



3 *Steps*

To Better Sex

♥ *Billie Becker*

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♥ *By Billie Becker*

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Hey there, I'm glad you're here.

This report isn't just for people who are having sub-par sex, but it will help them too. Whether you're male or female, young or old, single or married - I'm going to teach you how to turn your sex life up a notch. You could have sex every day or your right hand could have a pet name. Either way, you can start the path to better sex right now.

What is it that you're doing wrong? The same thing you've always done, the exact same way.

If you do the same thing, you get the same results - period.

We've all been guilty of this fatal mistake in other parts of our lives. We complain about being fat but refuse to change our diet or start exercising. We're not satisfied with our jobs but we don't look for new ones.

If you want different results, you've got to do something differently. Chances are when it comes to sex, you're boring.

Most of us think about sex multiple times a day, if not constantly. We get wrapped up in whether or not we're having sex and even if we are, we hardly ever consider whether or not it could be more enjoyable.

Once we find what we like, we stick to it. If you're like me, you hope the person you're dating tries the new dish at your favorite restaurant so you can safely get your standby and still try something new. It takes learning that something is better (or better for you) in order to change.

If you've ever thought about sex, had sex, or wanted sex, here's your chance to take pleasure into your own hands. You've spent time trying to eat healthier, dress nicer, be more organized, or pick up a new talent - now it's time to practice enjoying sex more.

Are you having sex in new positions, but having the same type of orgasm?

Do you want to know if you and your partner can experience more pleasure together?

Do you want better orgasms - even if you're by yourself?

Then let's begin.

Step 1: Find your sexual starting place

Take out a pen and paper or open a word document and we'll jot down the things you're currently doing. Think of this as a "before" picture for your sex life. To figure out what needs to change, we've got to figure out what you're currently doing over and over again.

Start by answering the following questions. Feel free to abbreviate since you're the only person who has to understand your answers. If you're doing this as a couple, you should both take your own survey.

Beware, unless you have my job, this questionnaire is not safe for work.

Personal Sex Survey:

For the purpose of this survey the word sex includes oral, anal, masturbation (mutual or solo), titty fondling, fingering, candlestick humping, jumping up and down, or anything else you do for sexual pleasure.

How often do you have sex?

How often does it result in orgasm?

When do you most commonly have sex?

(Morning? Night? Lunch break?)

Where are you? How often does it change?

(In bed? In your car? In the bathroom stall at work?)

Who are you with?

(Are you alone? With a partner? Alone in a room but roommates are home?)

What do you do?

What position is your body in? (If you're with someone, what about them?
Do you use your hands? How?)

What's the most sexually sensitive spot on your body?

Do you use toys? Lubes? Anything else? How?

If you're with someone else who's "doing the work"?

How do they know what to do? (How do you know what to do? How do they know what you like?
How do you communicate what feels good or bad to each other?)

What are you thinking about during sex?

At what point does it feel the best? (During orgasm? At the start? When you're done?)

Do you have an orgasm? (If so, how does your body react? What does it feel like?)

The answers to the questions tell you what you're doing. Now it's time to change.

Step 2: The Sex of Your Dreams

After looking at your answers and thinking about your sex life, is there one specific part of your sex life you'd like to change or are you looking for more pleasure? Either way this step will help you find where you want to be.

Go back through the questions thinking about what the ideal orgasm or sexual situation would look like. If it's one specific area you want to change, think about what sex would be like if it were different. If you're looking to amp up your pleasure, think about the specifics of how it would feel or what would be different.

Play the whole situation out in your head from start to finish. Do you have 10 orgasms? Does your partner? Does your entire body shake with pleasure? Can you feel your orgasm from head to toe? What's your ideal situation and ideal results? Keep this in mind and go through and answer all of the questions once more.

Once you've got a list of what's happening and an idea of how you'd like it to look instead, we know where you're at and where you'd like to end up.

What are you currently doing that's moving you toward the direction of your ideal sex?

We're going to focus on the things that bring you the most pleasure and closer to your ideal sex.

For example, if you have completely satisfactory sex but want to try some new things and experience more pleasure (a category a lot of my clients are in) increase what's already enjoyable. Start by "itemizing" or breaking down the things that feel good - speed, temperature, pressure, etc. - and increasing those aspects of that action.

To be blunt, if you're a guy who's masturbating, it might be changing small things to get a different and hopefully better experience, like grip strength, tempo, or the speed that you normally go. When something feels better, you've made progress. Start with small things and work your way up.

By marking the starting point and the ideal ending point we can begin to move toward a goal. This is particularly important if you're looking to improve one specific aspect. For a lot of male clients it's the length of time it takes to orgasm. For a lot of women, it's being able to orgasm at all. For the specific issue, find things that help move you toward the goal of lasting longer or getting more pleasure.

(One warning: a lot of times my clients have unrealistic goals. Women who are yet to have an orgasm, want 10. Men want their girlfriends and wives to make overdramatic screams of pornstar pleasure every time they touch a penis. Practicing getting more pleasure out of sex isn't likely to make either of those things happen.)

If you feel that you cum too soon or too late, but you practice the things that work and your orgasm moves 45 seconds closer to where you want to be, that's progress. If you don't reach orgasm but you can practice and increase the amount of pleasure you get from sex, that's progress.

When trying to change, every step brings you closer to your goal.

Now for the fun part - practice.

Step 3: Do it. Do it now!

Clients that do this are 3x more likely to have better sex and orgasms.

Make a pleasure plan.

You know where you're starting and you've found an end goal, but now you've got to figure out how to get there. My clients that do this final step are 3x as likely to report improved orgasms or sex. Unfortunately, this last step is where most people fail simply because they never make a pleasure plan or follow through.

Answer the questions below:

What are the 5 things you can do to progress towards your goal? (Things you're currently doing that are moving you closer to your goal in order. Go from the most pleasure or goal enhancing to the least.

- 1.
- 2.
- 3.
- 4.
- 5.

For the next two weeks you're going to focus on this list for 15 minutes a day.

Because sex is as individual as your list will be, I'm not going to tell you how to spend that 15 minutes. Instead, I'm telling you set up a "routine" and stick to it.

You don't have to use the 15 minutes the same every day. Maybe you'd like to spend each weekday focusing on one thing on the list, and the two weekend days on your two favorites.

Or maybe you spend 3 minutes on each one.

The important thing is to set aside 15 minutes every day for two weeks, and focus on progressing sexually.

Best homework ever? Yes!

When during your day can you spend 15 minutes to improve your sex?

(Be specific here. Is it when you first wake up before you go to the bathroom? Is it when you get home from work after you take off your shoes? The more specific you are, the more likely you'll do it.)

**What will you be doing immediately before you practice? Immediately after?
Is there anything you'll need when you practice?**

(Tissues for clean-up, sex toys, condoms, privacy, clean hands, etc.)

How can you make sure all of these things are ready before you practice?

Fill in a "Practice Schedule" (I've included a sample below starting on Thursday. You'll want to put Today's date instead, or Tomorrow's if you've missed your only opportunity today):

Sample Schedule:

TH	FR	SAT	SUN	MON	TUES	WED
After Alarm #1	After Alarm #2	First thing before coffee # 3	First thing before coffee # 4	After Alarm # 5	After Alarm 3 mins on 1-5	After Alarm 3 mins on 1-5
TH	FR	SAT	SUN	MON	TUES	WED
After Alarm #1	After Alarm #2	First thing before coffee # 3	First thing before coffee # 4	After Alarm # 5	After Alarm 3 mins on 1-5	After Alarm 3 mins on 1-5

Once you focus on new and pleasurable things for two weeks, go back through the steps.

Keep finding new things to change and you'll keep finding new experiences. If the things you try don't feel better, they'll feel different and help you broaden your options.

If you're trying this with a partner feel free to negotiate your 15 minutes with them and spend it together or alone. You could also spend 15 minutes helping them and get 15 minutes later in return.

I've seen people of all ages work on specific changes in their sex lives and see dramatic results. I hope you're able to find more pleasure in your sex life, too.

Now get out there and play!

♥ *Billie Becker*

P.S. I love getting feedback from readers. If you find something to be particularly helpful or have comments send me an e-mail at BeAsexpert@gmail.com

