggestive things with him. A man who is into chastity will derive a high degree of pleasure and mental satisfaction

from engaging in sexual play that specifically does *not* provide him with an orgasm. Why not let him focus on giving you orgasms instead?

With a less submissive male (in other words, one who had to be persuaded to accept you as his keyholder, or who reluctantly agreed to experiment with the idea), you may wish to be a little more careful; you don't want to keep him locked up to the point where he begins to feel unappreciated, resentful or hard-done-by.

That doesn't mean you must permit him an orgasm whenever he desires one; if you take that route, you're engaging in something other than male chastity. Fortunately, you have other ways to motivate and encourage him. For a man who is in any way sexually submissive, being granted the ability to please his lover is its own reward. You can intensify that reward by showing him how much you appreciate whatever service he has rendered, and how much you value and enjoy the effect that chastity has on him.

The most powerful motivator you have is your ability to be sexual with him – to let him see that you are responding sexually to his predicament and that his chastity pleases you and turns you on. That could mean allowing him to serve you sexually, or subjecting him to an extending session of teasing and denial, or it could be a simply caress, or a whispered promise of what (or who) is (or isn't) to come, or a gesture such as catching his eye while you finger his key.

A man's ability to arouse his woman goes to the heart of his sexual self-confidence; if he can be persuaded to use expensive remedies and tacky-looking enlargement pumps in the hope of becoming a more desirable over, why not a chastity device where he can witness the results for himself?

So you have a whole range of rewards to offer him (without even considering the ultimate reward of an orgasm) in order to manage his sex drive while keeping him psychologically – if not physically – satisfied.

Every man has his own unique libido, and every man will respond to the frustration of enforced chastity in a different way. Denied the sexual

release of orgasm, his libido climbs as he becomes more aroused and his need for release becomes more urgent.

Eventually, his libido will plateau: keeping him locked up longer will have little further effect (though it may have a psychological effect in demonstrating your power over him; clearly, being unbearably horny for one day is very different from being unbearably horny for a whole week).

Some chastened men will prefer the former, some the latter, and some (the really submissive ones) will prefer whatever you choose for them.

As a keyholder, you need a way to estimate and understand the effect that chastity is having on your man. If you want to frustrate him beyond endurance – well, how can you, unless you know how much he can endure? And if you want to reward him for pleasing you, how can you choose the most appropriate reward, unless you have an idea of whether his submissive need to be locked up by you outweighs his physiological need for an orgasm? For some men, the most powerful gift you can offer might be to *refuse* to unlock him, while giving him the opportunity to serve you in some way, instead.

This leads us back once more to the chastity diary he kept back when you were planning all this together. The record he kept, together with your observation of him and your communication with him, will inform you of how his libido, and frustration, ramps up and down.

Of course, you don't have to release him just because he's unbearably frustrated; the only thing you *must* do is ensure that he stays safe, healthy, and hygienic. Understanding his sexual response to being in chastity is just one factor that can inform your final decision about whether and when to release him and permit him an orgasm.

When you do decide to allow an opportunity for release, how should handle it? As his keyholder, you're obviously entitled to march him into the bedroom, unlock him, and do as you please with him – and why shouldn't you? Without a doubt, your submissive man would appreciate being enjoyed in such a spontaneous and forceful way.

If you'd prefer some more subtle or playful alternatives, here are some suggestions. Feel free to use them, or to invent your own.

Dicing with Domination

In this scenario, you take some game that you both enjoy – and make it sexy. Challenge him to play, letting him know that if he wins, he *might* be allowed out for a teasing session. If he wins three in a row, he *might* be allowed an orgasm.

If he loses, he'll be kept locked up and you're the only one who can expect sexual satisfaction. If he loses three in a row, he'll be locked up for at least three more days.

I've given terms for an example game, but the actual rules, rewards, penalties and timings for *your* game are entirely up to you. Essentially, you are playing 'forfeits'; you keep score of wins and losses, can be adapted in this way.

If he turns out to be a mean winner (or a bad loser), I'm sure you can think of at least one good way to penalize him.

(Un)fair Exchange

In this scenario, you inform your man of the 'orgasm ration' you require, in other words' how many he must give you to earn one of his own. Start with a reasonable ration and don't be afraid to revise it upward as necessary.

During a particularly mind-blowing climax, it would be perfectly understandable for any woman to lose count – and if this should happen to you, it's okay; you can always deduct a few to be on the safe side, or even start from zero again.

Note that some people would consider it highly unfair to do this twice in a row.

Reward and Punishment

This scenario involves a more hard-core approach to male chastity play, and can be used if you and your man agree to widen the scope and impact of his chastity, taking it beyond the bedroom.

The idea is that the keyholder monitors her man's performance in the areas she considers important (remember the lists you made? Now is the time you get to really use them).

If he pleases you – by giving you massages and orgasms, by doing the chores, by getting the kids ready for school, or by fulfilling whatever other desires you have specified – then you give him a reward point.

If he displeases you – by refusing to do a chore, by staying late at work without calling, or by displaying resentment at being locked in chastity, for example – then you give him a penalty point.

When you determine that it *might* be time to release him, compare his reward/penalty balance and decide if he's earned the right.

Depending on how strict you want to be, you might decide that if the reward points outweigh the penalty points, then he can have his orgasm. Or you might require that he has twice as many bonus points as penalty points, or at least 100 bonus points and no more than 10 penalty points ... the possible variations are infinite, and the details are up to you.

As time goes on, you might want to adjust the required ration of bonus/penalty points to keep things challenging for your man.

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Whether you use one or another of the above schemes, or invent your own, never permit your man to develop the belief that he's *entitled* to release. The first few times that he earns or wins his way out of chastity, go along with it, but at some point (and before he has the chance to become too accustomed to the routine) tell him that you've changed your mind: this time, he is not to be released after all.

You are not cheating by doing this. Rather, you are re-establishing the ground rules, the most important of which is that you are in control. No matter how richly he thinks he deserves an orgasm, you are still entitled to deny him if you wish, for any reason whatsoever and without having to explain yourself.

If he objects, you have the ultimate comeback; he's just lost any chance to receive what he thought he'd earned, and will now have to wait even longer. Such a response will most likely silence any further

argument, and if it doesn't – well, he's just making things even worse for himself.

For a man who's really into submitting to you and being chastened by you, the one-sidedness and 'unfairness' of your decision will get him even hotter.

Re-Attachment

Immediately after a man has an orgasm, his libido falls away. Since it's his libido that drives him into male chastity in the first place, you might encounter some reluctance or even resistance to the idea of being locked up again.

If you and he are serious about male chastity then this is not something you should permit. If you let him off the hook, so to speak, then the decision of when and whether he wears the device is taken out of your hands and placed in his.

If you device to take this *laissez-faire* approach, then you will be turning his chastity into an occasional sex game, one that's initiated by him and then controlled by you until the point of his release. For couples who are into the fantasy of male chastity more than its full reality, this can be a satisfying and highly arousing compromise – and you never know, if you and he decide you really enjoy this chastity play, you might end up gradually taking things further.

On the other hand, if your goal is to make his chastity something more than an occasional bedroom game, then you must ensure that he gets back into the device at your command. You might choose to allow him some time off if you wish, but when you decide to lock him up again, then locked up he must be.

How do you and he manage this, if his post-orgasmic mind-set makes him reluctant to allow it? Given that he's physical stronger than you, you're hardly going to be able to place the device on him by force...

Here are some possibilities.

- If he's submissive and enlightened about what he really needs, then he might well be able to put his immediate feelings aside,

accepting the device voluntarily. If so, then there's no problem: you just lock him up again whenever you feel ready to do so.

- If male chastity is important to him, but he's reluctant to accept the device simply because he's not aroused by it at the moment, you can coerce him. He knows he wants chastity; tell him, you're not going to play any more unless it's on your terms – and that means he gets locked up *right now*.
- Some women, when faced with a lover who has a real problem accepting the device when he's not horny while still genuinely wishing to be chastened at other times, resort to restraining him with handcuffs whenever he is released from the device. The only way he can get free of the cuffs is to submit to being placed in chastity again.

Of course, a man who really objects to being chastened can always free himself using the key you have set by for emergencies. He could even use bolt cutters or similar tools to remove a padlock or break the device. In short, there's no point (and no possible justification) in a woman trying to keep her man in chastity if he really doesn't wish it.

Similarly, if he finds ways to cheat (by using the emergency key, for example) then there's no point in you making the effort to keep his chastity as an important part of your sex lives; if he won't play by the rules, why should you play at all?

PART FOUR

GOING FORWARD

OR

GOING BACK

What if He Changes his Mind?

Any man who has requested, or agreed, to be locked in chastity is self-evidently submissive, with a desire to be sexually controlled by his partner. If he didn't have powerful fantasies about you becoming his keyholder, he wouldn't permit you to take that control.

Even the most submissive man, however, can find that his desire to be kept in chastity conflicts with the reality of being so constrained.

Recall the various changes that your chastened man will experience. He has spent his entire life, up to now, enjoying unrestricted access to his penis, with all the pleasure, convenience and satisfaction that brings him. He's been able to go to the toilet standing up, to play sports with impunity, to lie on his front in complete comfort, to have as many erections as he pleases...

Once he's locked up, all such pleasures will be gone (but hardly forgotten) as fantasy turns into reality and his new state begins to sink in. His submissive nature won't have changed, but an element of rebellion might enter his make-up, too.

The paradox is that a man who refuses the chastity device might, a few days later, be 'in the mood' again—and trying to wheedle his way back into your good books (and back under your lock and key). As we've seen, if you allow him to win this game then you have lost control of the situation: you might be his playmate, but you have ceased to be his keyholder.

The question of whether you wanted that role in the first place, or whether you want it back now, is for you to answer. When your man gets around to deciding that he wants to play again (and given that he's submissive and chastity-oriented, he will), it's no skin off your nose to tell him you're not in the mood any more.

On the other hand, if you *are* in the mood, and if you're still serious about keeping him chaste, then you must take control back (or better still, avoid ceding control in the first place). The remainder of this section explores the issue of male reluctance – and the strategies you have available to deal with it – in more depth.

The Compliant Man

The easiest case for you to manage is where your man's desire for submission outweighs his desire to rebel – the so-called '*compliant man*.'

When you release such a man from his imprisonment, he will meekly submit to being locked up again as soon as you decide to do so. Even if you unlock him, tease him mercilessly, and then lock him up without permitting him relief ('saving him for another day', as it were) he will stifle any complaints. He might groan with frustration, but he won't try to resist.

He trusts you, knows that you love him, and knows that 'another day' will come – but only when you decide it should. The fact that it is you, rather than he, who gets to make that decision is a huge turn-on for him – as is the fact that you value him (and his penis) enough to want to keep everything securely under lock and key for your own exclusive use.

Similarly, if you unlock a compliant man for practical reasons such as sports or bathing, you can trust him to obey your command that he is not to touch himself unduly, and you can be confident that he won't resist being returned to his chastened state.

The Rebellious Man

Unfortunately, not every man is so obliging – and so we come to the so-called '*rebellious man*.'

When you release such a man, he might resist or refuse you when it is time to lock him up again. He desires chastity, otherwise he wouldn't have placed himself under your control in the first place, but his need for rebellion outweighs (probably temporarily) that desire. In particular, if you release him and permit him an orgasm, his decreased libido can make him much more likely to reject the chastity device immediately afterward.

As we've seen, some women find that the only way to deal with a rebellious man is to restrain him (with handcuffs, for example) each time he is released, so that he cannot intervene to give himself an unwanted orgasm, and cannot resist the re-application of the device.

If you need his hands free, you could try chaining his ankle to the bedpost, or cuffing something large, cumbersome and embarrassing to his

body – with the promise that he won't be free of it until he's safely locked up again.

If you resort to this strategy then you may wish to keep his key well-hidden – cuff him first, and only fetch the key to the chastity device once he's helpless (and unable to see where you keep it). Similarly, you may need to ensure that his key is secure before you uncuff him.

Of course, if he absolutely insist that he will not accept the device, and that it is no longer a game for him, then you must respect that – and you should also make it very clear to him that he will then lose the right to your services as a keyholder: do not allow him to dictate when he will, or will not, wear the device.

Male chastity is not about playing security guard to his penis on his terms. It's about the transfer of control to you. If you settle for less than that, you're short-changing yourself and him as well.

So, what should you do if he went so far as to refuse the device, and a week later begs for it back?

Do not give him what he wants.

You may not wish to offer him the gift of your keyholding ever again (particularly if you only reluctantly agreed to the experiment in the first place – who needs the frustration of doing a favor for someone who blows hot and cold like that?)

Even if you enjoyed the experience of his chastity and are eager for more you must not allow him to set the agenda. If he asks, tell him you'll think about it – making clear that you were disappointed with the previous outcome, and that you are therefore reluctant to try again.

Also make it clear that any further pestering from him will make your decision much more likely to be 'No' – and that should you relent, you will do so solely on your own terms, and will take any further obstinacy from him as the final word on the matter.

Or, you could make him earn your services as keyholder again, in whatever way you please – but again, never promise that he will receive the reward he desires. Certainty is for you, the keyholder, not for him, the (would-be) chastened male. Enforced chastity is your gift to him, not his right to demand from you.

When you are ready (and after at least several weeks or even months have passed), re-introduce the device quickly and firmly – and make him understand that any further defiance in this matter will make you even less inclined to try again in future.

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Repeated rebellions of this kind indicate that something about chastity play isn't working for you and/or your man. Nobody is to blame when this happens: perhaps he asked you to live out a fantasy with him that, in the cold light of day, he didn't truly want; perhaps you asked him to live out a fantasy with you that called for a greater sacrifice than he was able to make.

Whatever the reason, you must decide where to go from here. If it was your man who persuaded you to be his reluctant keyholder, then you might well breathe a sigh of relief and move on; having backed away from the idea himself, he can hardly object when you do the same.

On the other hand, if you're still keen to include some aspect of male chastity in your relationship with him (perhaps if it was you who suggested the idea to him, or if he suggested it but you enjoyed the results) then you'll want to explore other solutions.

As a first step, you may wish to discuss the matter with him. Bear in mind that seeking his advice may weaken the perception that you are in control, so consider whether it is likely to increase, or decrease, your chances of getting what you want.

If you do decide to ask his opinion, it's better to phrase it as a demand rather than a request. You may wish to hold the discussion in a sexual setting, preferably one that empowers you while placing him in a subservient position.

Seek some common ground that will work for both of you. Was the delay between orgasms too frustrating? Did he need more teasing? Would it have made a difference if he'd been allowed out more regularly, for a supervised shower?

If you decide it's worth trying things a little differently, then you're ready to negotiate from a position of strength. Your goal is to get more of what you want, in return for giving him enough of what he needs.

Don't let him believe he has got the better of you: being sexually submissive, your man wants *you* to get the better of *him* in these negotiations. Set conditions that are fun for both of you, but that underline the message that you are in charge. Give him what he needs to work with, but make sure that your needs and wishes take precedence.

If you still can't work things out, all is not lost: a more playful version of male chastity can still spice up your sex life. Lock your man up before he goes to work in the morning, with the promise that you'll call him a couple of times during the day to ask how he's gutting on – and that you'll release him that evening, just as soon as he's performed any other services you desire to your complete satisfaction.

Or just take him to bed and lock him up there and then – and invite him to do his best to persuade you to release him and enjoy his penis.

One way or another, you and your man can still have a lot of fun with male chastity, even if you don't end up adopting it as a long-term lifestyle choice.

What if You Change your Mind?

The simple answer is that you're the keyholder, the lunch-pin of the entire exercise of male chastity, and you can stop playing the game any time you like.

The more complex answer is that you might wish to give your submissive man the gift of keyholding, while also finding the whole experience a bit overwhelming. It takes a lot of self-confidence, not to mention time and attention, for a woman to take sexual control of her man, so it's hardly surprising that some who have been persuaded into keyholding can find the experience stressful, unnatural, or difficult to enjoy.

If this is you, but you want to persevere, the first thing you must do is relax. Don't worry too much about him or about 'getting things right' – as long as you make sure he's staying healthy and clean then you have the basics under control.

Next, remember that his is primarily about your satisfaction and pleasure, not his. Your submissive man *wants* you to be satisfied and fulfilled; he *wants* to be frustrated and denied. If that's not how things are working out – if bringing male chastity into your life is having a negative effect on you – then something isn't right.

What role have you adopted? How about him? Are you focusing more on pleasing him, instead of him pleasing you? If so, and if you and he want to indulge in true, submissive male chastity, then something needs to change.

If it can't change – if such a change would require a shift in your accustomed roles that is simply too great to achieve – then you must draw the obvious conclusion: if you continue to play chastity games, they are going to be more playful than serious, more about you giving him a sexual treat rather than him offering submission and service.

What you do with that is up to you. Perhaps you'll want to remember to surrender his key entirely. Perhaps you will continue to play the chastity games he likes, while avoiding the power and responsibility of being a full-time keyholder. If you take this path, please make sure that your payoff for providing these sexual treats is at least as good as his, otherwise you won't be truly satisfied and neither – when he realizes the true balance of power – will he.

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Okay. You've tried this male chastity thing, either because you discovered it for yourself or because your man persuaded you, but it doesn't seem to be working out. There's no need to give up just yet. Instead, try an experiment to see if you can make things better.

First, spend some time planning a special evening for yourself. The chores will be done in advance (by him, naturally) leaving several hours free for whatever you wish.

Take a piece of paper, and make a list of things you would enjoy doing with him, starting with how the evening will begin and then describing, step-by-step, how it will proceed. There's no need to write

more than you wish: outline will do, as long as it's a clear one. Or you can describe everything down to the last detail. It's up to you.

Remember: every item on the list is there to please you, not him. The only restriction is that every item should be achievable for you and your man – so don't write down, 'Fly to Paris in our private jet' unless you have a private jet and a pilot lined up! It's okay to write down any intimate, sensual or erotic services that you would like to receive.¹

Don't include any activities that would result in your man having an orgasm. If he gets one at all, it will be at the very end of the evening.

Make sure that he is properly chaste and horny (in other words, that sufficient time has passed since his last orgasm) and then give him the list. Tell him that you and he will share each of the activities you have included, exactly as they are shown. At the end of the evening, you *might* unlock him and let him have an orgasm – but he is not to count on this.

As mentioned, all necessary chores will have been done before the evening begins; any work required during the evening (preparing a meal, lighting candles, clearing up, booking a restaurant table, running a bath, or whatever) is to be performed by him.

During the evening, you are free to re-arrange, repeat or skip any of the activities. If something different takes your fancy, go for it. The only prohibition is (still) that your man must remain unsatisfied until the very end.

As the evening draws to its close, reflect on how things went for you. The time you have just spent with your man will be as good, in terms of pure female hedonism, as male chastity can get: he has been doing his best to please you in every way possible, and you have had no distractions or worries.

So, if it hasn't worked for you, then it may be time to face facts. On the other hand, if it *has* worked, you might now have some insights into making it work again in future...

For now, you must decide whether to unlock him or whether to leave him frustrated. If you didn't really enjoy the evening – if his heart wasn't in serving you, or if you have decided the best experience has to

¹ If you were thinking of writing a list *without* any of these, then there's a possibility that you haven't quite got an important aspect of this male chastity thing nailed down just yet.

offer wasn't worth the responsibilities and attention it involves, now might be a good time to make the change. Remove his device and give him an orgasm in any way you choose. Since he's been denied for several days, it probably won't take him long.

Don't lock him up afterward: if he asks why, break the news that you want to see more of him as he really is, not through the bars of some chastity cage.

You're always free to re-introduce chastity play alter, in more modest amounts, if you wish to do so – you could even make such evenings a regular part of your love life: lock him up, have your mutual fun, and then return to normal until the next 'date'. In this way, his appetite for submission and sexual control can be satisfied without you being overwhelmed by the constant need to deal with his chastity.

If the time you have spent with your man has persuaded you that you want to continue with chastity play after all, then congratulations! You are still the holder of your man's key, and the owner of his penis. You're free to unlock and enjoy your property for a while, or to save it for later – the choice is yours.

Beyond the Bedroom

One of the most popular reasons given in support of male chastity is that chastened men help more around the house.

If you're one of those women who's lucky enough to have a partner who already does his share, then this won't be too relevant to you. If you're one of the majority who ends up doing most of the cooking, cleaning, shopping, and laundry herself ... then keeping a chastened male around the place can be like having an extra pair of hands.

As we've already seen, using sex as a weapon is neither healthy nor constructive, and this applies just as much to getting the housework done as anywhere else. Locking your man up and then blackmailing him into scrubbing the bathroom is likely to harm, rather than strengthen, your relationship with him.

On the other hand, locking him up and then directing his male sexual energy into pulling more of his own weight ... well, that's a different matter.

The longer he spends in chastity, the more he will focus on your needs. With most men, the main interest will be fulfilling your erotic, romantic and physical needs – he wants to woo and win you into using your key, after all – so you may need to drop some subtle (or not-so-subtle) hints to get him to take on a fairer share of the household chores.

Other men can find a deep satisfaction in domestic service; some individuals even visit establishments run by professional Mistresses, where they pay for the privilege of scrubbing floors, for example. If your man has this particular kink, he will most likely volunteer at the first sign the chore needs to be done; at the very least he will respond eagerly to the suggestion that he should do it.

As in so many areas of a relationship, nudging a man toward taking his fair share of the chores is a balancing act. By no means all women want to push their men in this direction, and by no means all men fantasize about scrubbing bathrooms ... so it's important to discover an arrangement that works for you as a couple.

If your man already works long hours, and is more into the sexual/romantic side of serving you, then there's a risk that he might end up feeling exploited if you pass too many chores to him – a feeling that can soon turn into resentment. If that happens, your mutual experiment with male chastity is unlikely to turn out well.

On the other hand, if you *both* work long hours, and if your man is nowhere near to doing his share, and if he's keen for your gift of keyholding to continue ... then there's no reason why you wouldn't seek to receive a benefit in turn, by allocating the domestic chores more fairly.

After all, if you're constantly up to your elbows in suds while he slouches in front of the TV, then you're hardly going to be in the mood to offer the sexual attention he wants as part of his experience of male chastity. Once he realizes that by helping you, he's helping himself, your life should get a whole lot easier.

PART FIVE

APPENDICES

Appendix A: Online Resources

Information Portals and Forums

<http://www.tpe.com/~altarboy>
<http://www.lockmeup.com>
<http://www.locknkeep.com>
<http://www.malechastityforum.com>

Selected Manufacturers (Tube-type)

http://www.gerecke-kg.de/index_e.html
<http://www.steelworxx.de>
<http://www.chastitytube.com>
<http://www.cb2000info.com>

Selected Manufacturers (Belt-type)

<http://www.lockedinsteel.com>
<http://www.williamjoneschastity.com>
<http://www.neosteel.de>
<http://www.tollyboy.com>
<http://www.chastitystell.de>
<http://www.my-steel.de/en/>

*Inclusion on this page does not constitute an endorsement of
any particular manufacturer or product*

Appendix B: Measuring for a Ring

Tube-type chastity devices are generally held in place by means of a ring that sits snugly against the wearer's body, immediately above his genitals and completely encircling them. The ring includes a number of posts (or some other mechanism) that mate with the tube and accept a padlock or other security device.

Plastic devices often come with a selection of different-sized rings, but when ordering a hand-built device it's important to take an accurate measurement:

1. Loop a piece of (non-elastic) ribbon or string about your man's flaccid genitals, next to his lower abdomen as if capturing his penis and scrotum. Pull it comfortably tight without constricting him.
2. Mark or tie off the string to the correct length.
3. Remove the string and measure its length.
4. Divide the length by 3.14
5. The result is the required ring diameter.²

For example, if the string is 140mm long, then the diameter will be 140 divided by 3.14, which is 45mm.

Never settle for a ring that's too tight, or you risk causing discomfort and even damage to your man's genitals. A slightly loose fit is acceptable, though a snugger fit may be more comfortable. A too-loose ring is liable to place excess weight exactly where he doesn't want it, or even to slip off.

One manufacturer recommends experimenting with off-the-shelf products such as drapery rings – eBay can be a good source of various sizes – so that your man can get the best possible feel for the size that feels comfortable and secure.

² A fixed ring will need to be larger than this; see the discussion on fixed rings versus split rings, opposite.

Fixed Rings versus Split Rings

The final choice to be made is between a split ring and a fixed ring. A split ring opens up by means of a small hinge, making it easier to secure about your man's genitals, while a fixed ring is solid and must be fitted over his penis and scrotum. This means that if you choose a fixed ring, you will need to allow for a slightly larger diameter than the one you measure (and experimenting as described above becomes much more important).

A fixed ring will be cheaper, and offers the advantage that it will stay in place even when the device is unlocked, making it easier to refit the cage afterward. A split ring will offer a snugger fit, but tends to come open when unlocked, meaning that it needs to be held firmly in place while the device is fitted.

With a split ring, therefore, you can end up feeling as if you need an extra hand – particularly when locking your man up while he's still aroused and partially erect.

Fortunately, if you and your man feel you have ordered the wrong ring, you can always go back to the supplier and re-order. The ring is generally the cheapest and simplest part of a male chastity device, so a change of mind in this area should not break the bank.

Appendix C: Further Reading

Books and Websites about Female Domination

The Mistress Manual : The Good Girl's Guide to Female Dominance

Lorelei

A wide-ranging introduction for the woman who is interested in developing the sexually-dominant side of her nature with her male lover.

Caring Domination

<http://www.cair4.com/>

“This website is about love, caring, strong relationships, and happy endings. It is about strong knights with allegiance to a caring Lady. It’s about kinks and the tricky business of understanding and dealing with a submissive man.

Around Her Finger : A Very Clever Secret for Breathing New Life back into your Relationship

Ken Addison

Examines a female-led lifestyle based on voluntary (rather than enforced) male chastity; of particular interest to those wishing to extend the effects of male chastity beyond the bedroom.

How to Be a Dominant Diva

Georgia Payne and Julie Taylor

www.dominantdiva.com

A fun non-threatening source book of female-controlled fantasy scenes.

Books concerned with Education the Male

***She Comes First : The Thinking Man's Guide to Pleasuring
A Woman***

Ian Kerner, PH. D.

The tongue is mightier than the sword...

***The Low Down on Going Down : How to Give Her Mind-
Blowing Oral Sex***

Marcy Michaels and Marie Desalle

Includes tongue exercises!

***How to Give Her Absolute Pleasure : Totally Explicit
Techniques every Woman wants her Man to know***

Lou Padget

Another candidate for your chastened lover's reading list...

Books about Sexual Fantasy

***The Joy of Sexual Fantasy : Understanding and Enriching
your Fantasy Life***

Dr. Andrew Stanway

A good resource if you are seeking to understand more about
your (or your lover's) sexual fantasies

My Secret Garden

Forbidden Flowers

Women on Top

Men in Love

Nancy Friday

The classic series of source books concerning human sexuality
and fantasy.