

SEAN JAMESON

THE
7 DEADLY
SEX SINS



Bad Girl's Bible

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Table Of Contents

Chapter	Page
Introduction.....	3
Sex Sin 1: Muting Your Desires.....	4
Sex Sin 2: Selfishness.....	7
Sex Sin 3: The Closed Book.....	10
Sex Sin 4:The Black Bedroom.....	11
Sex Sin 5: Starfish Syndrome.....	13
Sex Sin 6: Fetish Fear.....	15
Sex Sin 7: Different Man, Same Sex.....	16

INTRODUCTION

Almost all problems in the bedroom can be solved by addressing and avoiding the 7 Deadly Sex Sins. These are the major stumbling blocks and barriers that are in your way and preventing you from fully expressing yourself sexually and enjoying maximum pleasure from all your sexual pursuits.

Some of these sins are stupidly simple to overcome, and you can start working on them tonight while others are going to take more time and effort to eradicate. But as the old saying goes, if you want it, then you've gotta work for it.

Let's dive in...

SEX SIN 1: MUTING YOUR DESIRES

You may have been expecting the first Sex Sin to be about a mistake you were making with pleasing your man, but it's actually a mistake that you may be making with pleasing yourself.

I hope this didn't take you by surprise, but it's by far the most important and deadly Sex Sin that you need to work on. Not expressing your wants, needs, desires and fetishes or exploring them with your man, is going to leave you in a state of wanting more and wondering if you're missing out on something. In the short term, it's not much of a problem, but in the long-term, over many years, it can slowly build up and make you feel like you are seriously missing out or have already missed your chance to try something intense and wildly satisfying.

As you settle into any new relationship and get to know each other more deeply, there may be certain things that you deeply desire sexually, that you want to explore as well as certain things your man does that you dislike or even find uncomfortable. Repressing your desires and ignoring things you dislike are great ways to end up unsatisfied and even resentful.

So, how do you effectively talk to your man about what you want and what you don't want? Confronting him is always going to be a bad idea.

The best way to talk about sex with your man is to:

1. Start slowly

2. Be very positive, open & complimentary.

3. Ask for his input.

1. Start slowly - What I am talking about here is making sure that you don't quickly unload every last kink, fetish and desire onto your man when he's least expecting it. Instead, it's much better to view this as an un-rushed and ongoing process for your entire relationship.

So, you should start by telling him what you enjoy doing with him and letting him know similar things that you'd like to try with him. Almost all guys are going to respond positively to this. So, if there is a certain position that you adore with him, tell him and then suggest that you try a variation of it.

You can also let him know what you don't enjoy so much. Phrasing it like this, *"I thought I'd love doggy-style, but there is something about it that I find kind of uncomfortable, maybe we should try to find a variation that works,"* is great. Phrasing it like this, *"I hate doggy-style with you,"* is obviously terrible.

2. Be positive, open & complimentary - this ties into the first point. Being positive, open and complimentary towards your man is going to make him infinitely more receptive to your feedback. Being negative, closed off to what he shares with you and scolding him for what he wants or mistakes he makes will spell disaster for your sex life and even your relationship.

A great way to be positive and encouraging is using a nickname for him in an endearing way like, “*my bedroom adventure buddy*” or “*my erotic explorer.*” Nicknames like these are great for making him view trying new things as something positive and exciting. Then, when your man gets used to you suggesting new ideas, start taking bigger steps with expressing what you want sexually.

3. Ask for his input - Sex is a two-way street. While the Bad Girl’s Bible is focused on you, this doesn’t mean that he should be left unsatisfied. If your man is open and already sharing his wants and desires with you, then this is no problem. If not, then you need to encourage him to share. Again, being positive, open and complimentary is important here. You’ll also notice that if you share something you want to try first, then your man is going to naturally feel like reciprocating and sharing too.

If you find that your man is totally resistant to any ideas that you suggest or thinks that he is the only one who should be responsible for suggesting new things or tells you that your fantasies aren’t going to happen, then you’re going to need to have a more serious sit down conversation and be more direct with him. Again, it shouldn’t be a case of confronting him. Instead, it should be a positive experience for him where you let him know you are willing to try new things that he enjoys and that you hope he can develop the same mindset.

SEX SIN 2: SELFISHNESS

Sex is all about give and take. If your sex life with your partner is a one-way street, then it's going to lead to resentment in the bedroom, which can eventually spill over into the rest of your relationship and lead to resentment there too. Being selfish in the bedroom is obviously a sex sin, but in my opinion, putting up with selfishness from your partner is an even bigger sex sin.

You absolutely must not put up with it. The first step to eliminating selfishness is identifying it.

- Do you feel that your man always gets sex when he wants it, but when you're feeling horny and want sex, he's not that interested in helping you out?
- Do you feel that you do everything you can to keep your partner satisfied and content sexually, but he has little interest in keeping you satisfied?
- Are you willing to experiment and indulge his fetishes, even the ones that you don't find particularly interesting to keep him satisfied, but he refuses to indulge yours?

If you find yourself answering "yes" to these questions, then your partner may be a little selfish in the bedroom department. If your partner finds himself answering "yes" to them, then it's an indicator that he may find you to be a little selfish in the bedroom.

The key with this is not making it a big deal. So there's no need to confront him or make him feel guilty about it if you find him being selfish (the same applies if you discover that you're the one being a bit selfish, it's really not a big deal). Often, people don't even realize that they are being selfish until it's pointed out.

Once you or your man realize that there is an imbalance, then you need to correct it.

So...

- If your man always gets sex whenever he wants it, but you feel he doesn't reciprocate, then talk to him about it and let him know how you feel in an open, honest, non-confrontational way to get him to start pulling his weight and making sure he "helps you out" when you want sex.
- If you work hard to keep him sexually satisfied but notice that he has no interest in doing the same for you, it could be something that he genuinely never considered before. Guys really do have blind spots like this! So let him know what you enjoy about him when he is pleasing you and tell him that you wish he would do it as much as you try to please him.
- Sometimes guys are super keen to get you to indulge in their fetishes, but are not so keen to indulge in yours. This can be a real bummer. If you're in this kind of situation, talk to your man and let him know how you feel. Again, there's no need to be confrontational. Being calm, collected, open and positive is going to get you much better results.

2 quick notes on this....

1. **Don't go overboard** - In the ideal world, both you and your man are going to be equally satisfied every time you're intimate. In reality, this will almost never be the case. Accepting this fact is crucial. Sometimes, there may be days or even weeks when you're doing all the giving, but there's also going to be days and weeks when it's your man providing all the pleasure. Understanding and being comfortable with this is crucial to keeping a happy balance.
2. **Some people get off on giving** - Some people get immense pleasure from sexually satisfying their partner. If you feel this way, then having a slightly selfish man in the bedroom can actually be a good thing.

SEX SIN 3: THE CLOSED BOOK

Simply put, being a closed book and having a complete lack of openness is going to prevent you and your partner from maximizing your sexual pleasure in the bedroom. There's no need to try every possible suggestion that you or your man come up with, but you should at least be open to discussing it without outright dismissing it (provided it's legal and safe).

I always recommend that you use the following strategy to increase your openness to new fantasies and ideas:

Put yourself in someone else's shoes.

Talk to a friend who holds beliefs that you totally disagree with. I'm not talking about sexual beliefs. They could be religious, political or even beliefs about a local sports team. Don't challenge their beliefs verbally or even in your own head, but instead ask about them and try to understand her point of view. Getting new perspectives like this will greatly help to increase your openness to new ideas both sexually and in life in general.

SEX SIN 4: THE BLACK BEDROOM

The black bedroom is unfortunately a way of life for many couples. In case it's not totally obvious, a black bedroom refers to those couples who only have sex in the bedroom and almost always do it with the lights off. If this type of sex leaves both you and your man completely satisfied, then great! But the vast majority of people find this kind of sex leaving them unsatisfied and wanting more.

If you find that you have fallen into the black bedroom mindset, fixing it is very easy and fortunately doesn't involve doing anything weird or extreme. You're going to start small by staying in the bedroom and using a candle or two close to your bed to provide some gentle illumination while you're having sex.

When you're both comfortable with this, then try using a dim lamp in the corner of the room. From here, try having sex in dim natural light, during the early morning as the sun is rising or late evening when it's setting. At this stage, when you're comfortable having sex in dim natural light, you'll find that keeping the main bedroom lights on during sex to be very easy and not stressful at all.

Taking the same step-by-step approach to having sex outside of the bedroom is also advisable. Start inside the bedroom. But instead of lying on the bed, lie on the side of your bed with only your stomach on it and with your feet on the floor, allowing your man to take you from behind. This is pretty easy.

Next, try having sex like you'd normally have, but this time do it on the floor. Then, try having sex over any of the furniture you have in the room. All of this is pretty easy. The next place to try sex is in the bathroom. From here, you can start exploring the rest of your house. The key is slow and steady step-by-step progression so that you can get comfortable with slight changes to your routine.

Of course, if you and your man do find that you don't particularly enjoy sex with the lights on or sex outside of the bedroom/bed, don't feel like you have to do it. The key is experimenting and then finding what you like.

SEX SIN 5: STARFISH SYNDROME

I've talked about starfish syndrome here and there, but now I want to really delve into it and give you some simple yet effective tactics to solve it.

What is starfish syndrome?

It's what I call women (or men!) who just lie there like starfish during sex, hardly moving or doing anything at all. So, if you just lie down with your legs open and arms motionless by your side or above your head during sex, then it sounds like you may have starfish syndrome. In other words, you act like a starfish acts, barely moving at all.

Thankfully, it's super easy to eradicate starfish syndrome and turn into a sex bunny in no time.

Work his body with your hands - The first thing you should start doing is working his body with your hands. So if you are having missionary sex, wrap your arms around him and use your hands to rub, massage, scratch and dig into his back. You can even grab his butt in this position along with his head, neck and arms.

If you are in a position like doggy-style, you can reach backwards and start rubbing, scratching and massaging his legs and arms. You can also reach back between your legs and start massaging his balls too.

In the cowgirl position, you can lean forward and rub his chest, pin his arms with your hands or even rest on top of him, reach behind his scalp and gently pull on his hair.

Moan, groan and use your words - If you're enjoying your man, don't repress your enjoyment! Vocalize it. You don't have to start talking dirty to him and shout out in pretend pleasure. Simply moaning or groaning is enough feedback to let your man know that he is hitting the right spots and satisfying you. But, if you want to take it a step further, then start talking dirty too!

Take control - Sex shouldn't always be led by one person in the relationship. If your man is always the one in control and calling the shots in the bedroom and you like it that way, then that's perfectly fine. But, if you want to change things up a bit, try taking control every once in a while. To take control, you don't need to start cracking whips. It's as simple as grabbing his hand and pushing him into a different position.

Initiate - An even easier way to take control in the bedroom is to initiate sex with your man. Doing this is as easy as getting on top of him while you're already lying in bed. But if you want to go a little further, then you can initiate from an earlier stage like when you are both out at a bar: Just lean over and tell him that you need to get him home. Most guys will jump at the chance and be very pleased that you suggested it.

SEX SIN 6: FETISH FEAR

Having talked to thousands of students, I've noticed a common trait that many of them share...

While they are often extremely aroused and turned on by their fetishes, kinks and fantasies, they are also often ashamed and even disgusted by them at the same time. So on the one hand, they get completely turned on at the thought of their fantasy but on the other hand, they feel disgusted with themselves at the thought of engaging in this fantasy.

I find this mindset fascinating where you both enjoy and are disgusted by something. There is even a psychological state to describe it. It's called cognitive dissonance. So, if you think you're the only one who has a fetish or two that you're not totally comfortable with, don't worry, you're not alone.

The important thing is understanding that there is nothing wrong with having and exploring a fetish that may not be mainstream or involve doing something some people consider to be weird, provided that it is legal and doesn't hurt anyone.

Another way to help you come to terms with your fetish is to understand that there is a big difference between getting turned on by something that you do privately and wearing a label on your chest that says you are turned on by it. In other words, your fetishes and kinks don't have to define you. In fact, they shouldn't. They should just be a small aspect of your life that you explore very privately with a loving, trusting partner.

SEX SIN 7: DIFFERENT MAN, SAME SEX

It would be great if every guy was the same and every guy got turned on by the same things and every guy got the same amount of pleasure from the same sex techniques.

Of course, you're smart enough to know that every guy is different and every guy has different things that turn them on, get them off and drive them crazy with pleasure. If you used to date a guy who loved blow jobs, but the guy you're currently dating isn't so keen on them, it's most likely got nothing to do with you. It's him and he's different from the last guy you were with.

True Bad Girls know this and they know that they need to experiment with different sex positions, tactics and techniques to discover what drives their man crazy in the bedroom.