

How to Get Off: An Orgasm Guide for Women

8 Steps to Maximize Your Pleasure






- Doctorate in Human Sexuality
- Masters in Counselling
- Masters in Public Policy and Management
- Bachelor of Arts (Comm)
- Cert in Sex Therapy
- Cert in Practical Counselling
- Cert in Life Coaching

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8 STEPS

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1. Train Your PC Muscles
 2. Quality “Me” Time
 3. Diversify Your Options
 4. The Rock and Roll Orgasm and the Double Swing
 5. Edging: Slow Down and Savoring the Moment
 6. Engage Your Brain
 7. Incorporate How You Masturbate into Sex with a Partner
 8. The Coital Alignment Technique (CAT)



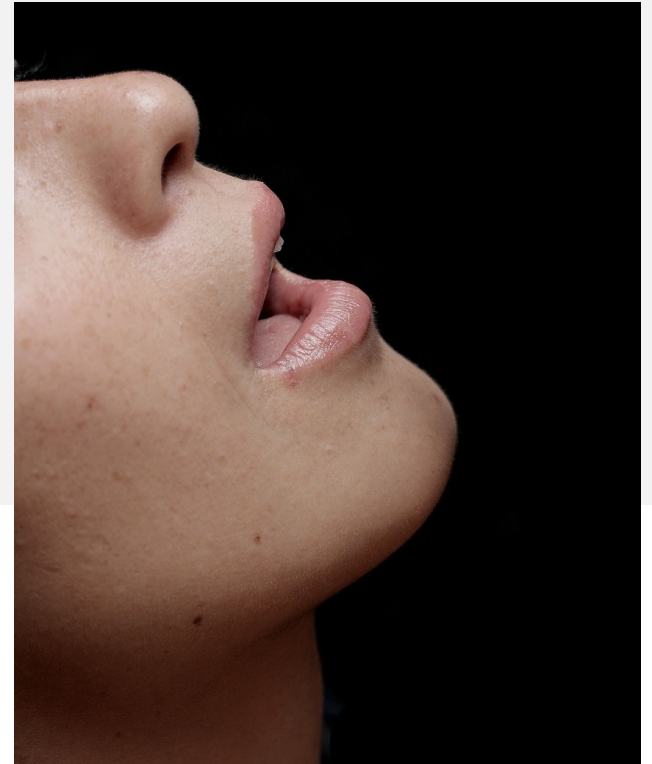


1. TRAIN YOUR PC MUSCLES

Strong orgasms begin with strong muscles

To strengthen your PC muscles, squeeze for 10 seconds with a resistance device inside the vagina, while pulling up with your vaginal muscles, and then relax the muscles completely for 10 seconds.

It is very important to fully relax the muscles after the squeeze.



Masturbate, masturbate, masturbate

- To do the exercises, try varying how you touch yourself. You can try scratching, stroking biting on different parts of your body starting with the top of your head and working your way down to your toes.
- The point is to get to know what feels exciting to you. You can use feathers, ice, cold-pressed oil, and silky material to enhance your sensuality.
- Chia and Abrams recommend doing the body exploration exercise for at least 20 minutes.

2. QUALITY “ME” TIME



Try new techniques that incorporate your *entire* sex organ

- Some women like an up and down motion, while others prefer circular or side to side movements.
- Some experts claim that the most sensitive part of the clitoral glans is the upper left quadrant, but women vary in what turns them on.
- When you stroke along the labia or around the vaginal opening, you are actually stimulating parts of the internal clitoris.

3. DIVERSITY YOUR OPTIONS



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Four arousal modes that people use to build excitement and orgasm

1. Archaic arousal mode
2. Mechanical arousal mode
3. Undulating arousal mode
4. Arousal mode in waves

4. DIVERSITY YOUR OPTIONS



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DIVERSITY YOUR OPTIONS

1. Archaic Mode

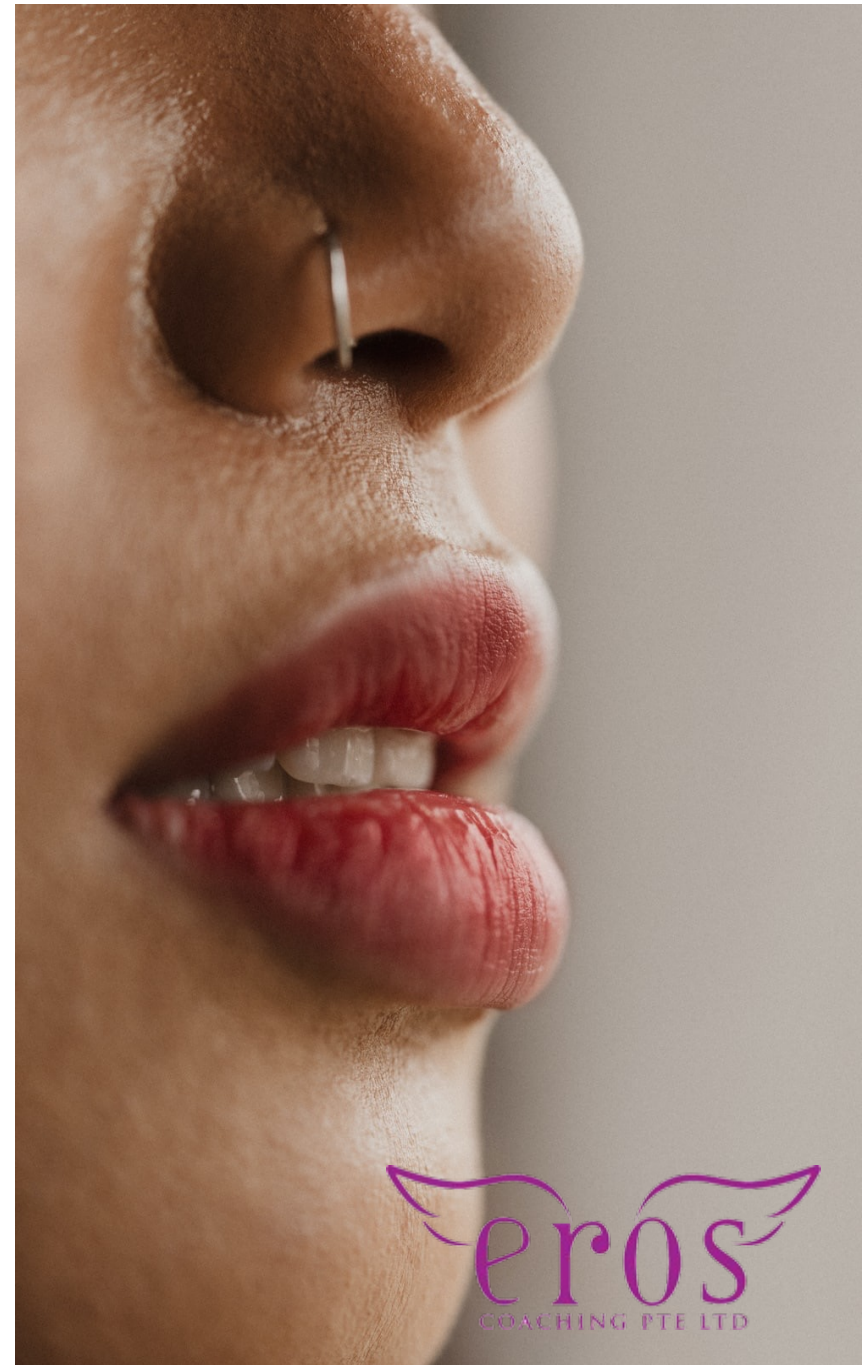
- Typically something that begins in early childhood.
- Women who masturbate this way may rub their pelvis against something (think of a little girl humping her teddy bear) rather than using their hands.
- Style is often characterized by putting a lot of pressure on your pussy, holding your breath, tensing your muscles, and not moving very much.



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2. Mechanical mode

Little looser (you breathe and move more) while you stimulate your clit in a precise, repetitive, and uniform way.



DIVERSITY YOUR OPTIONS

3. Arousal Mode in Waves

Where the pelvis moves in a rhythmic manner or “the double swing” (your head moves back as your pelvis moves forward in a loose fashion).

The waves approach allows for a certain degree of muscle tension, which is necessary for orgasm



DIVERSITY YOUR OPTIONS

4. The Undulating Mode

Associated with arousal rather than orgasm because the body is kept in a relaxed state (a certain amount of muscle tension is necessary to get off).

The “mother of masturbation” Betty Dodson recommends something like “the waves arousal mode” but calls it the “rock and roll orgasm”. This technique involves learning to tense and relax your muscles in a rhythmic fashion.



5. SLOW DOWN AND SAVORING THE MOMENT

By letting your arousal go up and down and not going over the edge, you build a bigger orgasm

Visualizing the clitoris filling up with blood and the vagina becoming wet and slippery can build excitement. Allow the arousal to build to a high level then take it back down a notch and build it up again.

Prolong your arousal and ride that roller-coaster until you can't take it any longer and orgasm!



Sex begins in the mind

- For many women, learning to develop an erotic imagination is crucial to their ability to experience orgasm.
- Sexual arousal may actually proceed desire.
- A woman may get turned on by just fooling around. If fooling around isn't working, don't force yourself to keep going if you're not turned on.

6. ENGAGE YOUR BRAIN



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7. INCORPORATE HOW YOU MASTURBATE INTO SEX WITH A PARTNER

The kind of stimulation that a woman finds most effective may not resemble how sex is usually constructed in our society.

In fact, how you masturbate can affect how orgasmic you are with a partner. Taking charge and rubbing your own clit lowers the bar for attaining an orgasm for most of us.

One of the best ways to increase the possibility of having an orgasm.

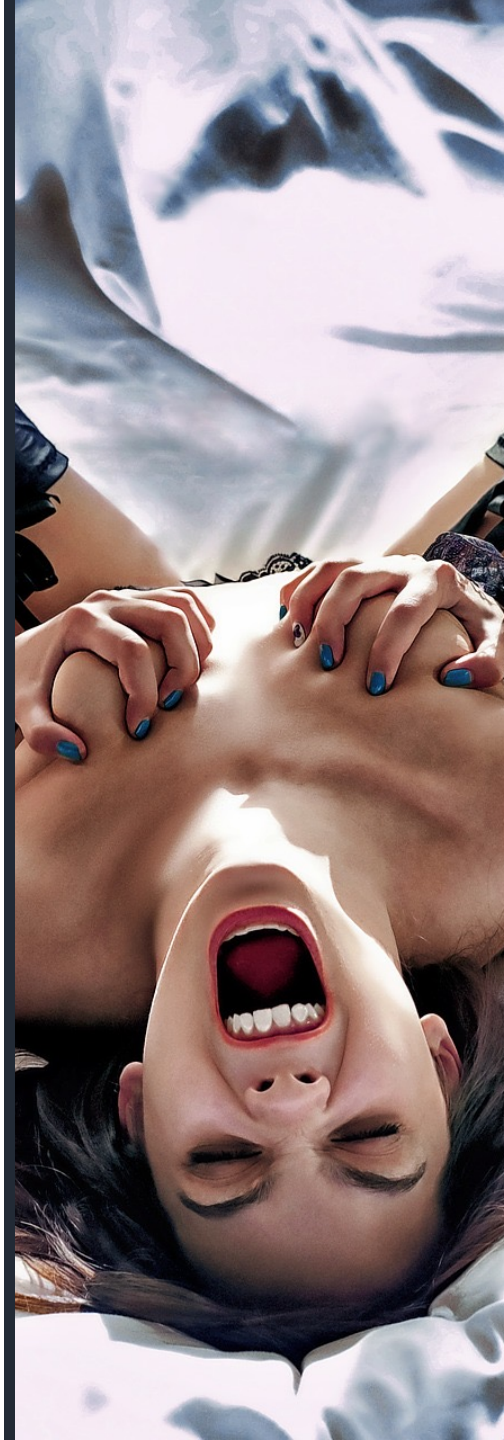




The CAT position (coital alignment technique) can make it possible for some women to orgasm during intercourse

8. THE COITAL ALIGNMENT TECHNIQUE (CAT)

- The man aligns his pelvis and rocks against her pelvic bone, as the woman thrusts her hips forward.
- He needs to be far higher up her body than in the traditional missionary position.
- And the most important thing is to keep her clitoris in contact with the base of his penis.
- The movement used for this technique involves rocking together, rather than the man just thrusting away.



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