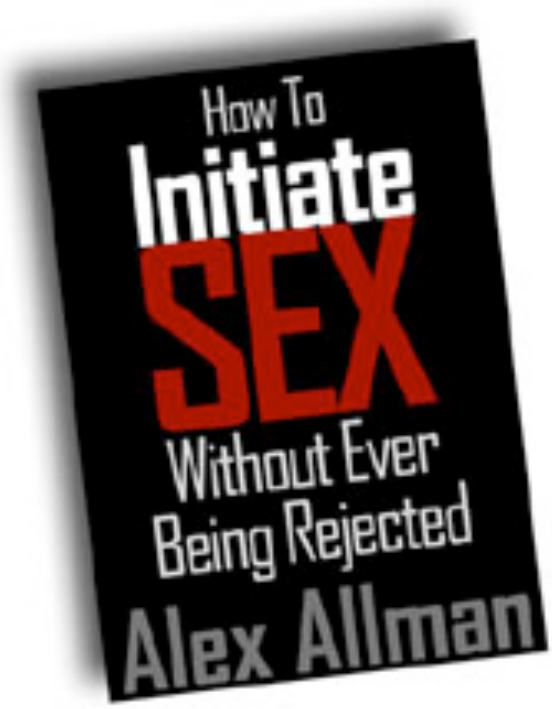
REVOLUTIONARY SEX

Initiate Sex Without Ever Being Rejected



FOR HIM

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How To Initiate Sex Without Ever Being Rejected

Before you can ever worry about whether or not the sex will be good (or, hopefully, great), the first step will always involve someone starting things up. Between the time that you are thinking about sex and actually having sex there is always this bridge you must cross of INITIATING sex.

After all, if you can't start the car, you can't go for a drive—and if you can't get your partner turned on and "in the mood," then talking about the rest of what's going on in your sex life is a waste of time.

For most couples, this can be a pretty big issue because, unlike any other aspect of becoming a confident and powerful lover—initiating sex is the point where you risk "rejection."

And rejection sucks.

But, as always, "knowledge is power," and if you are willing to get a few simple ideas into your head and learn a few basic little things that you can do, this never has to be an issue again and you will be completely comfortable getting physical at any time with your partner.

There are basically only two major situations where initiating sex is an issue—

The first situation is: The First Time You Have Sex With A New Partner

This is obviously a special circumstance because there are all sorts of things going on that will determine whether or not you are rejected that will not really be an issue after you get past that first time.

These circumstances mostly include things that have nothing to do with sex… like whether or not she trusts you enough to be alone with you. Remember—for women, first-time sex is a very different experience than for men. Because we are much bigger and stronger and more aggressive than they are, they have legitimate fears for their safety if they don't know you well.

Another big issue that she may have regarding first-time sex is her "reputation."

Unfortunately, we live in a world with a very powerful double standard. And chances are,

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no matter how cool and liberal a man may think he is (or conservative and closed minded for that matter) he probably feels differently about *men* who regularly have sex on the first date than he does about *women* who regularly have sex on the first date.

Now I'm not placing any ethical judgment on it either way. I have my opinions and other people can have theirs—but the bottom line is, for women, having sex for the first time is a big issue because she knows that you might lose respect for her afterwards if she "gives in" too easily. This is simply her reality, regardless of what YOUR opinion might be.

And for most women, for her to take the lead and be the one that gets things started that first time is often out of the question.

First-time sex is a special circumstance for the man too.

As a man, you are much more likely to be nervous, to be unsure of whether or not she is turned on, or if she likes you and trusts you enough— and these issues and a bunch of other stuff will be swirling around in your head.

They will affect the way you perform sexually, and they will affect your ability to confidently initiate the action.

The second situation is: Every Other Time You Have Sex With A Woman

After that first time, the whole issue becomes something very different. The possibility of rejection is no longer based on things like trust or whether or not she is ready to "give it up."

She already gave it up to you once…. Or even hundreds of times if you are in some variety of long-term relationship.

Rejection of your sexual advances in a relationship can have all sorts of meanings and can come from many different places. Sometimes it's just no big deal at all… you're *sort of* in the mood, she's *sort of* tired…

And it just sort of doesn't happen.

But other times, even if you've been together for years, her rejection when you want to have sex can really hurt your feelings or make you feel inadequate—worse, it can also be a very important signal of something wrong in the relationship…

And often it's very hard to tell whether it's the first case—she's just tired and it's no big deal, or the second case—something is really wrong in the relationship.

Worse, there is also the possibility that the chicken/egg scenario will go in reverse… because it is also possible that if sexual rejection becomes a habit, that the loss of that sexual "spark" might slowly bleed the relationship… weaken it… until one of you breaks it off or just starts cheating.

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So it's interesting that for single guys, the idea of being rejected when they "go for it" seems like a big deal… but really, it is not that big deal at all. What is really at risk for them?

Not much.

The biggest risk is a slightly bruised ego and a date with their right hand.

But for guys in relationships, the stakes are often very high… and sometimes even higher than they think.

Especially if you are in love. And more especially if you are married or have children and have a real stake in keeping the relationship healthy, vital, passionate, and loving.

The bottom line is, when a guy is trying to initiate sex with a woman for the first time and she turns him down, he may have a little ego problem with it, and he may feel like he is not attractive or sexy to the woman… or he might think that she's just not ready or that she's frigid or in some other way blame it on HER… But more often than not, whatever the guy may be thinking… the REAL problem has nothing to do with his attractiveness or her not being ready…

Usually it means that he did something wrong—usually something very specific.

And likewise, when a guy is trying to initiate sex with a woman that is already his lover and she turns him down, he may also have an ego crisis and feel like he is no longer attractive to her, or that he is no longer sexy to her, or that he is no good in bed… or he may feel hurt, unloved, or un-masculine… or he might think that she's frigid or in some other way blame it on her…

But again, more often than not, the real problem is that he did something wrong—usually something very specific.

The interesting thing about these two situations—first time sex and relationship sex—is that the thing you might do wrong to get rejected is exactly the same.

And the best ways to initiate sex, and the best ways to never get rejected, are almost exactly the same for both cases too.

There are a few important steps that you need to take each time you want to start up sex with a woman, and a few things that you should try to NEVER do… and if you follow these basic ideas, it will make getting sexual with her a breeze—whether it's the first time or the 100th time.

Because whether you are single or in a relationship, the rules that apply to making your partner really excited and enthusiastic about having sex with you RIGHT NOW never really change.

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Who Started This Anyway?





Before I get into specifics, let's take a closer look at what this whole thing looks like from HER perspective.

I recently read a survey that was done by a radio station talk show where they asked their listeners this question: "In YOUR experience, who initiates sex more often—the man or the woman?"

It probably won't surprise you to learn that most of the men responded that they had to initiate sex most of the time, and in some cases ALL of the time.

But what you might find slightly more interesting is that most of the women said EXACTLY THE SAME THING.

The women all think that THEY are the ones who have start things up if they want to have sex.

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So if the men think that they have to start things, and women think that it's the opposite, then who's right? What is REALLY going on here?

Well, the answer is that men and women DEFINE what they mean by initiating sex differently.

For a man, initiating sex is something concrete and physical: You try to take off her pants, or you go to put on a condom, or you try to put your cock inside of her. And that seems obvious enough. If you do one of these things, and she puts on the brakes, then it's clear that YOU initiated and SHE rejected you.

But women think about this completely differently.

For a woman, initiating sex means that they "communicated" to you that they want to have sex. For her, it means she's putting it out there that she wants to have sex, and then if you do or say something that indicates that you agree (like take off her pants or go for a condom), then she feels like she started it.

If, on the other hand, you DON'T do one of these things in response to her "communication," then she feels like SHE initiated and that YOU rejected her.

The problem is that this "communication" is usually something very subtle. Which is to say, it's usually not something like her looking you in the eye and saying, "let's have sex now."

Nope. Unfortunately, for women, communication is something very different than it is for men.

For a woman, communicating that she'd like to have sex RIGHT NOW might be something like playing with her hair in a certain way, or parting her lips and leaning her head back. Or rubbing her leg on yours. Or arching her back and smiling so that you notice her breasts. Or…

Ha… The problem is that I could go on and on and never even scratch the surface, because women's subtle communications come in a thousand different ways. The ways that different women communicate are all different, and even though it's all PERFECTLY CLEAR to them, it's really not possible to keep track of it if you are a man.

The bottom line is this—if you've ever been with a woman and you sort of sensed that she might be getting kind of horny, and so you went ahead and escalated things to a physical level… chances are she thought that SHE initiated sex by letting you know that she was in the mood in a subtle way, and that you ACCEPTED *HER* offer by taking the next step.

As in dancing, she expects you to lead, so even though you feel like you were the sexual aggressor by leading the physical side… from her point of view, it is like

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her asking you if you'd like to dance, but then letting you lead when you got to the dance floor.

So, if that's not enough of a brain-twister for you… it gets worse.

Follow me along now as I try to unravel for you the mysterious ways in which women think…

If it is true that she thinks she is initiating sex by sending you signals and communications that you are not even AWARE of…

Then it ALSO MUST BE TRUE that she sometimes sends those signals, and you, not noticing, don't have sex with her… meaning that she feels REJECTED.

Now, think about how it feels for you when you start kissing her neck and trying to take off her shirt and she says, "Not now. I'm not in the mood."

Sometimes it's okay… but sometimes it feels kind of bad. Right?

This can be compounded, because women are *generally* more sensitive than men, so the chances of her feeling "kind of bad" (or fully inadequate and depressed) are a bit higher…

And this explains a typical scene that goes a little something like this:

You sense at some point in the evening that your girl is feeling a bit sexy and playful… but you are in the middle of something so you put her off, thinking, *yes! later when we go to bed we are going to have some fun!*

But later, when you go to initiate sex is acts coldly towards you. You ask her what's wrong and she says, "nothing!" and rolls over and goes to sleep.

See, what happened was, when she was acting kind of playful earlier in the evening… she thought that she was making it PERFECTLY CLEAR that she wanted to have sex.

When you put her off, she felt like you were REJECTING her. She wasn't thinking about "later"… if she was acting sexy, she meant it "right now."

Later, when you went to start things up… she was just getting even.

And I know that if you have EVER been a long-term relationship, a giant gong just went off in your head.

If you are a single guy, then you can probably relate to a similar scenario… when you were back at your place, on the couch, and you were "pretty sure" that she was feeling sexual towards you… but you weren't "totally sure" so you didn't make your move…

And as you were working up your nerve to go for it and find out for sure, you could FEEL that the moment had passed…. That she wasn't into it anymore.

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What changed?

It's so frustrating because you actually do sense that you did something wrong, but you can't figure out what. Why was she into you 3 minutes ago, but now, if you even go for a kiss, you're going to get her cheek?

Same deal.

She feels like you have either rejected her, or that you're just not man enough to step up and move things forward when she has given you what TO HER is a crystal clear invitation for sex (or at least some serious fooling around).

So given the strange way in which women communicate and think about this kind of thing… isn't it possible that there might be a way… a BETTER WAY to initiate sex with a woman that will make more sense to HER… and work a whole lot better for the both of you?

Let's take a look…

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THE THREE AGREEMENTS FOR INITIATING SEX



Physical Controlled by the medulla or "brain stem" is known as the reptilian brain	*Turned On* Physically aroused, I "want it"
Mental The frontal cortex is the reasoning or logical brain	*Self Permission* It "makes sense"
Emotional The limbic system distributed in many regions in the brain (as well as ganglia in the body) is the mammalian brain	*In The Mood* Emotionally receptive to sex, it "feels right"

There are three areas where agreement needs to happen for two people to want to have sex with each other. Two out of three are not enough. All three must be satisfied.

So, because this Special Report is about how a man should initiate sex with a woman, I'm going to assume for the moment that you, the man, are already all set in all three categories and ready to go. And so I'm going to look at these three agreements as they pertain to a woman.

1. Physical Agreement

The physical part is the most obvious… and the easiest to deal with. It basically means that you need to get her turned on. Until she is turned on, she's not going to want to have sex with you.

But what is a bit less obvious is that *even if she is turned on*, she still might not want to have sex.

This fact is a hard one for men to completely wrap their brains around, because being turned on is by far the biggest of the 3 agreements for us. If we are turned on, we're pretty much going to agree to sex.

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But for women, it is nowhere near as important. And it is in this difference between men and women where so many guys in relationships go wrong.

They feel like if they can just get her turned on, she will want sex.

We might tease her, touch her, wrestle with her, and do all the things that we know she likes… sometimes you even see all of the signs that she is completely turned on and just as eager for sex as you are… and so it only makes sense that she would want to do it...

Unfortunately, it just doesn't work this way, and men waste way too much time trying to deal with this physical agreement when it is not getting them what they want.

2. Mental Agreement

The mental part of initiating sex has to do with "permission" or the "thinking" part of the brain. If you want to have sex, but she has to leave for work or she'll be late, she might not give herself permission to do it because she doesn't have time.

When is this issue often most significant?

For the guy who is trying to initiate sex for the FIRST TIME with a woman.

As I talked about above, there are many reasons that a woman may hold off on having sex with you the first time you try to initiate it. And many of these reasons involve permission and "decision making" issues.

Because of this, most men that are "going for it" for the first time with a woman waste too much time trying to deal with this mental agreement. They try to talk her into sex rationally, they try to tell her things to reassure her, they try to logically convince her.

And they keep doing this even though it rarely gets them what they want.

These "permission" issues could also come up in terms of level or privacy (is someone likely to walk in?), or responsibility (are the children asleep yet?), or logistics (it's late and I have to get up early for a meeting).

But even though you do need to get this agreement too… like the physical agreement, the mental agreement is not that big an issue for most women.

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3. Emotional Agreement

You probably saw this one coming, and, yes, this is the big one for most women.

The emotional agreement is what we should be talking about when we say "getting her in the mood."

After all, doesn't "mood" mean emotional state?

Yet, most guys think of "getting her in the mood" as meaning "getting her turned on" …which is actually the physical part.

Getting a woman in a state of emotional agreement for sex is the biggest key to initiating sex without rejection—and, naturally, it is the one that most men… both men in relationships and men going for first-time sex with a new partner… completely neglect. In fact this is an area that most men find frustratingly vague and difficult to understand.

But like anything else that can appear difficult at first, sometimes a few simple techniques and ideas can take away the mystery and take move us from frustration to skill, and ultimately even to enjoyment

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How To Trigger Her Emotional Agreement For Sex

Changing a woman's mood is a skill that every man who wants a successful, long term relationship should learn.

The good news is that women's moods can, and usually do, change much more rapidly than men's. Of course we have all dealt with the dark side of that truth… but it is, more often than not, one of the things that attracts us to women—that they are more emotional creatures than we are.



One of the reasons that most women say that a guy with a sense of humor is "sexy" is because a guy that can make her laugh can quickly change her MOOD.

When it comes to getting her in the mood for sex, humor can actually be very effective. Because if she is stressed out, angry, hurt, frustrated, sad, bored… or any other emotion that is not so good for sex… laughing is a great *transition* emotion. Laughing can lead to a tickle fight, which can lead to sensuality, which can lead to sexuality… all in the space of 15 seconds.

But making her laugh all the time is not, ultimately, the goal of initiating sex. The more important goal is learning some of the things that you do that effect her "emotional agreement."

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Learning To Communicate Non-Verbally

I talked above about the idea of "who started it" and the fact that, very often, women think that THEY are the ones who have to step up first to initiate sex.

And the reason that most men don't know this already is that women are communicating in a very different way than we do… and most of the time, we just don't "get it."

And, in fact, because we don't "get it" when she is trying to start up something sexual with us… we often hurt her feelings without realizing it, and then pay the price by being shut down later when she rejects us.

This may happen so often that it might be the number one reason for her rejecting your advances.

Because she gave you what SHE thought was a crystal clear sign that she wanted sex… and you MISSED IT completely. And she's so sure that it was crystal clear, that she just can't believe that you didn't do it intentionally—and later she is just giving you a taste of your own medicine.

So the question is, how do you learn how to speak this strange language of female sexual communication?

In the beginning you need to just start paying attention to what your woman is doing and how she is acting.

Just the simple fact that you are now aware that these subtle communications are happening is going to make a big difference - Just making the effort to tune into them is going to go a long way to solving the issue for you, and you will probably pick up on a lot of what she is trying to communicate right away.

Unfortunately, I can't give you any specific things to look for.

Every woman is different in the way they communicate this kind of thing. Oddly enough, THEY all understand the language—which is to say, if a woman was communicating to her date that she wanted to have sex while they were out at a bar or restaurant, another woman on the other side of the room would probably know instantly what was going on if she saw them.

But it is not so easy for us. We are not born speaking this subtle language and we learn it one piece at a time.

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The good news is that once you begin to look for it, the big “a-hah!” moment comes pretty quickly and it starts to make more sense. And even though it’s different in every woman, and even though you won’t be able to interpret it perfectly, it does become easier with other women once you have figured it out with the first one.

Once you do begin to pick up on this communication, you will immediately end up with more sex in your relationship (or on your dates) because you will not miss so many opportunities that were thrown right out in front of you. You will discover that women do, in fact, initiate sex pretty often.

The other reason that you will end up with more sex in your life is that as you begin to understand what is going on with this subtle communication, and you become aware of when your partner is trying to let you know that she is looking for some lovin’… because you know what is happening, even if you’re not in the mood at that moment, you can at least be sensitive to her and avoid hurting her feelings.

Instead of just making her feel like you are ignoring her come-on, you can say something nice like, “I’d love to throw you down and make love to you right now, but it’s important that I get a few things done right now… later I am going to make it up to you in a very big way.”

That should not only work to keep her on a slow simmer so that it will be easy to start up sex later when you are ready for it, but it will also keep her in much better mood for the rest of the day.

Instead of walking around feeling undesired, ignored, hurt, and angry, she will spend the day anticipating your touch.

Eventually, paying attention to, and picking up these subtle communications will be something you don’t think about. It will become natural for you. And when that happens, you will actually begin to use this language yourself to gently coax her into the right mood before you physically initiate sex.

Behaving In A Sexually Attractive Way

If gently stroking her between the legs might work to get her physically in the mood for sex, then one way of looking at how you can get her emotionally in the mood for sex is not through where you physically touch her, but how you behave towards her.

Acting in a way that is sexually attractive makes her feel sexual emotions.



To understand this, you first have to understand a bit more about how attraction works for women.

It's obvious that not every woman is attracted to every guy. There are many factors that come into play in attraction, from physical appearance to sense of humor, to what clothing you choose to wear and what you do for a living.

An obvious, yet completely over-looked fact about attraction was stated best by my friend David DeAngelo, who says, "Attraction isn't a choice."

What he means is, attraction is something a woman either feels or doesn't feel. You can't talk a woman into being attracted to you. A woman does not logically think: *"this man is very nice and he makes a lot of money, plus he bought be a drink and seems to like me… I think I will be attracted to him now."*

It just doesn't work that way. Attraction is something women feel on an emotional and biological level from certain stimuli that they can't control.

Some women have a thing for guys in suits, some women think suits are the ultimate turn-off and only go for guys who work with their hands for a living. Some women like skinny guys, some women like muscle-bound guys. Some women like clean-cut types, and others like the long-haired, rocker types.

But as I talked about at great length in my eBook, "Revolutionary Sex," virtually all women are highly attracted to confidence.

Women have free will, and just turning on the confidence isn't going to make her fall right into bed with you.

But if you are already in a relationship (or even if she has just accepted a second date with you), then it's pretty clear that you are enough "her type" to get her turned on.

In this case, displaying confidence or passion is a very powerful way to sweep her emotions into a sexual state.

For some reason, men sometimes think they are being cute when the whine, plead, or playfully pretend to beg for sex.

Women are NOT turned on by this kind of behavior. It is sexually repulsive to them.

If you do get laid while using baby-talk or while begging her, *"come on baby, please, I want it so bad…"* it is only because she was very, very horny and decided to have sex with you IN SPITE OF the weird, turn-off thing you were doing.

Or she really wants a new piece of jewelry.

Avoiding being sexually repulsive will go a long way to getting rejected a lot less frequently.

You know how you really like it when women act all girlish and feminine?

Well, it turns out that she feels the same way about YOU being manly and masculine.

Here are a few of things that you should be doing to trigger her sexually feminine emotions by displaying MASCULINE CONFIDENCE:

1. **Be direct and unapologetic for your desires**.

   Don't be afraid to talk about them or tell her what you want… and don't be afraid or tentative about acting on them.

   Equally important: Do not behave childishly and petulant if she doesn't immediately give you what you want. Acting like a jackass if you are sexually rejected or if she slows you down while you are trying to seduce her is a glaring, neon sign of insecurity--

   It says that you are so lacking in confidence about your masculinity that you will revert to playground tantrum behavior if something she does is seen as a threat to that masculinity. It says that something that she agrees or does not agree to can puncture the hot-air bag that was pretend masculinity.

   True masculinity is calm, certain, and gently patient… but not shy about what it wants.

2. **Take pleasure from looking at her body without shame or embarrassment.**

   Don't look away or pretend you are not looking at her. Drink her in.

3. **Touch her the same way**.

Put your hands on her with the same confidence that you would handle an instrument or tool that you are very skilled, familiar, and proficient with. Let her feel how much you enjoy handling her.

I know I'll take some flack for this from feminists that think that I'm objectifying a woman by comparing her to a tool, but the fact is, women love it when you handle them with familiarity and comfort and easy confidence… and they don't like it when you touch them like you are afraid of them, like they are mom's fine crystal bowl.

4. **Be 100% positive about HER sexuality and the things she desires... the things she says, the things she does.**

   You should never be surprised or negative about anything regarding her sexuality. That is a massive sign of insecurity. The rule is "positive reinforcement only." Let her know immediately when she does things you like sexually, and never mention the things that you don't like.

   Over time, she will only do the things that you positively reinforce.

5. **Be 100% positive about YOUR OWN sexuality**.

   Know exactly what you are doing in the bedroom. Learn enough about female sexual response that you can be confident that you know exactly how to give her an orgasm and be comfortable with doing it.

   If you have any insecurities about your own performance (problems getting hard or ejaculating too soon when you are nervous), then deal with those issues in your life immediately.

   If you have any doubts about any of this stuff, you can dramatically change your romantic life by reading my "Revolutionary Sex" eBook.

6. **Never be needy.**

   Never make a woman feel that your sexual validation or ego is at stake in the bedroom. Getting her to open up to you sexually should not be something you NEED for you to feel good about yourself and your sexuality.

   If your ego *is* at stake… if you need her to agreement for sex when you initiate things to protect your "male ego"… not only will she sense that emotion (and be put off by that kind of pressure), not only will it negatively

effect her view of your masculinity… but also, that kind of stress is bad for more than just your sex life. It's bad for the relationship itself.

Remember that your mood will affect her mood. Emotions are contagious—and that goes double for women.

If you are tentative, shy, embarrassed, ashamed, or nervous when it comes to sex and your ability to perform, she will feel those same emotions about HER desires. If she was previously feeling sexual towards you, you could actually rob her of that feeling and make her begin to feel shame or embarrassment about herself.

And then, of course, she'll shut off.

If, on the other hand, you are calm, confident, and assured in your own sexuality, that emotion will also be contagious…

Not only will she be feeling attraction to you because of your sexual confident manner, but also she will feel those emotions about her own desires and her own body. She'll feel open and positive about her sexuality. And she'll be excited to share it with YOU.

 "All Day Foreplay"

The concept of "all day foreplay" is one that I talk about a lot, and it's one of the most important ideas to get if you want to learn to NEVER be sexually rejected.

It is the easiest and most reliable way to get her EMOTIONALLY hot.

And, for relationships, it is one of the best ways to make your woman feel appreciated, to make her feel beautiful, to make her feel well cared for, and to make her feel sexy.

And when she feels that way, she will want to make you feel great too.

Make no mistake about this: TRYING to make each other feel great is very good medicine for any relationship.

Unfortunately, the truth is, that the longer you have been in a relationship, the more familiar you become with each other, the more you take each other for granted.

Foreplay usually consists of rolling over "going for it" after you finished brushing your teeth and getting into bed.

But there is nothing more flattering to a woman than when you take the time to SEDUCE her, to make her feel like you are trying just as hard to get into her pants as you did on your third date.

She will respond much more powerfully to your advances if you make the effort to romance her and not just try to fuck her.

All of the ideas above are important…

You can seduce her with words, with touch, with the way you look at her, with the way you act towards her, or with the emotional messages you send towards her.

And if she is feeling frustrated, tense, or pissed off, then you will have to do these things gradually, and work your way through intermediate emotions to make her relaxed or happy or laughing or silly…

And then you can turn on the romance and the seduction.

She will appreciate you in powerful ways the next morning if you can transition her in this way.

Remember this: If a woman says that she is not in the mood to have sex tonight, that statement means absolutely nothing in terms of how she MIGHT feel 30 seconds later.

But all of these things are the HARD WAY of going about it.

The EASY WAY is “all day foreplay.”

When you are doing all day foreplay right it is a lot of fun for both of you.

The basic rule—do and say things throughout the day that make her feel sexy.

Don’t be concerned with getting her turned on. That is not the point. Don’t be concerned with making her think that YOU are sexy. That is not the point either.

Make HER feel sexy and desired, and she will respond immediately when you are ready for sex.

Why?

Because she will really like being your sexy and desired creature… the object of your affection.

And when it is time for making love, she will not want to break that beautiful fantasy.



What are some specific things that you could do to create all day foreplay?

When she catches you staring at her and asks what you are looking at, tell her that you are just looking at her because she is beautiful.

…Or tell her that you are having a sexual fantasy about her.

Come up behind her during the day and whisper something in her ear like, “I can’t wait to make love to you later,” or “You’re beautiful,” or “I’m going to eat you alive,” or “You smell good,” or just about anything else that makes her feel sexy and desired.

Send her an email, or a text message, or a voice mail saying the same kind of thing if you are at work.

Some men confuse “All Day Foreplay” with giving compliments or trying to exchange kindness and attentiveness for sex.



“Compliments” and making her feel sexy and desired are not the same thing. Sometimes the best way to make her feel sexy and feminine is to tease her or tickle her or hit her with a pillow.

It’s not always verbal and it’s nice always nice, but it always communicates that you view her as more than just a friend and more than just a person… that you see her as a sexual creature

that you desire.

The best way to show her that:

TOUCH HER.

And touch her often.

Women love to be touched. It is a powerful reward to them. And withholding your touch is probably the worst thing you could do for your relationship.

Many men have a problem with touching too often. Sure, they'll touch when it's time for sex…

But when a woman feels like the only time you are touching her is when you want to get laid, she will begin to feel cheap and unloved. She will feel nervous and begin to reject you more.

Touch her throughout the day whenever you can.

Stroke her hair, give her arm a squeeze, pat her on the ass… and give her hugs as often as you possibly can. Kiss her ear, bite the back of her neck, run you hands over her legs, and if nobody is around, look into her eyes and softly stroke her breasts.

Strong, full-body hugs, showing off a bit of masculine strength while wrapping her up in your arms will make her feel protected and happy… if you hold the hug for more than 20 seconds or so, some studies say that it will cause her body to release the hormone oxytocin, which will make her feel powerfully bonded feelings towards you.

And smile at her. Smiles are both contagious and sexy when it comes to all day foreplay.

Here's my personal guarantee:

If you touch her twice as much as you do now, she will reject you half as often.

I hope you will use every one of the ideas that I've presented. But I get that not all of them are for every guy. Use the ones that you are comfortable with, and don't worry too much about the others.

If you have the inclination, I think it would be a very good idea to at least TRY them all. And I hope the result is not just MORE sex, but BETTER sex… If you are dating, I hope you have more authentic and satisfying sexual communication with the women you share your time with, and if you are monogamous, a better, stronger, and more loving relationship.

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