

# DATE #1

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## FANTASY VS. DESIRE



Listen along! Hit “play” now on the audio guide found on the Teachable platform under Date #1

Welcome to your first date night!

We are about to go on an epic journey. We’ve designed the course to guide you through a series of explorations (both mental and physical) to master the skills of having kinky sex and try out a wide range of kinky experiences.

Don't worry, you will have the chance to get as kinky as you want to be. After completing all of the date nights, you'll have all the tools you need to set out on kinky sex explorations on your own. But just like a professional athlete doesn't just jump into the game, we don't want to throw you into advanced sexual explorations before you have developed the fundamental skills of kinky sex.

This course is designed to prepare you for extraordinary erotic adventures while minimizing risk, keeping your relationship intact and giving you the tools to succeed.

Take a deep breath.

We begin with the very intimate act of talking out loud about your sexual fantasies, desires and goals. Depending on your relationship, this might be super casual or a really scary endeavor. Many couples don't talk about sex that often - leading to a lot of guesswork and assumptions. For a quick start guide on Kinky Communication check out the bonus guide included in this course.

In order to create your ideal sex life, you have to be willing to communicate with your lover about what it is you want and how you want it. In exchange, you must be open to hearing about what your lover wants and how you might participate in meeting some of their desires.

Ultimately, this is a powerful opportunity to create a more fulfilling sexual relationship for both of you. It is a win for both of you when it goes well. Keep that in mind as you proceed, and if it ever feels like you are not on the same team, take a step back and recalibrate.

This week, our first step is to start exploring your authentic erotic fantasies. Perhaps you already fantasize about kinky sex. Maybe your lover is the kinkier one and you've never explored your fantasies. Either way, kinky sex starts in your imagination. We'll start there and then bring elements of your kinky fantasies to life in your bedroom.

When you give yourself permission to fantasize, what turns you on? When do you feel most erotically alive? What gets your heart racing?

Ready? Let's get started!

{2:42}

*(Throughout the handbooks we'll give you the timecode for the audio guide so you can find your place if you need to!)*

## FANTASY VS. DESIRE

The first step to having fun and kinky sex is differentiating between FANTASY and DESIRE.

Many people try to introduce the idea of kinkier sex by saying something like “Tell me about your fantasies. . .”

While this is a great question to ask, you can run into trouble if you mix up Fantasy with Desire.

The difference between Fantasy and Desire is incredibly important to establish and maintain. Establishing this difference will give you more freedom to explore Fantasy and more confidence in naming your Desires. You’ll be more likely to know what you authentically want, and much more likely to make those Desires a reality.

We strongly urge you to maintain a very clear distinction between these terms. Here are their dictionary definitions:

**Fantasy:** *the activity of imagining things, especially things that are impossible or improbable*

Fantasy is the realm where anything is possible, where you are free to imagine wild scenarios, extraordinary circumstances and superhuman powers.

**Desire:** *a strong feeling of wanting to have something or wishing for something to happen.*

Desires are the experiences that you find pleasurable and want more of in your actual life.

In Fantasy, anything is possible. The limits of reality do not apply. The bank account is endless, your health and safety are guaranteed. You are dropped into the blank slate of possibility, and the only limit is your imagination. In the realm of Fantasy, you can privately explore the outer limits of sexuality without any risk.

Something changes from a Fantasy to a Desire as soon as you want to make it real. Fantasies are not fulfilled - Desires are. Fantasies live in our imagination alone, Desires are part of our real physical lives.

When it comes to kinky sex, it is essential to know what is a Fantasy alone and what is a Desire for an actual experience.

Kinky erotica, online groups and kinky porn are full of intense, advanced forms of kinky sex. While all of these sources can get your kinky imagination going, providing you with lots of ideas for kinky fantasies to explore, they are not a good guide for your actual kinky sex life. That would be like watching professional sports and, not knowing anything about football, jumping on the field with the pros. You are going to get hurt and have a miserable experience.

Instead, we encourage you to use your fantasies to provide hints about what you want to experience, and then explore in small steps to maximize pleasure and minimize risks.

This course will help you fulfill your wildest desires while keeping you safe and your relationship intact. Trust us, we have seen far too many couples dive into the deep end of kinky sex - only to realize they never learned to swim!

As you explore your Fantasies and name your Desires, remember that you can explore your Desires one step at a time, savoring the pleasures and intimacy you'll discover along the way!

Now we are going to do our first interactive exercises.

At the end of the date you can choose to share your responses to these exercises. For now, each of you complete the exercises as individuals. Try to be as honest and open as you can, as this is the only way to create a truly satisfying sex life.

Ready? Let's get started with a little warm up exercise about the difference between Fantasy and Desire.

{7:04}

## Warm Up Exercise: Fantasy, Desire, or Neither?

Read through the following list, a mix of sexual and non-sexual scenarios, and sort them into one of three categories.

For each item, think to yourself “Fantasy” “Desire” or “Neither”  
Ask yourself, is this exciting only as an imaginary idea? Is it a desire I want to actually make happen? Or does it have no appeal at all?

F = Fantasy    D = Desire    N = Neither

- \* Having more money in your bank account    F    D    N
- \* Being the CEO of a huge international corporation    F    D    N
  
- \* A two week long beach vacation    F    D    N
- \* Living year-round at the beach, running a waterfront bar    F    D    N
  
- \* Adopting a puppy    F    D    N
- \* Keeping exotic snakes as pets    F    D    N
  
- \* Getting tied up, teased and pleased    F    D    N
- \* Tying up your lover and having your way with their body    F    D    N
  
- \* Having sex in a remote outdoor setting, low potential of getting caught    F    D    N
- \* Having sex in a public urban area, high potential of getting caught    F    D    N
  
- \* Staring in an adult film    F    D    N
- \* Watching porn with your lover while you have sex    F    D    N
  
- \* Skydiving    F    D    N
- \* Spanking    F    D    N
  
- \* Being the keynote speaker at a major conference    F    D    N
- \* Talking dirty in bed    F    D    N

One of the big ideas to notice right away is certain things are better in fantasy than they will ever be in reality.

Very few people would actually want the lifestyle of a busy CEO. Sure, you might want more cash, but would you trade it for all of the stress of running a huge business? Some people might love the idea of adopting a puppy, but would never want to wake up 30 minutes earlier to take Fido on a walk and pick up poop in plastic bags. Owning a vacation home sounds great to some people, while others might like the freedom to try new places every year. We all have individual combinations of desires, abilities and limitations that define what our ideal life would look like.

If you are ever in doubt about whether something is a fantasy or a desire, think about it in greater detail. As you push the thought experiment, notice if it starts feeling more or less pleasurable. Fantasies get less exciting when you think about the practical details, while desires start feeling more and more “right” for you.

Your sexuality is a unique constellation of needs, desires and life circumstance. You know yourself best, and throughout this course you’ll tap into that self knowledge to define a truly authentic kinky sexuality for yourself.

Once you can name your own Desires, you can begin figuring out where your Desires overlap with your lover’s Desires. This area of the Venn Diagram is where you get to play.

Remember that your Desires change over time, so your area of overlap will also shift all the time. You’ll always have new things to explore together, which is why developing these communication skills is the first skill you are building in this course!

{10:24}

## **HALT!**

If you have actively fantasized in the past and are able to name your top sexual fantasies, you can proceed!

If you want a comprehensive guide on tapping into your erotic imagination so you can get to better know your fantasies, check out the bonus guide on How To Fantasize, included in this course. This guide shows you how to activate the power of sexual fantasy and figure out what you desire most.

By the way, the How To Fantasize guide is worth checking out even if you are already great at fantasizing!

## Define the Boundary Between Fantasy and Desire

When it comes to kinky sex, a realistic boundary between what is best left to fantasy alone is essential. This boundary is what allows you to have an active erotic imagination while also having a safe, fulfilling and legal sex life.

For example, many people fantasize about public sex. The idea of being sexual in a crowded place, charged with the thrill of discovery and the rush of adrenaline is a very tempting fantasy. As a reality, it is one of the highest risk activities out there. Being clear about real world limitations is important when considering what parts of your Fantasies are actually Desires.

An active exploration of both Fantasy and Desire is absolutely critical for a fulfilling sex life. In Fantasy, you can freely explore without consequences, noticing your reactions and responses to a huge range of possibility. Then, you can name your Desires, the specifics about what you want more of in your actual life, and begin seeking out their fulfillment.

**Without permission to Fantasize,  
our Desires become very weak or non-existent.**

So many people we talk to say things like “I don’t even know what I want” or “I have no desires whatsoever.” We are willing to call that bluff, and invite those folks and everyone else into the rich territory of their erotic imagination, into the realm of Fantasy.

We believe everyone has Desires - they just may be hibernating or hiding out.

With an active exploration of your Fantasies, you can wake up your dormant Desires and suddenly your erotic life becomes much more vibrant and much, much more satisfying.

As we dive into the wide open world of erotic fantasies, we will be constantly asking you to evaluate what is fantasy and what is desire.

Learning to differentiate the two is the first huge step in figuring out what you really want - and how to get it.

Remember, if you want to dive deeper into the art of sexual fantasizing, check out the bonus guide on How To Fantasize, included in this course.

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**EXERCISE 1: List 5 Non-Sexual Desires:**

Let's warm up a bit by exploring your non-sexual desires.

Ask yourself the question:  
***What do I want more of in my life?***  
***What experiences am I craving?***

**Scan the list below and circle anything that feels like a desire.**  
**You have one minute. Go.**  
**“I want to take more time to...”**

- |                       |                      |                        |
|-----------------------|----------------------|------------------------|
| Go On Vacation        | Do Yoga              | Go On Family Outings   |
| Play Golf             | Join A Book Club     | Enjoy Nature           |
| Play Chess            | Bake                 | Exchange Massage       |
| Read                  | Go To Sports Events  | Get Spa Treatments     |
| Hike                  | Sing                 | Make More Money        |
| Swim                  | Camp                 | Have More Free Time    |
| Cook                  | Dance                | Organize My Home       |
| Learn New Skills      | Learn A New Language | Travel Internationally |
| Take Road Trips       | Make Art             | Talk To Friends        |
| Go On Roller Coasters | Start A Business     | Learn About Politics   |
| Work Out At Gym       | Go To The Beach      | Drive Fancy Cars       |

**Now, pick your top three desires or add your own.**  
**What do you want more of in your life?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Next, we will explore your known sexual desires using the same technique. The list you'll see is just a few possibilities in the wide world of sexual desires. If something comes to mind as you look at this list, write it down!

Take a deep breath and give yourself permission to name your desires. This process of externalizing desires and giving them a name can be scary. Many of us have been told that our desires are greedy or selfish, or that you shouldn't have to ask for what you want if the chemistry is right.

We're here to tell you that the act of naming your desires is a brave and important step towards an extraordinary sex life. When it comes to kinky sex, this is an absolutely essential skill. We're going to invite you to get more and more specific about what it is you desire and crave.

In this next exercise, you'll have one minute to scan a list of sexual possibilities and circle your desires.

Remember, desires are the things you want more of in your life. You don't have to explore all of your desires all at once, so don't get overwhelmed. Just try to be honest with yourself. You may not know *why* something appeals to you, simply feel that spark of desire.

At the end of this date you can share your lists and have more conversations about what comes up. For now, keep your answers private and notice how it feels to start identifying what you want in your sex life!

**Exercise 2:  
Name Your Erotic Desires**

Start by scanning through the list below.

These are some of the most common sexual fantasies.

Circle any that interest you, even if you aren't sure why you are drawn to it.

“I want my sex life to include more...”

|                |                   |                    |
|----------------|-------------------|--------------------|
| Kissing        | Full Body Massage | Fingering          |
| Handjobs       | Anal Play         | Breast Stimulation |
| Spanking       | Bondage           | Flogging           |
| Blindfolds     | Scratching        | Threesomes         |
| Exhibitionism  | Voyeurism         | Cross Dressing     |
| Primal Passion | Romance           | Playfulness        |
| Intensity      | Intimacy          | Anonymity          |
| Trance         | Erotic Massage    | Butt Play          |
| Sensuality     | Tenderness        | Forcefulness       |
| Passion        | Dominance         | Submission         |
| Roughness      | Roleplaying       | Drama              |
| Costumes       | Sexy Talk         | Power Play         |
| Blowjobs       | Cunnilingus       | Foot Worship       |

**Now, Pick Your Top Three Desires or add your own.  
What do you want more of in your sex life?**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## **DEFINING DESIRE**

### **From Fantasy to Lived Experience**

We have defined a clear boundary between Fantasy and Desire. As you continue through this course, give yourself permission to fantasize. Your fantasies will help you continue to discover your authentic desires so you can have the most satisfying kinky sex possible.

Now, we will guide you in defining your specific, authentic Sexual Desires. We will encourage you to start having candid conversations with your lover about what you both want to experience. This week's explorations will give you a delicious taste of all the pleasures yet to come!

Let's begin by identifying elements of your Fantasies that you want to explore in real life.

We are going to guide you in coming up with a list of your desires - think of it like a wish list for your sex life.

### **Defining Your Desires**

Earlier, we distinguished between Fantasy (the realm of imagination, where anything is possible) and Desires (specific pleasures you would like more of in your life.)

Now we will start making the translation between Fantasy and Desire, finding themes and hot spots in your Fantasies that point towards those specific elements that you may want to make happen in real life. This is where we ask you to get very specific about what you really want more of, what elements would create a more satisfying sex life, on your own terms.

Perhaps you notice that you often fantasize about being dominated, overwhelmed by a hot lover who takes control and tosses you around in a frenzy of pleasure. Power play is one of the most common fantasies for both men and women, and is one of the easiest to make into your erotic reality.

You can identify your desire to be erotically submissive, then ask your partner to step up and be more dominant. If they are open to trying it out, you can set specific boundaries so it doesn't go too far (shove me onto the bed, spank me a little bit, but don't ever slap my face!) You can deliberately create the opportunity to explore this dynamic with your lover, and then see how it plays out in real life.

We'll dive deep into the skills of playing with erotic power later on in the course.

## Examples of Translating Fantasy Into Desire:

- I fantasize about really rough sex. No matter how hard I struggle I can't stop what's happening to me.
- I desire rougher sex with my husband. I want him to pin me down and fuck me hard without asking me "Is this ok?"
- I fantasize about a whole harem of women attending to my every need as I lounge about and smoke a pipe while sipping on the best booze.
- I desire the opportunity to totally relax and lie back while my girlfriend brings me beers topless and then I get a blow job.
- I fantasize about being a cruel dominant lover who creates an intoxicating mix of fear and arousal in men.
- I want to get really dressed up and then play with a partner who is eager to please me and ready to follow my every command.
- I fantasize about being covered in whipped cream, head to toe, as I eat tiramisu off of the rock hard abs of an Italian underwear model as he recites poetry in Italian.
- I desire my husband to feed me dark chocolate and speak to me in his broken high school Italian while he makes love to me - I always find that hot.
- I fantasize about being kidnapped by three huge guys and held captive.
- I desire being thrown over your lap and spanked while being told how sexy I look when I squirm.
- I fantasize about a threesome with my husband and another man.
- I desire the experience of double penetration, so I want to use a toy while having sex.
- I fantasize about a threesome with my husband and another man.
- I desire the experience of being seen, so we're going to find someone to watch via webcam.
- I fantasize about a threesome with my wife and another man.
- I desire a threesome, so we'll take baby steps to explore opening up to third partners once in awhile.

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For the next two exercises, fill in the blanks with whatever words or phrases come to mind immediately.

If you have multiple answers, go for it. Write paragraphs about your responses if you want - allow these prompts to get your thoughts flowing and pay attention to any information that presents itself to you.

Remember there are no right or wrong answers. This is about exploring what is inside your erotic imagination and naming your desires.

Try to be honest. If you notice yourself censoring your desire and imagination, give yourself permission to just explore a little. Naming a desire doesn't mean you have to do everything right now.

Have fun with this, you are a brave erotic explorer on an adventure!

**Exercise 3:  
Making The Fantasy To Desire Translation**

Try making up your own Fantasy to Desire translations:

I fantasize about \_\_\_\_\_

I desire more \_\_\_\_\_.

In my fantasies I am always \_\_\_\_\_.

I desire feeling more \_\_\_\_\_.

I find fantasizing about \_\_\_\_\_ really exciting.

I think I want to try \_\_\_\_\_ and see how it goes.

My fantasy lovers are often \_\_\_\_\_.

I want to ask my lover to try being more \_\_\_\_\_ for a night.

**Exercise 4:  
Inventory Your Known Erotic Desires**

Try completing the following questions and see what comes up.

- For Halloween I want to be a Sexy \_\_\_\_\_.
- My lover would have been a \_\_\_\_\_ in a past life.
- Every great lovemaking session would include lots of \_\_\_\_\_.
- One thing I can not get enough of is \_\_\_\_\_.
- I want more \_\_\_\_\_ touch.
- I find it irresistible when my lover acts like a \_\_\_\_\_ in bed.
- I've always wanted someone to \_\_\_\_\_ me in bed.
- What would be really hot is if my lover \_\_\_\_\_ me.
- One thing I always think about but have never asked for is \_\_\_\_\_.
- Every once in awhile, I want to be treated like a \_\_\_\_\_ .
- If I could have one erotic superpower for the night it would be \_\_\_\_\_.
- I want you to \_\_\_\_\_ me.



Now, take a moment to reflect.

What specific elements keep repeating in these exercises?

These themes may include sexual activities, how you feel about yourself, how you feel about your imaginary lover, words or phrases, sensations or emotions.

For now, just notice the common themes in your fantasies. As you continue through this course, new fantasies may emerge and you will find ways to satisfy your most persistent desires.

Write down at least 3 common themes that have emerged in your fantasies:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

### **What We've Covered:**

Your erotic fantasies live in your imagination, where all things are possible.  
Fantasize freely!

Your sexual desires are what you want more of in real life.

Knowing the difference between Fantasy and Desire  
will help you have more satisfying sex.

Start thinking about what desires  
you want to explore as you journey further into kinky sex.

Finish your date night with the Conversation Starters that follow. Allow conversation to wander organically in whatever direction interests you the most.

Use these Conversation Starters as an ongoing tool to keep conversation going in between dates.

You can also choose to share your answers from any or all of the exercises. Or, you may want to share them some other time, or a little at a time. Do whatever makes the most sense to you!

If you don't have Date #2 scheduled already, get it on your calendars so you keep your journey going!

## **BONUS RESOURCE:**

### **Conversation Starters**

*After many date nights we will provide conversation starters that you can use anytime. Sometimes, the hardest part of talking about sex is getting started.*

*Let these prompts propel you into conversation, and then be as open, honest and nonjudgmental as you can for one another.*

*These kinds of intimate conversations are great during long car trips, walks, meals out and any other time you can give one another your full attention!*

Where did you learn about sex when you were a kid?

What were you taught about masturbation as a child?

Who was one of your first celebrity crushes? What attracted you to them?

Who was one of your first celebrity erotic role models, someone you wanted to be like?

What do you want to experience more of in your body?

What sex acts do you want more of?

How do you want to feel during sex?

How do you want to feel about your sex life?

What emotional experience do you crave more of during sex?

Are there spiritual values or beliefs you want to express through your sexuality?

What kind of erotic relationship do you want to have?

What attitudes and values do you want to define your erotic life together?

How do you want to be treated by your lover?

How do you want to express your love for your partner?

What is one of your favorite erotic memories about us?

Describe how a great orgasm feels to you using only weather metaphors (or food metaphors, or colors, or ...)

## **KINK IMPROVEMENT**

*(At the end of each date we will include additional advice on overcoming common struggles or obstacles. This is excellent information for everyone, whether or not anything came up. You never know when this kind of info will get you through a rough patch!)*

### **Do You Deserve Your Desires?**

Naming desires can be tricky emotional terrain. You may come across desires that you don't believe you deserve, or that feel shameful to you.

Many people struggle with receiving pleasure. Culture tells us that pleasure is greedy, hedonistic and a luxury. We are taught that being vulnerable is a weakness. We are told that we are not worthy of pleasure, attention and orgasmic release.

This is especially true when it comes to kinky sex. These kinds of desires aren't celebrated in mainstream culture, and there are lots of messages about what kinds of sex are "normal" or "good" and which are "freaky," "shameful" or "perverted."

Kinky sex requires a certain level of surrender, even if you are not actively playing with power (much more on that later on in the course!) Kinky sex takes elements of all sexuality and amplifies them. To fully experience kinky sex, you have to be ready to fully receive the intensity and volume of sensation, emotions and eroticism. To fully receive, you have to believe you are worthy of all the pleasure coming your way. You must free yourself of any messages you've heard that kinky sex is wrong, dirty or perverted.

We are hereby granting you permission to fully enjoy the pleasures available to you. Pleasure is GOOD for you. It can fill you up, fuel your days, grow your creativity and make you an all around happier person. Everything we cover in this course is safe, and healthy when done according to our guidance. You'll learn how to get active consent from your partner so you can make sure you both want what is happening at all times. With these guidelines in place, we hope you can learn how to relax and enjoy all the pleasures kinky sex can offer you.

If you have trouble receiving pleasure, practice treating yourself well outside of the bedroom. Notice all of the pleasures you resist receiving fully. Take every opportunity to enjoy more pleasure - extend your shower for a few minutes and linger in the relaxing steam, stop and smell the lilacs, enjoy the pleasures of food both healthy and decadent, sit in darkness and listen to your favorite music. Fill your body up with pleasure. Notice how it feels. Notice how you feel after a great orgasm. Whenever you flare up with pleasure-negative thoughts, counter them with a message of permission and claim your right to feel good, sexy and radiant!

## Getting Real About Desires

As you begin to identify your very specific Desires from the very expansive world of your erotic imagination, it is time to get real. The amazing thing about the realm of erotic fantasy is that there are no risks or limitations. You can take a private jet to the middle of Manhattan and fuck wildly on the steps of the Trump building. In real life, there are very real limitations and risks that must be considered.

For many Desires, the only limitations are your free time and willingness to get vulnerable and try something new with your partner.

For Fantasies that include things like multiple partners, public sex, heavy sensation play, power play and other higher risk activities, you'll need to get clear on how much you are willing to risk in order to make that Fantasy an actual Desire. Get real about what is at stake and what is to be gained. Often, you will find ways to extract an exciting element that is less risky and you can safely leave the rest to be explored in Fantasy alone.

If you persistently fantasize about public sex, for example, you need to be clear that getting caught having sex in public is a really serious crime. We don't think that a devastating court case is the kind of sexual excitement you are looking for. So if sex in a busy urban park is your fantasy, we are going to encourage you to keep that as a fantasy alone. BUT you might have some options. . .

Is it really about having sex outdoors? Hike into an area of extreme wilderness and make love outdoors, somewhere where you can hear another hiker coming from miles away and quickly scamper under a blanket.

Is your public sex fantasy more about being seen, an exhibitionistic streak that wants to be explored? Consider turning on your webcam and being witnessed by a stranger through the magic of video chat, and wear a disguise if you don't want your identity discovered.

There are always ways to safely explore your sexual desire, no matter how "out there" it seems to be.

Consenting adults do all kinds of things safely, legally and without major risk. We encourage you to get creative and find risk-appropriate ways to translate your most exciting Fantasies into very real, very doable Desires.