

.....

50 ways to experiment with self-pleasure

.....

Traditional techniques:

1. You, your hands, and a comfy position in your bed.
2. Detachable shower head. Try all the settings.
3. Hot tub jets.
4. Humping a pile of pillows or the arm of the sofa (your clitoral shaft gets a lot of stimulation this way).
5. An external vibrator.
6. An internal vibrator.
7. A dildo (something with fun textures can be extra stimulating).

Aids and inspiration:

8. [Ethical feminist porn](#). <— that's a link!
9. Kinky/fetish porn.
10. Read erotica.
11. Write erotica – *a personal favorite*.
12. Fantasize about something that is taboo for you.
13. Watch a sexy movie and skip to the good parts.
14. Search Tumblr for pictures of things that turn you on like bondage or making out or threesomes.
15. Sext with a lover and create a scene that gets you hot and bothered.

Positions:

16. Laying flat in your bed on your back.
17. Lying on your stomach with your hand or toy beneath you.
18. On your back with pillows under both knees.
19. Standing, leaning against the wall for support.
20. Standing, bent forward over the bed.
21. Sitting on a comfy chair.
22. Lounging in the bathtub.
23. Squatting or kneeling on a soft rug.

New sensations:

24. Tap your clit or gently tug on your sensitive bits.
25. Spank your ass.
26. Use ice.
27. Get a glass dildo and warm it up or cool it down in various temperatures of water.
28. Try nipple clamps.
29. Scratch your skin.
30. Blindfold yourself.
31. Tease your inner thighs and don't touch yourself until you can't take it anymore.
32. Add an anal toy for a new host of delicious sensations (opt for something with flared base and lots of lube).
33. Drip candle wax on your skin (put a sheet down and use unscented, white paraffin or soy candles – avoid tea lights, glitter, & scents as they contain ingredients that burn too hot).
34. Use a flogger, paddle, or riding crop.

Bold, creative, and erotic:

35. Explore Tantric breathing and energy orgasms.

36. Try self-bondage by tying your ankles together or apart and playing a scene out in your head.
37. Go outside and find someplace private and secluded in nature.
38. In the car (not while you're driving, please).
39. Standing in the window of a hotel room.
40. Try edging (bringing yourself to the edge of orgasm over and over again without allowing yourself to finish).
41. Give yourself a sensual massage.
42. Take on a role and act it out in your room – stripper, schoolgirl, dominatrix, casting director...call it practice.
43. Put on a nitrile or latex glove for a super smooth ride (lube helps).
44. Use your non-dominant hand.
45. Normally loud? Force yourself to try being quiet. Normally quiet? Get really, unapologetically loud.
46. Pull out your phone or video camera and make a hot, solo film.
47. Facetime or Skype with a partner and let them watch.
48. Record your voice as you detail how you're touching yourself and how it feels. Share it with a lover or listen to it later for inspiration.
49. Set up your camera on a tripod and take your own boudoir pictures as you slowly strip and explore yourself.
50. Pretend you're teaching a class on exactly how you like to be touched and instruct the students by speaking your movements out loud (this is fantastic practice if you struggle with using your voice in the bedroom).