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THE
FANTASY
EXPLORER'S
GUIDEBOOK



Bad Girl's Bible

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INTRODUCTION

I think almost everyone has the secret fear that they may settle down with the wrong person. When I say wrong person I'm not talking about settling down with someone who turns out to be an alcoholic or someone who is abusive. That's not exactly a secret fear. I'd consider that to be more of an open fear!

The secret fear that I'm talking about is settling down with a guy that you initially think is exciting and fun and have great sex with only to later find out that he isn't really that exciting or fun or as interested in having great sex as you are. Another aspect of this secret fear that many have is settling down with someone who isn't open to discussing or trying out your fantasies.

Many people are fortunate enough to be with guys who want to explore their fantasies with them. However, there are just as many people who are with a guy that is closed off to the idea of exploring their fantasies.

This book is for the latter group of people, those in relationships who are struggling to express their fantasies to their man or those struggling to explore their fantasies with him. It's going to give you a blueprint of techniques and tactics that you can start using to change your man from being closed off to your fantasies to being excited and eager to explore them.

PREPPING YOUR MAN

The first step to exploring your deepest, darkest fantasies is what I like to call, “Prepping Your Man.”

Remember when you were a kid and you really wanted to stay up late to watch a TV show or just to hang out with your friends longer? It was always easier to convince your parents to let you stay up late if you put them in a good mood first. If you finished your homework, did your chores and promised not to stay up too late, it was much easier to get them to give in to your demands. Of course, if you just had a screaming match with your parents about it, then it was going to be far less likely that your wish would be granted.

Why am I telling you this?

Because sharing your fantasies with your man is very much the same. If you “prep him” first by putting him in a great mood and even get him a little excited about the prospect of trying something new, he will be far more likely to actually do it. Of course, if he’s not in a particularly good mood or worse, in a bad mood, then sharing your fantasies with him isn’t going to go particularly well.

So, what can you do to “Prep Your Man?”

1) Get him excited about trying something new. The first thing you should focus on is getting him excited about trying something new that you know he will enjoy. So, it

could be something like wearing new lingerie and asking him to “help you” to take it off. Or it could be trying something new in the bedroom that you know he will be interested in like a new sex position or using some new blow job techniques on him. After you’re finished trying something new with him, make sure to praise him and let him know how much you appreciate his desire to try new things...This might sound a little funny here, but yes, you will be praising your man for his desire to try new things, even though it was really your idea to try something new.

2) Praise him for being so open minded. Just like with praising your man for his desire to try new things, you also want to praise him for being open minded. This doesn’t just have to happen in the bedroom either. So, if he has opinions that aren’t quite mainstream, make sure to praise him for being open minded enough to have them. If he wants to go on vacation somewhere quirky or someplace you would never have dreamt of, again make sure to praise his open mindedness. But this also applies inside the bedroom too. If he wants to try anything new at all, praise him for being open minded enough to suggest it.

When people are praised for something over and over, they usually start to believe it and become the thing you are praising them for. It becomes a self-fulfilling prophecy.

Prepping your man is vital for increasing the likelihood that he will be keen and excited to explore your fantasies with you.

THE GO FIRST RULE

Have you ever had a friend who shared a lot of her secrets and thoughts with you? I bet that you found it quite easy to share your own secrets and thoughts with her, right?

Now...

Have you ever had a friend or work colleague that never really told you about how she was feeling or thinking and most of her conversation was on the surface, about things like the weather or a sports team or what she's having for lunch. I bet that with this friend you didn't share as many of your secrets and thoughts with her.

You may be wondering why this is so...

It's actually super simple. It's another "brain trick" that your brain plays on itself. When you share your deeper thoughts, ideas and beliefs with another person, they will naturally feel more comfortable with sharing their own deep thoughts, ideas and beliefs with you. To be clear, this doesn't apply to absolutely everyone, but it does apply to the majority of people.

Now that you know this, it's time to apply it to your relationship. The next night you are both lying in bed and you know that he's in a good mood (after sex is perfect), try telling your man something that you adore him doing. It could be when he's acting more dominant or when he's loving and caring or when he thrusts deep or when he

cums. Whatever it is, just tell him. Then ask him if there's anything in particular that he likes or enjoys. He is going to be more likely than usual to share his preferences with you.

Once you get to a situation where you are both sharing your likes, wants and desires, it's going to become very natural and easy to start sharing your kinks, fetishes and fantasies with each other.

START SMALL

A mistake that some couples make when they start sharing their likes and desires in the bedroom is that they “start big.” They start by sharing something really intense that totally catches their partner off guard.

In a small amount of cases, this can work out really well and your partner will be super excited at the thought of exploring it with you. Unfortunately, this is not a likely scenario.

When you “start big,” the most likely scenario that happens is that you surprise and shock your partner. This can make things awkward or worse, make him clam up and feel that you both have completely different interests in the bedroom.

A much better strategy is starting small, by sharing something very tame that you want to try out with him to give him an idea of what you want. It could be something as simple as a new sex position or telling him how much you love to feel his hands wrapped around your back and squeezing you tightly.

No guy is going to react negatively to this. But it will put you and your man on a path where you are both more comfortable sharing what you want.

Then, as your man keeps reacting positively to each small thing you suggest to him, you can start venturing out deeper and trying slightly more intense things. This way you never have to deal with your man feeling shocked or clamming up.

So if your fantasy is that you want him to be much more dominant during sex, then you can start small by telling him how much you enjoy it when he's on top of you when you're making love. You could also tell him that it feels like he is in control when he's on top and that you like it that way.

From here you could progress to letting him know how hot you'd find it to have him pin your arms down during sex or how intense you find it for him to grab your hair when you're making love.

I hope from reading this you get an idea of just how effective starting small is.

The last thing to say on starting small is that you shouldn't fall into the trap of getting stuck and only ever sharing small things. At some stage you need to graduate to sharing the more intense parts of your fantasies.

LISTEN & WATCH HIS REACTION

But it's not just a case of starting small if you want to successfully share AND explore your fantasies with your man. Although it's unlikely, your man can still clam up when you use the "start small" tactic. To further prevent your man from getting weirded out, awkward or closing up, it's absolutely vital that you watch and listen to his reactions.

For some of you, this may be obvious, but often it's forgotten in the excitement and can prevent you from reaching the outcome you want...actually exploring your fantasies with your man.

So remember to listen and watch your man's reactions anytime you are sharing something new with him. If you can see that he is reacting well, then great, keep sharing at a reasonable pace. If you can see that he is reacting badly, then you'll need to slow right down and figure out why he's reacting badly. Try asking yourself these questions:

- Is he in a bad mood?
- Is he shocked by what I'm sharing?
- Does he believe that we shouldn't have anything but vanilla sex for some reason (religious reasons, bad past experiences, past trauma, etc.)?
- Did he interpret what I said as me not being satisfied with him and that I need something else to satisfy me?

Once you figure out why he's reacting badly, then you can devise a way to "turn that frown upside down" and get him excited to start exploring your fantasies with you.

HIM & HIS EGO

If you have followed the steps I have laid out so far, everything should be progressing slowly but smoothly and both you and your man should be sharing your tamer fantasies with each other while moving on to sharing your more intense ones too. But, it's often not going to be completely smooth sailing for you as you're doing this.

One major road block that gets in the way of sharing your fantasies with your man and actually trying them out is...

His Ego

Yes, that's Ego with a capital "E." All guys have one. And they're usually pretty big, but some guys' egos are bigger than others. So, how can his Ego get in the way? Here are a few examples:

- If you mention that you want to try dominating him, instead of being excited, he may feel threatened because he feels that he should be the "man" in the relationship and be the one who's doing all the dominating.
- If you start suggesting that you want to try something different in the bedroom, he may feel that it's because he can't satisfy you properly. As you can probably imagine, this can be a massive blow to his ego.

● Thanks to his ego, your man may feel that he should be the only one suggesting anything new in bedroom. If you suddenly take the lead and are the one suggesting new things to try, he may feel that the rug has been pulled from under him.

The first thing that comes to mind after reading these three examples is how ridiculous guys can be! So many guys miss out on having a killer sex life, simply because they let their Ego get in the way.

The really annoying thing is that this is a fact of life. Guys will always have egos, whether you like it or not. So, making sure to manage his ego is vital when you are sharing your fantasies with him.

With every fantasy you have, you need to ask yourself, “Is this going to hurt my man’s ego and potentially make him close off to protect his ego?” If the answer is “Yes,” then you need to share it with your man with the right approach.

Here are a 2 things that you may need to reassure your man about:

- You may need to reassure him that he already fully satisfies you in the bedroom.
- You may need to reassure him that you adore him being the one in control and being the “dominant” partner in the bedroom. I probably don’t have to tell you, but guys don’t like feeling as though they are not manly and “dominant.”

But along with reassuring him about these things, you also want to work in your fantasies and new ideas. Here are two examples of how you could work in a fantasy about dominating your man:

● *“I love feeling you dominating me when we’re in bed together. There’s just something so hot about it. I wish you could experience the same feeling so you can see how fun it is.”*

● *“Feeling you on top of me, holding me down, controlling and dominating me is so hot. But it must be so much work. I’d love to pay you back and you give you a rest one time and be the one doing all the dominating. What do you think?”*

What about if your fantasy is to start trying something new with your man. Here are two examples of how to talk to your man about it, without hurting his ego:

● *“I really love sex with you when you’re on top of me in the missionary or cowboy or jockey position. I don’t think it can get much better than that. But then again, I’m willing to try just for the heck of it if you are. It could be fun to try other positions just to see if I can cum even harder. What do you think? Maybe there are a few positions out there that can make you cum harder too.”*

● *“I just read about this technique that can supposedly make me orgasm harder than ever before. When I read about it, I instantly thought, “bullshit.” Besides, you make me orgasm the hardest I’ve ever orgasmed in my life when you’re taking me doggy-style from behind. At the same time, I gotta say that I was a little intrigued. Could you make me orgasm even harder by trying this technique? What do you think?”*

Hopefully, you get a good idea on the right way to share your fantasies with your man from these examples. The main thing to keep in mind is making sure that you preserve your man’s ego when discussing them with him. Many women are surprised when discussing their fantasies with their man to discover that his ego was actually a lot softer than they originally thought.

WHAT TO DO IF HE FREAKS OUT

I think I've made it pretty darn clear that sharing your fantasies with your man is no cakewalk. Most of the time it can be frustrating and a slow process. This is especially true if your man reacts badly to what you're sharing with him.

If you've followed my advice so far, then it's unlikely that he's going to react badly. But, if he does happen to react badly, shut off or even get a little freaked out, then you're going to need a game plan to deal with it. Here's that gameplan:

- 1)** Don't force it. If you can see that your man is reacting badly to what you've shared with him, then just drop it for now and don't try to force it or try to convince him when he's already made up his mind. All that will happen is that you will strengthen his decision.
- 2)** Act like it's not a big deal. If you act like him rejecting one of your fantasies is a big deal, then he will think it's a big deal too. But if you act pretty nonchalant about it, so will he.
- 3)** Try something different. If your man wasn't particularly interested in a fantasy that you shared, then the next fantasy that you share with him shouldn't be too similar to it. If it is, then he may feel like you are trying to force it down his throat in a different way.

4) Take a softer approach. When you do eventually get back around to trying to get your man on board with your fantasy, try taking a much softer approach this time. So if you originally told your man that your fantasy was for him to flog or cane you, this time you could tell him that you would adore him to spank you with his hand a few times. Or you could go softer again and tell him that you'd love him to just grab your bum during sex.

It can be difficult following this advice, especially if your man gets really freaked out by something you suggest to him. But if you can follow it and remain calm and collected throughout, you are going to be far more successful with sharing your fantasies with him.

DON'T GIVE UP

It can be an incredible feeling when your man helps you explore your deepest, darkest fantasies. It's also a fantastic way to bring you closer together because it's a secret that most likely only you and your man share. Oh, and did I mention that it's a lot of fun too?

But, if your man isn't excited or keen on exploring your fantasies (and sharing his own), it can be a bit disappointing. Rejection isn't a fun thing, especially when it's about something very personal that's hard to share with just about anyone. So, it can be easy to think that you should just give up if your man isn't interested.

But, I strongly believe that you shouldn't give up. We only get to live one life and we don't want to leave it with regrets or asking ourselves, "*what if?*"

While it can take literally years to get your man comfortable enough to explore your fantasies with him, it's totally worth it once you do. So if you find that initially he isn't interested, don't worry. Just change your approach and try again another time.

THINGS THAT HELP

One of the last things that I have to say on sharing your fantasies with your man is that there are 2 things you can do to help make it easier for you to tell your man about your fantasies and make it easier to get your man on board.

1) A little bit of booze. Having a glass or two of wine (and no more than this) before you start talking about your fantasies is going to help a lot. It will make it easier to actually tell your man, but it will also make your man more relaxed and open to hearing them.

2) Build lots of sexual tension. When your man is very eager to get physical with you, he is going to be much more open to you suggesting something new. While I cover everything on how to build sexual tension in the Firestarter book, 3 things you can start doing today to build sexual tension with your man are to flirt with him more, be more suggestive when you're talking to him and make sure to give him a little bit of space so that his mind has a chance to wander and wonder what you've got in store for him.