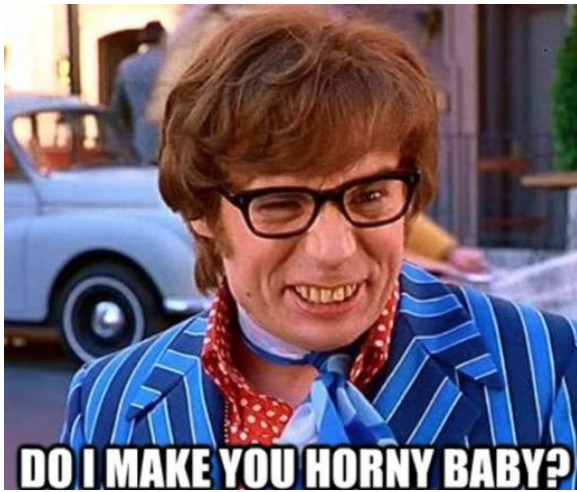


The Cuddle Game: ~~Boner~~ Bonus: What If I Get Turned On



What If I Get Turned On? Tips for Everyone



If you notice yourself thinking about your cuddle buddy naked and doing sexual things, your mind and/or body have moved from Rated G to Rated X. What now?

It's a worthwhile skill to be able to separate out the sexual from the sensual and platonic.

Just as people naturally de-emphasize their sexual energy during work or family time, you'll use the same skill here. It just takes practice.

Paradoxically, getting good at acknowledging and shifting your arousal makes you a better lover. How - you might ask? It gives you better control of your sexual "instrument"- your energy and your body. It allows you to have authority over your sexual energy - rather than being a slave to it. If you get aroused, here are six tips to help you move your arousal from erotic back to nonsexual.

1. Check Your Attitude

Your sexual energy is a beautiful and powerful part of who you are. But a Rated G cuddle isn't the place to express it. It's important to keep in mind that it's not your cuddle buddy's fault that you're aroused. It's also not your cuddle buddy's job to take care of your arousal in any way. Consider your arousal as an opportunity to take responsibility for your sexual energy.

2. Try a Different Position

Whatever cuddle position you're in, try a different one with less physical contact. Transitioning from spooning to sitting side-by-side may be all you need. Or you may want to take a break from all physical contact for a while. Chat, listen to music, breathe.

3. Change Activities

This might be a good time to get a drink of water or take a bathroom break. Splashing some water on your face may help. Rather than a break, you may also try something playful like a thumb fight.

4. Change the Topic

If your mind is distracted by sexual thoughts, put your focus on something else - baseball scores, a math problem, the lyrics to a song, etc. You could also try putting your attention on the other person. Ask your cuddle buddy about their day - and really listen to their answer.

5. Move the Energy Up

Sexual energy tends to reside in the pelvis - right where the genitals are. When a person is feeling sexual, there may be attention and sensation in the pelvis. It's possible with practice to move that sexual sensation and attention up your body using your mind and your imagination.

This technique is borrowed from the practice called tantra. For some people, this technique will work incredibly well. Try it out and see!

Pretend that your sexual feelings are a green ball of energy at your groin. Imagine that with each inhale of breath that you can move that ball of energy slowly but surely higher and higher up your spine.

Using your imagination, move that green ball of energy inch by inch all the way up to your heart. Now with the next few breaths pretend that your breath is originating not from your lungs but from your heart. Breathe in and out from your heart for a few rounds of inhales and exhales.

You can practice this exercise when you're home alone. See if you're able to transform your sexual energy into "heart energy" which can be much more Rated G.

6. Rub One Out Earlier in the Day

Though I don't have a penis myself, one of my clients does; he shared with me a tip that helps him. Before a cuddle experience, he brings himself to sexual climax earlier in the day. That helps take the edge off of his sexual desire and allows him to relax and enjoy the cuddle with less distraction. (All people with genitals and sexual desire can use this technique.)