

Title: My boyfriend wants anal sex.

Question: My boyfriend has been begging me to have anal sex with him. What should I do to prepare?

Answer:

Aaaaaah. The taboo, dirty girls and boys only, degrading, painful world of anal sex.

GROSS!!

Or is it?

Listen, I've always believed that what you decide to do in the privacy of your own bedroom is YOUR BUSINESS and no one else's. So long as no one gets hurt, then what can be bad?

Sex in this other position could be a great way to simply being open to trying new things with your partner.

The truth is that a lot, and I mean A LOT of men and women love this position.

Why?

Partly because it IS supposed to be a no-no. Because it feels like you're doing something naughty.

And that feeling of getting away with something can make us feel alive.

It's exciting.

And it could be just what the doctor ordered to spice up a sex life that is D.O.A.

But also because you can actually have hardcore rocketing into the 4th dimension ORGASMS this way.

Did your pretty little ears perk up on that one?

I bet you weren't aware that you can climax from another G-Spot... or A-Spot, as I like to think of it.

Now, like eating snails in a fancy restaurant, it's an acquired taste and NOT for everyone, but those who like it, usually LOVE it.

But you must prepare properly to make it an experience that's fun and not frightening.

In my ebook, I have a whole chapter entitled "Bottoms Up" which I highly recommend you read so you not only know what to expect but how to get the most out of your experience.

You can read it by clicking here:

<http://www.blissinthebedroom.com/ebook>

I can't get into all the things you need to know here, but I will give you a few things that you need to know to get you started:

#1 - Prepare SLOWLY:

Not that you WOULD think it is a good idea, but just in case, I'm making this SUPER DUPER clear:

Do not just have your dude ram his hot dog into your hiney.

One word, OK maybe two:

F**king OOOOOOOOOOOOUCH!

No, baby, you'll want to take this niiaiiiiiiice and easy.

In fact, you'll want to start with something else besides his erector set.

You can use your finger or his, or play with a dildo or anal beads.

If you are at a loss... may I suggest a couple that would do the trick: The Fun Wand by Njoy, http://www.cleosboutique.com/view_item.php?id=132&, or The Pandora, http://www.cleosboutique.com/view_item.php?id=200&.

Just make sure it's something small and that you insert it a LITTLE bit at a time.

Then just rest there for a moment and let your little sphincter get used to the sensation.

Then when you think you're ready, you can move it a little deeper.

Don't rush, you want this to be fun, remember?

#2 – Get Lubricated

Don't even THINK about anal sex without a ton of lube. You don't want to tear precious tissue, know what I mean?

And make sure that you keep on using more lube during the act so you stay nice and slippery. Remember, you don't have natural lubrication in your bum like you do in the kitty.

#3 - Arousal Helps

Play with yourself or have your man make your kitty purr before you start knocking on the back door.

The more aroused you are, the more relaxed you will feel, ALL over.

And practice your breathing that I discuss in my book. It will keep you relaxed.

#4 - Stop Freaking about the Poop!

I know you're gonna panic about your pooper, well, pooping!

Sure it's possible that you could have a little feces if you're feeling like you gotta go, but truthfully, the rectum is a passageway not a storage center.

Feces accumulates in the colon, which is a good 5-9 inches away. It would still have to go down your anal canal.

So, you have a bit of a safety zone.

But I would say if you're squeamish, then by all means use a lubricated condom.

That's smart anyhow, because you can spread STD's through anal sex too.

So be smart about it.

#5 - Stay in Control

You get to call the shots on this one.

It's you butt, it's your call.

That means you get to slowly move onto his erection, not him pushing into you.

And keep on communicating.

If it's too much, or you change your mind or that's enough for one night, cool.

Just keep him posted.

Who knows?

You may find that this little dirty secret becomes one of your favorite little games in your sexual toy box!