

SEAN JAMESON

SEAN'S  
**SEX  
FAQ**



**Bad Girl's Bible**

SEAN'S SEX FAQ

SEAN JAMESON

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# INTRODUCTION

I get so many questions sent in every day from readers that I just can't answer them all. I wish I could, but if I did I would just be answering emails for 10-12 hours a day. So if you've sent in an email in the past and I haven't answered, I'd like to apologize.

What's interesting about all these emails I get is that the vast majority of them are very similar.

There are 14 different questions that I am constantly getting from readers. Each of these 14 different questions is phrased in different ways, but they are always about the same 14 problems. So I've decided to answer each of these 14 problems in detail in this book. This way, if you are currently having a problem or issue in your sex life, then there is a high possibility that it will be answered (or partly answered) here.

Even if your love life is currently going swimmingly, I still highly recommend reading the book so that if you do ever notice one of these problems cropping up in your relationship, you can quickly fix it and put your relationship back on the right track.

Just a quick note on the questions and answers in this book:

While all questions in the book have been published here with permission, I have changed the names or removed the names entirely. I have also edited some of the questions to make them more readable, fixed spelling mistakes and removed extraneous details. Let's get going...

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# 1. SQUIRTING ISSUES 1

## Question

Hi Sean, I really like the site and the BJ Bible. I was a little skeptical at first, but after trying some of your techniques on my man, I was very pleased to see him smiling afterwards. It's been great for me pleasuring him.

But I do have a problem. It's not that he doesn't pleasure me. He's amazing. We both followed your instructions in the article on how to make yourself squirt. My man loves the idea of making me squirt. But no matter what he does (or I do), I can't squirt. I do get very wet when he follows the techniques you describe, and I do sometimes orgasm from it, but I don't squirt like you see in porn, even when he uses a lot of pressure.

What can I do to squirt? What am I doing wrong? Is there something wrong with me?

Thanks,

Lacey S

# Answer

Hi Lacey,

Thanks so much for your kind words about the Blow Job Bible! I put a huge amount of work into it. Now onto your question...

From what you describe, it sounds like your man is following my techniques like I've described them if you are still reaching orgasm, even if you are not squirting. Here's what I want you to do if you want to squirt, but are still having trouble:

**1)** Start by first drinking two glasses of water or juice and then about half an hour later have a really long, slow masturbation session ALONE, making sure to get thoroughly aroused and turned on, before focusing any attention on your G-spot and make sure to also lay out a towel on your bed just in case. If you need to read some erotica, watch some porn or do anything else that will get you completely horny, then do it! If you are multi-orgasmic, try having a few clitoral orgasms first. Then, afterwards, use your fingers or even a dildo/vibrator to start massaging and applying pressure to your G-spot.

At this stage, you should be so aroused (and hydrated), that you are dripping wet. As you apply more and more pressure to your G-spot, you should keep getting wetter and wetter. At the very least, you should be producing so much self-lubrication that it's leaking from your vagina.

**2)** As you come closer and closer to a G-spot orgasm, you should feel a pressure starting to build. For many, this pressure feels like you need to pee. You need to just go with this feeling and try to relax. Allow it to happen. Besides, there's no one around to judge, so who cares what happens. And by the way, while there is sometimes pee in the fluid that you squirt, often there is not.

**3)** At this stage, you should squirt. But many women don't squirt. Instead, they just gush heavily. Both are great.

You've done it! Now give yourself a pat on the back and take a breather ;)

**4)** If you are overly concerned with wetting the bed or causing a mess, then just do this in the shower. This way everything will be washed away afterwards anyway.

**5)** Once you can squirt or gush heavily on your own, then it's time to try it with your man. Again, make sure that you are first properly hydrated before trying anything with him. You also need to be in a relaxed and very turned on mood.

If your man is eagerly trying to get you to squirt for him, then this pressure can shut you down and make it much more difficult. So, talk to him and get him to understand that any pressure he puts on you to squirt is only going to make it harder for you to actually do it.

**6)** Your man's main job should be getting you turned on and aroused. Once you are really horny and turned on, grab his hand and direct it towards your vagina, so that he can start stimulating your G-spot. You may need to direct him here. Deeper? Harder? Softer? Faster? More pressure? Let him know what he has to do to get you over the edge.

Remember, as you get closer to squirting, most women feel a pressure build up inside them similar to the feeling you get when you need to pee. Try to just relax and give into this feeling.

7) If you both do everything right, then you should squirt or at least gush. If not, just try it another time.

Have fun!

Sean



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## 2. GETTING YOUR MAN TO PULL HIS WEIGHT

### Question

I keep feeling like I'm the bedroom adventurer (complete with cool adventure sex toy pack!) while my man is never interested in trying anything new in the bedroom. I'm always suggesting new ideas, but all he ever wants is to lie down on his back in the cow-girl position and have me do all the work on top.

How can I get him to start actually participating in the bedroom and how can I get him to start pulling his weight? We have sex regularly, usually about twice a week, but I feel so unwanted and so unsexy and so unattractive to him when all he does is just lie there. I want him to grab me and have his way with me!!!!

Help!

Melanie

### Answer

Hi Melanie,

Thanks for your question. It sounds like an extreme situation of what many women have to deal with their boyfriends, husbands and partners. Their partner wants sex, but they never put in any effort and you end up doing all the work. In fact, it sounds a

bit like your man has a severe case of starfish syndrome. He just lies there barely moving...just like a starfish does.

It can be super frustrating...and demoralizing.

Thankfully there are a number of things you can do to rectify the situation:

- 1)** Talk to him. The most effective thing you can do with your man is to talk to him about how you feel and how he makes you feel when he just lies there on his back. While you may feel like confronting him about it, don't. Being frank and straightforward with him is a much better option.
- 2)** Don't use sex as a weapon. Withholding sex until he does exactly what you want is a bad idea. It's much too manipulative. Instead, you need to be positive and reward him when he puts in extra effort to please and satisfy you.
- 3)** Keep rewarding him when he gives you what you want. If you tell him that you love when he's a bit more domineering with you...and he starts acting dominant when you're having sex, make sure to richly reward him for it.

If you mention that you orgasm strongly from doggy-style sex, and he puts you on all fours and starts riding you doggy-style, make sure to reward him again.

Same goes for cunnilingus if you love that.

Same goes for fulfilling fantasies that you tell him about.

I really don't want to sound crass here, but this type of positive reward training is how you train kids to be well behaved. In fact, it's even how you train dogs to be well be-

haved, but it works just as well with your man. Repeatedly rewarding him for good behavior is going to keep him satisfying you.

Of course, this doesn't always work. If you find that your man isn't responding despite your best efforts and still isn't pulling his weight in the bedroom, then you may need to resort to having a much more serious discussion with him about how you're feeling.

You may discover that your man has some other serious problem that is affecting your sex life that you need to fix. He could be:

- Addicted to pornography.
- Feeling depressed.
- Suffering from stress at work.

Or there could be something else at work that is causing your man to be a lazy lover. Once you discover what it is, you're going to need to start working on this problem with him, whether that's cutting out pornography, talking to a doctor about his depression or even a psychologist to help with the stress.

Have fun!

Sean

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# 3. WHEN A GUY HAS MAJOR INHIBITIONS

## Question

Sean,

We're two Mormons deeply in love here in Utah. I don't think we could be better suited for each other. We both love the same TV, bands, food and sports teams. He even loves woodworking and I love to watch him at it...there's something really sexy about watching a guy in deep concentration, totally absorbed with what he's doing. (Name Removed) really is my best friend and life partner.

Unfortunately, there is one problem that we're having that is really getting to me. I even feel guilty about having this problem as (Name Removed) is literally the most perfect guy in the world.

He's really boring in bed.

Every time I want to try something new with him, he always either refuses or makes an excuse not to try it or seems really put out by it and acts offended or just plain gets upset. I went through his search history and know that he looks at all types of porn. But when it's just me and him, he just wants standard missionary sex or slight variations of it and nothing else. He's even horrified at the thought of me giving him a blow job **DESPITE WATCHING BLOW JOB PORN ON THE INTERNET!**

What should I do, how do I get him to stop being such a scaredy cat in the bedroom and start doing more exciting things with me?

(Name Removed)

## Answer

Hi there,

Sounds like you are one of the lucky ones, with a great relationship with a guy you're in love with, but are just missing that final piece of the jigsaw to make it truly perfect.

From what you describe, it sounds like your man does have an appetite for more than what you are doing in bedroom, but there is something preventing him from fully expressing it. To me, it sounds a lot like your man has certain inhibitions when it comes to sex. So while he may be super keen and turned on by the thought of getting a blow job, part of him may feel that it's wrong or dirty or "bad."

Provided it's safe and legal, your man should never be ashamed or embarrassed of anything that turns him on. Often society, religion, upbringing or his social circle can deeply influence his beliefs and cause him to feel shame over his sexuality...even when there's no reason to feel any shame about natural urges and impulses. He's going to have a much more satisfying sex life if he gets over these feelings so that he can comfortably embrace what turns him on and gets him off. Here are a few strategies to help him overcome his inhibitions:

**1)** Let him know you're not judging him. This is by far the most important thing that you can do with your man. Letting him know that you're not judging him for how he feels, for his turn ons, kinks and fetishes is vital.

Even if you have no interest in exploring them with your man, you still need to let him know that knowing them doesn't change how you feel about him in any way.

**2)** Share your turn ons with him (and keep doing it if it helps him open up). If you start by sharing your own kinks, fetishes and turn ons with your man, he will most likely feel like reciprocating too. You'll also be able to see which kinks and fetishes get him most excited.

If your man immediately clams up and closes up when you start sharing your turn ons with him, then you're probably going to want to stop sharing them. But if you get a positive reaction from him, then just keep going.

Your man may also be relieved (and a little surprised) to learn that he's not the only one with different turn ons to just plain old vanilla sex.

**3)** If your man is still refusing to share anything with you and the previous two points aren't working that well for you, then you may want to start getting into more serious territory. You may want to sit him down and have a more frank conversation with him about it all.

As I always recommend, there's not much point in springing this on him all of a sudden and confronting him as it will most likely just make him close up even more. You need to take a relaxed and comfortable tone, but still let him know exactly how you feel.

When he sees how much of an issue it is for you, it can help him to stop being so defensive and start being more open.

**4)** Take baby steps and give it time. Don't expect your man to suddenly change and become an intrepid sex explorer after just one conversation. It's going to take time and a lot of small steps. I recommend that you first start by trying out a new position with him. So, you may want to start with something easy like spooning or a new variation of the missionary position.

Once he is comfortable with that, keep adding more new positions into the mix. To get him used to the idea of receiving oral sex, start with giving him a gentle hand job.

When he is comfortable with a hand job, try giving him a hand job with some lube applied. Next, try giving him a few seconds of oral sex using only your tongue.

In other words, take baby steps.

**5)** Try a little alcohol. I'd never recommend that you get your man drunk. However, a small amount of alcohol can help to relieve stress and some of his anxieties as well as inhibitions...perfect for making him more comfortable with trying new things.

Have fun!

Sean

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## 4. I PREFER IT VANILLA, IS THAT COOL?

### Question

Hey Sean, I love reading your site and newsletters. Even though I don't try out much of what you teach, your newsletters always get me so excited and enthusiastic about jumping into bed with my man.

But there is something I don't like about them too...

Each time I read about some new technique or tip that I could be using with my man, I feel like a failure. There isn't anything new that I want to actually try with him. I'm really happy with the things we do now. And so is he! But reading about all these other things that I should be trying makes me feel like a bit of a failure.

And when I do try something new every once in a while, I always find that it's not as enjoyable as the super-duper-vanilla things I usually do.

What's wrong with just using the missionary position? Am I some sort of sex failure?

K.



## Answer

Hi K,

There is absolutely nothing wrong with being “super-duper-vanilla.” And to be clear, you’re not the only one to feel like this. I get messages all the time from people just like you who are perfectly happy with keeping things vanilla, but enjoy reading the Bad Girl’s Bible anyway.

As long as you and your man are both happy with how things are going, then just keep doing what’s working.

The Bad Girl’s Bible is just here to provide you with options. The important thing is only using the options that provide you with the most pleasure, even if they are “vanilla.”

Note: One thing to always keep in mind is that sex is about two people having a good time and it’s great to hear that both you and your man get off on the same things. If both people are enjoying themselves, that’s all that matters. However, if you happened to be in a situation where you enjoyed keeping it vanilla, but your man had certain things that drove him crazy with pleasure, then every once in a while, indulging in something only your man gets enjoyment from is a great way to keep him thoroughly satisfied.

Have fun!

Sean

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## 5. HOW TO SHARE FETISHES WITH HIM

### Question

Sean,

Please keep this completely confidential. I have a fetish that is definitely not mainstream, but turns me on like crazy and makes me cum super hard any time I imagine it either during sex or when masturbating. I've never shared it with anyone. Not even my closest friends or husband.

Basically, I'm totally conflicted. On the one hand, I really want to do it with my man and tell him about it. On the other hand, I'm afraid he will think I am some freak and totally shoot me down. I really want to tell him about it, but I also really don't. I hope that makes sense.

My question is, how can I tell him about my fetish that I am totally embarrassed about because I do really want to try it out.

Anonymous

## Answer

Hi there,

Firstly, you're definitely not the only one in this situation. So many people face this battle of emotions, wanting to tell their partner about their fetish, while at the same time, they feel a certain degree of shame about it and are afraid to talk about it.

Provided that this fetish doesn't cause anyone any harm and is legal, there's no reason why you shouldn't experience it.

But if your man is not fully open to trying new things, then you need to use a careful approach when suggesting it to him. If you just come right out and say it, your man may be shocked and immediately close off to the thought of it.

A better, but more long-term approach is taking baby steps. So instead of surprising him with your fetish when he's least expecting it, wait until he is in a great mood (horny is even better) and tell him that you want to try something new.

Then, share a super toned down version of your fetish with him.

So if your fetish is having him tie you up so that you are completely helpless before having his way with you, you could use the following baby steps:

**1)** Tell him that you love how he feels so strong and domineering when he's on top of you.

**2)** Next, tell him how you'd love to feel him pin down your arms during sex. You could he even joke with him that he doesn't have the strength to wrestle you and pin you down.

**3)** After he successfully pins down your arms during sex, suggest to him that he tie your arms to the bed so his hands are free to do other things to you.

**4)** Once this goes well, then suggest to him that he tie your legs to the bed as well to keep you extra restrained.

**5)** When he has tried all this with you, you could then suggest that he act like he's having his way with you while you're tied helplessly to the bed.

Note: As with any activity where you are giving up control to your man, make sure to use an agreed upon safe word beforehand in case things get out of hand. More tips on safewords [here](#).

So, there are a few nuances to this baby steps strategy...

**1)** There is no need to rush each step. You don't have to perform each step on consecutive nights. You could wait a week between each step or even two weeks. If you rush into it, it can become overwhelming for your man.

**2)** Don't forget to praise your man for it. All guys have egos and when you praise him for doing something that thoroughly arouses you and turns you on, it works to massively boost his ego...which will make him eager to do it again.

**3)** The last thing to say on this is that you need to be careful not to make your sex life all about your fetish. For most couples, variation is key. So make sure to mix things up, but indulging in his fantasies too as well as trying other new things together.

Have fun!

Sean

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## 6. I DON'T LIKE HIS FETISH - HELP!

### Question

Sean, the Bad Girl's Bible has been an absolute godsend for our relationship. Everything was just so hot at the start. We couldn't keep our hands off each other. Then as the relationship progressed and matured and we got married everything just sort of tapered off. It happened slowly and sort of unnoticeably. We never really thought anything was wrong with it. Then a friend showed me the site and I signed up and started using some of your suggested tips. They really worked and my man was thrilled. Heck, I was thrilled!

We started trying out some new things you suggested, but we also started experimenting things that we wanted ourselves. We watched porn together, started sleeping naked together, started kissing more often and a few other things that I don't want to write you about. The short of it is, you've opened up a new world for us.

But this is also the problem. Since opening up this new world to us, my man has become a lot more vocal with sharing his fantasies with me. Most of them are either super-hot or I am just happy to do them for him because they make him happy. However, there is one fantasy he has that I am totally against.

I know I should be open and try every fantasy with him, but there's a part of me that is 100% against having a threesome with another woman. Am I being small minded here or am I being fair?

Please keep my name private.

## Answer

Hi there,

Thanks for your email and I am so pumped that I was able to help revive the spark in your relationship. Now onto your question. From what I understand, your man has a fantasy that you are completely against, yet you are feeling a bit guilty about not being into it.

First of all, you should NEVER, EVER feel guilty just because you are not into something that your man is into. Nobody is into every fetish, kink or fantasy that their partner has. So if there are certain things he wants to do that you don't want to do, then it's really not a big deal.

Secondly, if you don't want to do it, then your man needs to respect that decision. After all, you have to draw the line somewhere with what you are and are not willing to do. It will be a lot easier for your man to understand if you explain why you're not into it. This will also give him a good idea of where the line is in the future.

Have fun!

Sean

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# 7. THE PERFECT, BEST, #1 TECHNIQUE

## Question

Sean, I'm sure people tell you all the time about how great your tips are. I for one love them :) Oh, by the way, my man loves them too. I think I've used every single tip you talk about in the newsletter. Now that I've tried them all, I'm wondering what is the best, most pleasurable, most satisfying technique I can use on my man so that his eyes roll into the back of his head as he orgasms?

Daphne

## Answer

Hi Daphne,

Thanks for your message and kind words. It's funny, I actually get emails all the time like this. People love the tips, but they want the "best tip," the "one tip to rule them all" or the "perfect dirty line to get him uncontrollably horny" or they seem to be searching to see if I have been holding back some secret technique that will put their man into a sex coma that they want me to teach them.

Truth be told there is no secret, magical, crazy, one-of-a-kind technique that you can use on your man that works better than any other technique. Thinking there is or thinking that you and your man are missing out on something is the wrong attitude.



All guys are different and you need to approach pleasing your man as an adventure. You will be exploring the sexual jungle to find the magic keys and techniques that he loves. To do this, you need to try a lot of different ideas, fantasies, techniques, tips, tactics, positions and ideas. As you do, you'll discover that he absolutely adores some techniques and orgasms super hard from them, while other techniques don't do a whole lot in pleasuring him.

You'll discover that while a previous partner of yours may have adored receiving hand jobs, your current one has no interest in them. Is this because your hand job technique has suddenly become lousy?

Nope.

It's because every guy is different and what might be pure nirvana for one guy is going to be pure hell for another. So if you think that there is one perfect technique that will satisfy every guy 100%, every time, you've got completely the wrong approach.

Instead, you need to experiment and talk to your man to find out what works best for him. And hopefully he does the same for you too.

Have fun!

Sean

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## 8. SQUIRTING ISSUES 2

### Question

I'm trying so hard to squirt and I even find your techniques to be pretty pleasurable. However, every time I think I am about to squirt, I get this super intense feeling that I need to pee and I just completely stop so I don't. What am I doing wrong? Like I want to squirt, but instead I'm just getting this peeing feeling and obviously I don't want to pee.

Help!

Caroline

### Answer

Hi Caroline,

What you're feeling is very common. As you get more aroused and closer to squirting, your Skene's gland swells with the fluid that you will eventually be squirting. This is located right beside your bladder. So as it swells, it puts pressure on your bladder, making you feel like peeing. Additionally, when you squirt, you will be ejaculating fluid through your urethra. This is the same tube that you pee from, so for some women, when they are squirting it's going to feel quite similar to when they're peeing.

Obviously, getting past this feeling and trying to just ignore it is key if you want to squirt. There are a number of different things you can do to help achieve this.

The first is trying to squirt in the shower. You'll still get the same feeling as before when trying to squirt in the shower, except this time you don't even have to worry if you actually pee because the shower will just quickly wash it away anyway.

The second is having a single glass of wine or a beer beforehand. This will help to relax you and loosen your inhibitions with "letting go" and just seeing what happens.

The third is to place a few towels on your bed before trying it so that they soak up anything you squirt or ejaculate.

For some women, the feeling of needing to pee will never go away, even when they can squirt easily. However, once you experience that this feeling is just a reminder that you are close to squirting (and not an indicator that you are going to pee), it will no longer be a problem.

I also always advise that you try to squirt alone first before trying it with your partner. Once you can reliably do it alone on your own, it will be much easier to then do it with your partner.

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## 9. DEALING WITH A PORN ADDICTION

### Question

Sean, I have contemplated writing this email for weeks. I really just don't know what to do with my man at the moment. We've been together for the last 22 months and are coming up on our 2 year anniversary and get along fantastically. I really do love him.

The problem I'm having...well actually it's a problem that my man is having...I think he has a porn addiction and it's seriously affecting our sex life. When we first started dating, we had sex regularly. About 2-3 times a week. It certainly wasn't crazy, but it was definitely enough to keep me satisfied. After a few months, instead of having sex 2-3 times per week, we were down to 1-2 times a week. Then it got worse from there. In about the last month we have had sex twice. That's right 2 times in the last 35 days!

I've talked and talked to my man about it and even nagged a little at him (I know I shouldn't, but I couldn't help it!) so that we start having more sex, but he just keeps telling me that he's not in the mood or that he's too tired or that it's not sexy to ask for sex or he uses some other excuse.

From checking his phone and listening to him in the bathroom, I know that he masturbates at least every other day, but often every day. And this is only when he's in the house, by the way! So I know he has a high sex drive. But he won't have sex with me. I'm in great shape and take care of my body and get hit on a lot, so it's not like I put on 100lbs and turned into a swamp monster. Yet he still won't have sex with me.

I really think he has an addiction to porn and I've mentioned it a few times to him as well...which never ends well...he always gets super defensive and angry about it. How do I get him to stop watching porn so much so that he starts having sex with me again? Heck, if he needs it every day, I am more than happy to oblige!

BTW, nothing else has changed in our relationship. Like I said, we both adore each other, but I'm starting to get really frustrated about the lack of intimacy from him.

S.

## Answer

Hi S.,

I certainly don't envy the situation you're in. From what you describe, it certainly sounds like your man has a porn addiction.

Now it's time to cure it and get him to redirect his sex drive back towards you. The first step is talking to your man and letting him know how you feel and how his constant watching of porn is making you feel deep down. The fact that you have a good relationship with him is going to make this a whole lot easier.

It's also important that as well as telling your man how his porn habits are making you feel that you offer a solution to him so it's easy for him to direct his sex drive back towards you and your sex life. One patchwork solution that can work in the short term is watching porn together while having sex. However, this isn't a fantastic idea, as your man still won't be fully engaged with you.

Another solution is to offer your “services” anytime he is feeling horny, so he still has a sexual release instead of just turning to porn. Again, this isn’t an ideal solution, as you are just doing everything to suit your man’s needs.

Some people may advise you to issue him with an ultimatum telling him that you’re going to leave if he doesn’t stop watching porn. I would caution against this strategy. Issuing him with an ultimatum usually ends up with just 2 results. He either agrees completely or your relationship falls apart.

A much more positive strategy is rewarding him for any steps he takes to cut down on his porn consumption and direct his sexual energy towards you. Rewarding him can be doing something as simple as giving him a compliment or kiss, but it can also be more than that too.

The final thing to say on finding a solution to your man’s pornography addiction is that you know your man and your relationship a lot better than anyone else. While I can give you advice and tips and tricks to help him beat it, how you use this information is down to you and your relationship. If you know that your man responds well to certain things you do, but responds very negatively to others, then just do the things that work and disregard the rest of my advice.

Hope you iron this situation out,

Sean

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# 10. BREAKING UP A MARRIAGE...

## Question

Sean, I'm currently dating this great guy. He's super cute and we have so much in common, whether it's having the same sexual appetite, watching the same movies or even the fact that we both have the same political beliefs. We just gel really well!

But I'm having a really big problem with him. No matter how much I talk to him about it, no matter how much we argue about it, I can't seem to convince him to leave his wife and kids. He says that there is not really any problems at home and he never complains about his wife. But surely if he's spending so much time with me, there must be some problems in their relationship. Can you help? Is there anything that I could be doing that will help convince him to leave his wife and kids as soon as possible, so we can start spending the rest of our lives together?

(name removed)

## Answer

Dear Anonymous Reader,

I think you may have misunderstood what the Bad Girl's Bible is all about! It's not about cheating and it's definitely not about breaking up marriages just to get what you want. If you're looking for advice on how to keep things fun and hot in a relationship

that is pretty solid, then the Bad Girl's Bible can help. A lot. But, if you're just looking for tips on how to lie and cheat and ruin some kids' lives, then you're going to need to look elsewhere.

Sean



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# 11. HOW TO BE LESS VANILLA

## Question

Sean, I love the Bad Girl's Bible and I recommend it to all my friends. I have to say that I always get super excited waiting for a new newsletter to hit my inbox.

I'm not just writing to you to praise you though! I do have a question. I got married 12 years ago to an incredibly fun, generous and loving guy. We've had our fair share of ups and downs, but thankfully most of these have been ups and our relationship is definitely something that I'm not worried about. The only problem we're having, and it's not a major one, is that things have gotten quite dull in the bedroom.

Like every couple, we had our honeymoon phase where we couldn't keep our hands off each other. That slowly tapered off as you said it would in one of your articles. We also had 2 wonderful kids that now occupy most of our waking moments, and to be honest leave us both pretty exhausted at the end of every day.

So my question for you is... What can I do to start spicing things up tonight? I want to rewind the clocks and go back to when we first met, where we made passionate love to each other every night. I don't want to do anything weird, but I also do want to try new things. Could you give me some direction?

Thanks

Ursula

## Answer

Hi Ursula,

Thanks for your question. It sounds like you've got a great relationship with your man already, which is going to make improving your sex life a whole lot easier. Some people think that improving their sex life is going to cure all the ills that have befallen their relationship, but this isn't quite true. If you start with an already great relationship and then start working on improving your sex life, then ultimately your relationship is going to be a whole lot better. Now, let's learn some techniques to improve your sex life and get the spark back.

**1)** The first thing you need to do is to make a game plan. Throughout the Bad Girl's Bible website as well as inside the Blow Job Bible and Dirty Talking Bible, you're going to find a huge bunch of different techniques, tips and ideas that you can start using. Start by writing down everything you want to try with your man. You can even include a second list of things that you "sort of, kinda" want to try.

**2)** Then, take the list of everything you definitely want to try with your man and organize that list so that the first items on the list are the things that you definitely want to try AND are also easy for you to do. For many people, they find that they are adding things like new sex positions or new kissing techniques or new oral sex techniques to the top of their lists, while towards the middle and bottom of their lists, they are mentioning things like roleplaying, public play, BDSM and other games and ideas that require more effort from each partner.

**3)** Now it's a simple case of actually trying out each of these techniques/positions with your man. If you're in bed and already having sex, then just change the position you're in. If you're already going down on him, then just add in the new techniques you've learned to what you're already doing. Reminder: You should be using the techniques that are easiest to add into your regular sex life.

You'll be able to tell how much your man is enjoying it, either by his reactions or he will verbally tell you afterwards how much he enjoyed it. And if he is usually a pretty non-expressive guy about sex, you can just tell him that you used a few new techniques and would love his feedback.

Once you do this a few times, your man should start to become much more comfortable with the idea of trying new things with you, which will make it easier and easier to start experimenting with things that you've added further down your list.

**4)** Since you already have a great relationship with your man, the key is lots of talking, so you can make sure that you're both on the same page and are trying things that you both enjoy (ideally).

**5)** Trying new things like this is a great way to start making your sex life more fun. However, often just trying new things isn't enough to give you that feeling of wanting to rip each other's clothes off. You need something else...and that something else is sexual tension.

Sexual tension is that feeling you and your man had in those hours before you first had sex. It's that feeling that something exciting is about to happen...possibly...but maybe it won't...but maybe it will. When you can create sexual tension like this, your sex life will always remain exciting, even if you're still using the same sexual techniques you always used.

How do you create sexual tension?

Through flirting with him, letting his mind fill in the blanks and getting him excited about what could happen (Note from Sean: I actually explain it in more detail when answering the next question).

**6)** The final thing that I have to say on making your relationship more exciting again with your man is that if your man asks, “*What got into you?*” or “*How come you’re trying new things all of a sudden?*” it’s best to mention exactly where you’ve found these things (Bad Girl’s Bible and this book) so that your man’s mind doesn’t wander and he doesn’t accidentally jump to any bad conclusions.

Have fun!

Sean

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# 12. WHEN YOU WANT THE FIRE IN HIS EYES BACK

## Question

I'm a big fan of the Blow Job Bible, Sean! It rocks, but I feel like there is a missing section or something. In the book, you tell me exactly what to do with my hands, my mouth, my tongue, etc. But you never talk about how I should make my man feel.

It's sort of like a manual that a car mechanic might read so that he can fix a car: Super instructional and helpful about what to do, physically. But at the same time, what good is the "perfect blow job technique," if my man isn't absolutely gagging and desperate to feel my mouth on him? I wish you could give me some tips on this, on how to have my man desperately craving me with every inch of his being AND desperately craving to have his way with me too.

Hoping to hear back from you,

(name removed)

## Answer

Hi there,

Thanks for your question. What you make a man feel inside his brain and what you physically do to your man are two very different things. Like you say in your question,

the Blow Job Bible covers everything that you need to do physically to give your man an intense blow job. But I don't cover much in this course on what to do to make your man feel certain emotions, like how to make him crave you, how to make him desperately want sex with you or even how to make him jealous when other guys are talking to you.

Thankfully, I cover all of this in the Dirty Talking Bible. I give you the tactics and techniques to build sexual tension with him, turn him on and keep him thinking about you. And all of these techniques work together to make him desperate to spend more time with you and desperate to be with you, physically.

If you don't already have the Dirty Talking Bible, then the following techniques are going to help get you started building sexual tension with your man, so that he is desperate to be with you:

**1) Flirt!** The easiest and most fun way to build sexual tension is by flirting with your man. Teasing him and making fun of him over little things may not sound super sexy, but it's fantastic for slowly building up the tension between the two of you. The great thing about this is that you can flirt with your man when he's not around too, through text messages and even over the phone.

**2) Don't be afraid to create some mystery.** Quick question: What's more sexy: A guy you know absolutely everything about and no longer has any surprises for you or a guy who still has a few surprises up his sleeve?

Of course, the guy with a few surprises up his sleeve is going to be much more interesting and sexy. The same applies to you too. When you still have a few surprises up your sleeve for your man and have a bit of mystery about you, you instantly become sexier.

Why? Because it leaves questions in your man's mind and allows his brain to fill in the blanks, perfect for keeping him on his toes and thinking about you.

While having an air of mystery about you is powerful, it's also important that you don't go overboard and end up in a situation where your man knows almost nothing about you.

**3)** Be suggestive. This last tip ties in with the first two. Being suggestive is a great way to flirt with your man and it's also a great way to create a bit of mystery too. Leaning into him and whispering, "I've got a very special surprise for you later," while you are both out at lunch with your parents is a great way to flirt with him and also create some mystery. You could be talking about sex or you could be talking about cooking him his favorite meal. Either way, it will get his mind racing.

Of course, there's a whole lot more to building sexual tension and making your man desperate to be with you than just these 3 tips. If you haven't already picked up a copy of the Dirty Talking Bible, you can get it [here](#).

Have fun!

Sean

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# 13. WHEN HIS SEX DRIVE IS HIGHER THAN YOURS

## Question

Sean, I have a funny feeling that you don't get this problem all too often, but I hope you can help...

When I first met my boyfriend, we both naturally wanted sex. A lot. Like 3-4 times a day. It was great and we couldn't get enough of each other. And we got to spend hours every day in bed together having sex or talking and getting to know each other better. It was incredible. Then after a few months of this, I just didn't crave it as much. My man still wanted it and currently wants it just as much. But now, nearly a year later, my drive for sex has dramatically lowered. He still wants to spend hours in bed every day. But I don't.

Sometimes I do spend hours in bed with him. But then other times, I get sort of annoyed because I want to do other things with my day instead of just sex with him. This is starting to put a strain and some pressure on our relationship. It's also starting to make me worry that if I'm not there providing for his "needs," then some other woman is or will be in the future. What should I do? Should I just grin and bear it? Or should I send him a letter or something explaining how I feel?

Please help!

Ann Marie



P.S. Love the sex positions section!

## Answer

Hi Anne Marie,

Thanks for your question. The first thing that I'd like to say about your situation is that many couples find themselves in the exact same situation, where one partner has a really high sex drive while the other has a much lower sex drive, leading to a mismatch in how much both of you want sex which in turn often leads to friction and even fighting in the relationship.

This is for the same two different reasons.

**1)** Often when one “high sex drive” partner wants sex constantly, but the other partner doesn't, the high sex drive partner can start feeling rejected. When they feel rejected on a daily basis or almost daily basis, this constant rejection can start to make them feel resentful or feel that their partner is no longer attracted to them. Over time, this can cause serious problems for your relationship if it's left to fester.

**2)** If you aren't both in a committed and dedicated relationship, and your partner constantly wants sex but isn't getting it, then he may decide to get it elsewhere, which is a situation that you definitely don't want.

Now here are a few strategies for dealing with your partner's high sex drive...

**1)** By far the most important thing that you can both do is to talk about it. Once you both fully understand what the other wants, there won't be any guessing or wondering or any space for misinterpretation. He'll understand that when you don't want sex

with him, it's not because you find him unattractive or that you're getting it somewhere else. Instead, he'll understand that it's simply because you don't have as high a drive as he does.

It's best to talk about it at a time when you're outside of the bedroom and neither of you has sex on your minds.

**2)** If your man needs a sexual release a few times a day and really wants it with you, but you just aren't feeling the "sex" vibe, then there are other ways that you can help to provide it for him.

If you are both lying in bed, then one way is to give him a hand job while he lies back and relaxes. While it may not be ideal for you, it's a lot less work than sex, and your man still gets to feel you on him.

The same can be said about giving him a blow job, although this is obviously a bit more work from your side.

While it's not an ideal situation to be in, there are thankfully plenty of ways to deal with it to minimize the hassle or friction it causes in your relationship.

Have fun!

Sean

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# 14. WHEN YOUR SEX DRIVE IS HIGHER THAN HIS

## Question

Sean,

Reading your newsletters and tutorials always puts me in such a good mood and really turns me on too! But I'm not just writing to say "Well done!". I actually have a problem that I need your advice on. I'm currently having a problem with my partner. Even though I could tell there was a problem at the start, I just sort of overlooked it and tried to just put it to the back of my mind.

I knew that I couldn't just ignore this problem forever, so that's why I'm writing you about it. Me and my partner are both really attracted to each other, we don't really fight, and when we do it's usually only about really important things...no petty arguments. The problem that I'm having is that I want sex almost daily, but my man is more of a once per week kind of guy. I know it's just how he's built, I know that he's not cheating on me or getting it somewhere else and I know that he's still attracted to me but I can't help but feel rejected and unattractive every time he rejects my advances. It's like I logically know that he just has a low sex drive, but emotionally I keep getting hurt and feeling rejected.

Every time I start touching him in bed or make advances or make the first move, he either swats my hands away or he just makes some excuse why now is not a good time; *"I'm too tired"* or *"I'm just not feeling it honey, sorry."*

It's really starting to get me down Sean.

Is there some way that I can fix this situation? I've tried suggesting watching porn together, trying out some of his fantasies and of course trying new sex positions. Can he start taking some supplement to boost his sex drive? Or is there anything else that I can do? Please help Sean!

(name removed)

## Answer

Hi there,

This is definitely a frustrating situation, but it's also a common one. Many couples find that they are in a situation where one partner has a higher sex drive than the other (Note from Sean, the previous question and answer deals with this too).

One of the most frustrating parts of it for many can be the feelings of rejection you feel. Your man is not saying that he finds you unattractive, rather he's just saying that he doesn't want sex because he doesn't have as high a drive as you do. So really he's not rejecting sex because of you. He's rejecting sex because of HIM.

*"Can he start taking some supplement to boost his sex drive?"* He can, but I can't find a supplement that has been properly tested in a scientific setting (double blind tests, peer reviewed papers, etc) that works effectively. Yes, Viagra and Cialis will give your man an erection, but they won't give him that animal instinct of wanting to rip your clothes off. So if you pick up a supplement that claims to put the passion back in your relationship, be very wary.

So, what other options do you have?

There are a number of longer term fixes that will help to boost his sex drive. He can do things like:

- Work out and exercise regularly.
- Eat healthy.
- Quit smoking.
- Cut back on drinking.
- Talk to his doctor and get tested for low testosterone.

These work in the long term to boost his sex drive. However, there is also a quick fix that you can use that will help boost his sex drive.

Get him to cut out porn and masturbation.

Often guys resort to porn and masturbating for a quick release. Of course, this is totally fine and natural for men to do. But sometimes things can get out of hand, where your man is masturbating six times a week and only having sex with you once per week. Obviously, this is not an ideal situation for you.

If you suspect that he's masturbating a lot, then have a chat with him and see if you can get him to cut down and do it less. It goes without saying that confronting him about it is a bad idea. Instead, you need to both be on the same page, so communicating to him that cutting out masturbation will help to boost his sex drive towards you is

important. Also letting him know that you are available to help out with his urges when he has them is going to help a lot.

You'll find that when his only release is you, then he'll direct all his sexual energy towards you...exactly what you want!

Have fun!

Sean