



FIRESTARTER: HOW TO CREATE EXTREME SEXUAL TENSION

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1

WHAT IS SEXUAL TENSION?

You've probably felt it before.

It's that wonderful feeling of wanting and desire for a man who feels exactly the same way about you.

It's that delightful uncertainty of not knowing what's going to happen with a guy you're attracted to, but hoping that something does happen.

It's the exquisite buildup, the slow-building climax, the delicious culmination of all the flirting, stolen glances and "what if" moments that happen before you actually get physical with a guy.

You usually feel sexual tension with a guy you consistently spend time around, so it's often a guy you have a class with, a guy you regularly see in the gym or someone with whom you work. As sexual tension builds, you'll notice that he's invading your thoughts more and more, while you invade his thoughts too.

It can be a really fun experience...but this sexual tension that's built up will disappear when you act on it.

Sexual tension is weird like that.

As you allow it to build up between yourself and a guy, you will become more attracted to him and the desire you feel to embrace him and even to jump in bed with him will grow.

When you finally do get intimate with this guy, where the sexual tension has been building, it can feel so hot and rewarding.

But...if you never allow the sexual tension to build, then sex simply won't be as exciting. In fact, without any kind of sexual tension, sex will quickly become boring and not nearly as exciting as it could be.

In other words, **sexual tension is vital for keeping your relationship hot and fun.**

If you are currently in a long-term relationship, then you probably experienced sexual tension at the very beginning of it. As you and your man were first getting to know one another, because you were both attracted to each other and weren't quite sure whether you would actually be getting together, sexual tension would have naturally built up.

But as your relationship progressed, and you got more comfortable with each other, and you slipped into a routine, and things became more predictable, the sexual tension would have naturally faded and disappeared.

Now, being predictable and having a routine are **not** necessarily bad for your relationship. Those relationships that thrive in the long term actually have a large degree of predictability and routine to them.

The problem is when this predictability and routine spills over into things like your sex life and your ability to create sexual tension with your man.

Thankfully, this book will teach you exactly how to keep the sexual tension in your relationship turned up to the max and keep that burning desire in your man's eyes for you and only you, whether you've been in a relationship for 3 weeks or 30 years.

Wait! Will this work for any relationship?

Absolutely. But, there are two tiny snags:

1. It's gonna take work from you. (Don't worry, it's fun work!).

2. If you are constantly fighting with your man, and your relationship is currently hanging on a knife-edge, then your relationship is going to need much more help than some sexual tension. In fact, it might be a good idea to talk to a therapist if that's your current situation.

So, if you currently have a relatively good relationship and don't have any major problems, but you would like to feel the thrill and excitement of sexual tension along with experiencing your man trying to get you alone so he can rip your clothes off, then the techniques you are about to learn in this book are going to come in very handy indeed.

But, before we get to these techniques that will crank the sexual tension right up, there are a few “stumbling blocks” that can trip you up when you’re trying to build sexual tension. Knowing how to avoid these is crucial....



2

SEXUAL TENSION STUMBLING BLOCKS

If you could just build immense sexual tension by using one single, magical line, then this book would be a lot shorter. Unfortunately, the fact is, building sexual tension is more art than science. It's something you get better at with practice and time.

To help you build it faster, here are a few important stumbling blocks of which you need to be aware of

Stumbling Block #1: Different Techniques Work for Different People

Just because a certain technique works great for your friend and makes her husband super eager to get physical with her, it doesn't mean that it's going to work just as well for you and your man.

Your friend might find that sending her man ambiguous, flirty messages works wonders for building sexual tension in her relationship, but when you try it, your man hardly responds.

Or you may find that playfully teasing your man is the perfect way to get him interested and turned on, but it does nothing for your friend and her husband.

The key is testing the different techniques in this guide and seeing for yourself how effective they are. When you notice that one technique is working incredibly well, remember it and keep it in your “bag of tricks.” But if you repeatedly try another technique and find that it’s not working for you, don't feel like you have to keep using it.

After all, it was Einstein who said that "Insanity is doing the same thing over and over again and expecting different results."

Stumbling Block #2: Give It Time

When you read the [Blow Job Bible](#) or check out the sex positions section on the Bad Girl's Bible site, you'll learn sex techniques that work instantly on your man.

It's a case of me instructing you to physically "do this specific technique" and right when you do it, you'll instantly see a satisfied smile on your man's face.

It's wonderful getting this type of instantaneous feedback.

Sexual tension doesn't work the same way. It is a much slower, more mental process.

Here's what it's like...

It's like asking your man to put a pebble in his pocket. Then asking him to add another pebble. Then another one. And another one. Each time a pebble is added, your man won't notice much difference, but...eventually as his pockets become full with pebbles, he will find it very difficult to keep his trousers on.

Building sexual tension is very similar to this.

The first few times you try to build it, it's like adding a few pebbles. It won't have a particularly big effect, but it will lower his trousers a little bit.

But as you try more and more techniques, over days and weeks, and focus on the techniques that are working, you'll notice that your man is suddenly more eager than ever to drop his trousers and get you into bed.

So don't get disheartened if your man isn't drooling like a puppy the very first time that you try to build sexual tension with him.

Stumbling Block #3: Don't Overcook It!

Like I've said previously, building sexual tension with your man is more art than science. Because every man is different, there needs to be a little bit of trial and error to see what techniques are most effective.

A trap many women fall into when first learning to build sexual tension is that they find one technique that works really well (for example, you might discover that teasing your man is very effective in increasing the sexual tension).

Once you see that a little, light teasing works well, you might feel that even more teasing will work even better and that a lot of teasing will work best.

This is usually not the case and if you tease your man too much, it will just end up annoying him.

The same goes for flirting, sexting and all the other techniques you're about to learn.

Through experience, you will learn the "sweet spot" for each of these techniques. That is, you'll learn how often to use them so that they are maximally effective.

Stumbling Block #4: Building and Breaking It

As you build up the sexual tension and you notice that your man starts to respond to it, you'll notice a bunch of really fun things:

- He'll become more attentive.
- He'll become a lot more eager to get physical with you.

- He may start getting a bit jealous when you're around other guys.

Feeling and experiencing these benefits of building up the sexual tension can be really fun.

But...

Some women enjoy building sexual tension so much and seeing the effect it has on their man that **they forget to break the sexual tension and start all over again.**

What do I mean when I say "break the sexual tension?" It's quite simple. You need to allow an outlet or release for the sexual tension that has built up. This outlet will be something physical like:

- Having sex.
- Giving your man a hand job or blow job.
- Giving him a massage.
- Even giving him a passionate kiss can release the sexual tension.

When you give him a release, you break the sexual tension naturally. This is vital.

However, some women get so caught up with enjoying the benefits of the sexual tension they've created, they then completely forget to break it. This usually results in your man becoming frustrated and annoyed. He may start feeling like you're just teasing him and intentionally misleading him, all of which can cause him to be resentful and frustrated with you.

Which is exactly the opposite of what you want.

So remember, **if you are using these techniques to build sexual tension with your man, make sure to break it after building it up.**

You'll constantly be building up the sexual tension, then breaking it, then building it up again, then breaking it again, and on and on.

If you're having trouble building sexual tension with your man, you'll find that it's usually because you're not aware of the four stumbling blocks:

- Different Techniques Work for Different People.
- Give It Time.
- Don't Overcook It!
- Build It Then Break It.

Now that you are aware of the four stumbling blocks to effectively build sexual tension, let's dive into the underlying principles to build sexual tension.



3

PRINCIPLES FOR BUILDING SEXUAL TENSION

Understanding the underlying principles of building sexual tension is vital. It's like learning the rules of the road before learning to drive, or learning the alphabet before learning to read and write, or learning how to walk before learning how to run.

While it may be tempting to skip ahead and get to the specific techniques for building sexual tension, starting with a strong foundation (the principles) is going to be far

more effective in the long run for learning, understanding and applying the techniques for maximum effect.

Here goes...

It's in His Mind

Building sexual tension is all about what you do to your man's mind. It's a mental process and is very different from giving him a blow job, trying a new sex position or giving him a massage as these are all physical techniques.

Sexual tension is all about how you make your man think and what kinds of emotions you give him. Directing your man's emotions is actually pretty easy. You can make him appreciate you by doing something caring for him, you can annoy him by constantly nagging him and you can create sexual tension by doing and saying certain things.

With this in mind, let's look at the underlying principles that you need to build sexual tension.

Be Ambiguous: There Needs to Be a Little Uncertainty

Have you ever read a book or watched a film where the outcome seemed uncertain and the plot was not entirely clear. In horror movies, this uncertainty keeps you on the edge of your seat, with your heart beating furiously wondering what's going to happen next.

In romantic movies, the feelings between the male and female are usually not completely straightforward. They may not totally agree with each other, and added on top of this, there's usually confusion, hope, excitement and anticipation mixed in.

It can be incredibly compelling as you start to wonder if through all this ambiguity and uncertainty, will both characters end up with each other, or will their relationship disintegrate? This ambiguity and uncertainty is what keeps people on the edge of their seats when watching good romantic movies. And, it's the same reason people are compelled to keep turning the pages of certain romance books.

However, imagine the plot of a romantic movie that was very straightforward, where you knew right from the start that both characters liked each other and they immediately got together with no confusion, no hope, no excitement, no anticipation, no ambiguity and no uncertainty.

Pretty boring, right?

When you create a slightly ambiguous situation, one in which your man isn't entirely sure what you meant when you texted him the previous night or what you're planning for your date, it's perfect for building sexual tension.

Here's a very obvious example of how to not be ambiguous...

Tell him, *"Tomorrow night at 8pm I am going to come over to your place and give you a blow job."*

Terrible, right?

Here's a much better example that builds sexual tension by being ambiguous...

Tell him, *"I was thinking of dropping by your place tomorrow evening sometime. I just read something online and think you should experience it, what do you think?"*

This second example is perfect for building sexual tension by being ambiguous.

- You are suggesting you go over to him, but you are not guaranteeing it.
- You haven't even given a time when you are going to drop over.
- You are possibly talking about something sexual, but maybe you are just talking about something else, like a gym routine or a food recipe. From your phrasing, it's hard for him to tell.
- You are not necessarily going to do anything to him, you just think he *"should experience it."* Again, you're being ambiguous.

Another great way to describe being ambiguous is getting your man's mind to fill in the blanks and to figure out exactly what you meant.

Be Subtle, Not Hardcore

When you're first learning about how to turn your man on or learning how to be a little kinkier or how to build sexual tension, you might think that being more explicit and "hardcore" in what you do and say will work best.

The truth is that it can work...but only some of the time. Most of the time, being super explicit and "hardcore" is not particularly effective.

A much more effective strategy is to be subtle, **especially when building sexual tension**. Being subtle goes hand in hand with being ambiguous if you want to maximize sexual tension.

Instead of messaging your man with something explicit and hardcore like this example,

"I'm looking forward to giving you a nasty, sloppy blow job and making you shoot your load down my throat when you get home tonight,"

you'll find that messaging him with something more subtle like the following example is much more effective:

"Can wait to put my lips to work later when you get home."

Of course, this second example is much more subtle, yet it's still ambiguous. An added benefit to being subtle is that it's easier to pull off if you aren't completely comfortable being explicit and hardcore with your man.

Don't Force It

Sometimes you or your man are going to have a very stressful week or month. He could be tired, frustrated and his mind may be preoccupied with a million little problems he is trying to solve (or maybe you're the one feeling like this).

If you notice that your man seems stressed, burnt out or tense, then it's going to be much more difficult to build sexual tension. Most guys will just tell you that they're stressed, but some guys want to be “manly” and will try to hide it from you. Regard-

less, if your man is stressed out, it's much harder to build sexual tension, no matter how good you usually are at building it.

If you can tell that your man is stressed, and you find that your efforts to build sexual tension aren't working, don't worry about it. Just wait for a time when he's less stressed, tense and uptight and you'll notice that it's a whole lot easier to build sexual tension.

Experiment & Get Feedback

Remember the first stumbling block I mentioned, Different Techniques Work for Different People. It was about the fact that if you try the same technique to build sexual tension on two different guys, each guy will respond differently to it.

With this in mind, it's vital to understand that certain techniques won't be that effective on your man, while others will seem like you're brainwashing him or practicing witchcraft because they are so effective.

The key to discovering what techniques work best on your man and what techniques don't work as well is...

Experimenting

By experimenting and trying out techniques, you'll see which ones create the most sexual tension and get him turned on the quickest.

Of course, you should remember the techniques that work well, use them regularly and try to constantly improve on them.

You'll also find that when you try other techniques, they just won't work as well.

In a way, this book is very much like a cookbook with each technique for building sexual tension like a recipe. And as with all cookbooks, every recipe isn't going to work for you. Some recipes are perfect....But there are often a few recipes that aren't as tasty or sweet as you hoped.

And that's the same with building sexual tension. Some techniques work perfectly on your man, while others aren't going to have such a powerful effect on him. So make sure to experiment.

Side Note: Often, the first time you try a brand new technique, it may not work. However, as you try it a few more times, your confidence can grow and it can eventually start working. With this in mind, if you try a new technique and it doesn't work as well as you hoped, don't immediately drop it and give up. Try it two or three more times to see if you can make it work before dropping it.

Sexual Tension Is a Spice, Not the Main Course

Don't worry, this is my last cooking analogy!

When using the sexual tension techniques in this book, you need to use them as a spice. Think about this for a minute. When cooking, you usually only need a tiny pinch of spices to add flavor to your dish. These sexual tension techniques are just like a spice for your relationship. You only need a pinch to get the desired benefit of massive sexual tension.

But, if you overdo it and use these sexual tension techniques too often, then your man may think you're acting a bit weird or crazy and it can ruin a perfectly good relationship. It's just like how too many spices can ruin the dish you're cooking.

So you don't want to use too much or too little of these sexual tension techniques. In other words, you need to find the "sweet spot" for you and your man, the exact right amount you should be using.

Finding the "sweet spot" all comes down to experimenting and seeing how your man reacts to what you're doing.



4

CREATING SPACE

Earlier, I talked about allowing your man's mind to fill in the blanks to build sexual tension. The easiest way to do this is by using a technique that I like to call Creating Space, so your man is thinking about you and missing you. Here are a few very specific ways to create space.

End Conversations on a High Note

When you're having a great conversation with your man and you say something particularly interesting or funny, end it on this high note.

So if you bump into your man in the office and are having a chat, wait for a high note in the conversation, like when you tell a great joke or you notice that he's particularly impressed by something you've said. Then, tell him that you'll talk to him later.

Or if you're messaging him, wait until you say something particularly clever and flirty and then sign off, with something like, "*Gotta go, ttyl.*"

Or if you're about to leave the house and will be away for a few days, while you're talking, lean in to him, give him a short passionate kiss and say, "*I wish I didn't have to take this trip.*" Then, smile and leave.

The Random Gap

Have you ever been messaging a guy and having a really great conversation, but then he suddenly disappears for 10 minutes or half an hour with no explanation until he returns? It's just a little frustrating, but also intriguing too. You may have been wondering...

- What was he up to?
- Why didn't he tell me he was stopping messaging?
- It better not have been someone else!

It's almost always for a perfectly rational reason, so there's nothing to worry about...but it can get your mind racing. These "Random Gaps" in communication are intriguing and are a great tool for building sexual tension. So the next time you are messaging your man, "disappear" for about 10-20 minutes, then return and continue as if you had never left.

The key is NOT doing it with every conversation you have with him, otherwise he'll just expect it and it won't be particularly intriguing. Keep it to about one in every 6-8 conversations.

Allow Him to Initiate

If you really like a guy, you may find yourself messaging him and initiating every interaction. This is great for showing him how much you like him, but it's awful for building sexual tension.

Change this to a situation where you're messaging him first no more than 40% of the time, and allow him to message you at least 60% of the time.

Ending conversations on a high note, creating a random gap when messaging him from time to time and allowing him to initiate the conversation will help you to create space and give his mind time to fill in the blanks. He'll be wondering:

- What are you doing?
- Is there another guy in your life?
- Do you still like him?

When your man is asking himself these types of questions every once in a while, it naturally makes him think about you more, which is perfect for building sexual tension.



5

FLIRTING

Flirting is that fun dance two people do. It's a playfulness that shows your man that you may like him a little or a lot, while building sexual tension at the same time.

There are many different forms of flirting that you can use to build sexual tension with your man. Some subtle. Some much more obvious.

The key with flirting effectively is flirting in a way that works for you. If you are completely uncomfortable using a certain flirting technique, like playfully overreacting to your man, then don't feel compelled to use it. But if playfully teasing him comes easy and naturally to you, then you should use it.

The last thing to remember with flirting, like all these sexual tension techniques is making sure to not overdo it. Now, let's jump in and learn some flirting techniques that build sexual tension.

Playful Teasing

Playfully teasing your man is a really fun way to build sexual tension. There are many ways people describe playful teasing. Some describe it as saying something mean, but actually meaning something nice. Others describe it as picking on your man in an inconsequential and fun way. Some just call it joking around with your man. If you grew up with a brother, you probably playfully teased him and he probably did the same to you.

So, how can you playfully tease your man? Here are a few examples...

- The next time you see him wearing something that doesn't quite fit or something that looks a bit worn, point it out and say this with a cheeky smile on your face, *"I think I need to take you shopping for some decent clothes."*

- When he tries to tease you or impress you, just look at him and respond with, *"I'm so glad my other boyfriend doesn't act like you."* Remember that you're just messing with him, so make sure to give him a silly grin after saying it.

● When you just want to mess with him, tell him, *"Hey dude, your shoelaces are untied."* When he looks down and sees that they're actually tied, flash him a sly grin and say, *"Made you look."*

● A similar way to mess with him is pointing to his shirt or sweater, just below his chin and say, *"Hey, you've got a bit of dirt on your shirt."* When he looks down, gently flick his nose with your finger and say, *"Gosh, I didn't think you'd fall for that one. I gotta find a new, smarter man."*

● When he says or does something just to impress you, it's the perfect time to playfully tease him. Try smiling and say, *"Wait, did you just say that to impress me? You know you don't have to try so hard to get people to like you."*

● If he tells you a joke that falls flat, reply with this, *"It's a good thing you're hot, because comedy definitely isn't your thing."*

Obviously, there is a time and a place for playfully teasing your man, so if you are in a business meeting with him, at a funeral or in any place where flirting isn't appropriate, you shouldn't be trying to playfully tease him.

Remember, the whole point of playful teasing is just to have fun. There's no need to appear sexy or clever. The goal is reminding your man that you're fun to be around.

Playful Disagreeing

Have you ever been hanging out with your man, just the two of you chatting, catching up and discussing the previous few days? It can be really nice. But, it can get boring too if you are merely just exchanging information without having any fun.

As I always say, boredom is poison to your relationship.

The perfect antidote to this is playfully disagreeing with your man every once in a while.

So, how can you playfully disagree with him? Here are some examples...

● If you support different sports teams, it's a perfect situation for playfully disagreeing. When he's telling you why his team is the best, ask him, *"Then how come they got destroyed three weeks ago? I thought they were 'the best.'"* Or if you're watching his team together, when his favorite player messes up, ask him, *"Why do you like this guy so much again?"* Just like with playfully teasing him, you want to make sure he knows you're just joking and messing with him.

● When he tells you something that you know is wrong, don't just tell him the facts and correct him. Instead, say something like this, *"You're so cute when you try to sound smart. No gold star for you cutiepie."* Another great way to playfully disagree with him is to ask him, *"Wait, what was your SAT score again?"*

● If you're arguing over something inconsequential, and want to keep it interesting, try saying this, *"Ugh, I wish you didn't look so cute when you're so completely wrong. You're lucky you have your looks, coz I'm certainly not with you for your brains."*

Just remember, the key word in playful disagreement is “playful.” You don't want to start playfully disagreeing with him if you are doing something like discussing a life insurance policy with your lawyer. And you don't want to disagree with him in a way that humiliates him in front of his or your buddies. A good rule of thumb is that you should reserve playful disagreement for the arguments that don't really matter.

Playfully Overreacting

Some people like to call it playful overreacting, while others like to call it feigned shock. No matter what you decide to call it, the main thing is understanding that it's another great way to flirt with your boo.

Here are some ways you can playfully overreact to your man:

- When you ask him to do something and he forgets, instead of just reminding him to do it, playfully overreact instead. When you ask him to load/unload the dishwasher and he forgets, playfully overreact with a smile saying something like this, *"Oh my god, I can't believe this! Looks like there's not gonna be a blow job tonight...and I was looking forward to it."*

- Another way to playfully overreact to a situation like this is to playfully spank him on the butt and say, *"Bad boy!"*

- When you are both talking with friends and he says something really funny, give him a big hug and say something to the others like, *"This is why I snagged him, coz he says things like that."*

You can playfully overreact in a positive way like the last example or you can do it for negative things like the first 2 examples. Obviously it's better to try to playfully overreact in a positive way rather than a negative way.

Playfully overreacting to your man is very similar to playfully disagreeing with him. You can't do it when he's stressed, in deep concentration or not fully engaged with you already. If you do playfully overreact during a time like this, then it's only going to irri-

tate him. But if you do it when he's relaxed and already engaged with you, it's perfect for keeping the conversation light, fun and flirty.

Mini Competitions

Guys are naturally competitive. It's in their nature and it's something that you absolutely must use to your advantage.

With this in mind, a great way to flirt with him is to use what I like to call, Mini Competitions with him.

What are mini competitions?

They are ways to flirt with your man and tap into the natural competitiveness that all guys have. At their most basic level, Mini Competitions are fun games you can play with your man where you keep score over something inconsequential. To better understand what Mini Competitions are, here are a few examples:

- You can send him screenshots when you beat his high score in your favorite game and caption it with something like, *"Suck it, chump!"*
- When you get home before him, send him a silly, bragging text with something like, *"Made it home before you again slow poke :P"*
- If you are both away from each other for a while with work or just on vacation, you can make holding off for sexual release (i.e., masturbation) your Mini Competition. To add to the fun, make sure to send him lots of teasing pictures to keep his heart racing.

● Another fun Mini Competition is to see who can reach orgasm first during sex. This one can get a little annoying if you play it every time you're in bed together, but it can spice things up if you play it every once in a while.

To be honest, these examples are just scratching the surface, you can make practically anything into a Mini Competition for you and your man provided it's inconsequential and you don't take it too seriously.

Just to be clear, the kinds of things that you should avoid using as Mini Competitions are things like promotions, salary raises, whether he gets a new job or whether he gets a loan approved. These are all far too serious and important that they make for a lousy reason to flirt.



6

SEXUAL INNUENDO

Sexual innuendo is saying something innocent, but the meaning can be interpreted as something very sexual.

When used in the right way, sexual innuendo can be a very powerful way to flirt with a guy and build sexual tension. However, when done wrong it just ends up sounding cheesy and off-putting...so please use this technique with caution.

The whole purpose of using sexual innuendo on your man is to get a certain sexual idea into his head in a fun, joking way without having to suggest the idea in a more direct way.

So how do you effectively use sexual innuendo, without it sounding cheesy?

The first and most well-known way is through what you say to him. It's a simple case of saying something very suggestive to him, often with a knowing look and then changing the subject right away.

Note: Changing the subject immediately after using sexual innuendo is vital.

Not changing the subject immediately afterwards is a mistake that many women make and is the reason things get weird or awkward when using sexual innuendo.

Here are a few examples of what to say to your man that will give you an idea of how to use sexual innuendo to build sexual tension...

- When you see him holding anything round (tennis balls, oranges, apples, soccer balls), tell him, *"I love your balls"* or *"I've seen bigger"* and make sure to give him a smirk before changing the subject.

- When you notice that he's out of breath from some physical activity as you're talking to him, mention, *"I hope you're not going to get out of breath that easily tonight."*

You can also use sexual innuendo when sending your man messages to his phone. Even better is sending your man a picture with a caption that's a sexual innuendo.

Here are a few examples...

- Send him a picture of a banana or something similarly phallic shaped with the caption, *"I think I found a replacement for you :P"*

- Send him a picture of you holding a cane or stick or something you could hit him with, along with the caption, *"I found something to make things a whole lot more interesting. x"*

Like with many of my techniques for building sexual tension, using sexual innuendo requires that you understand the subtleties of your relationship. If you often lightheartedly joke about something like penis size, then sending him a captioned picture of a comically sized dildo could work really well. But if you never joke about something like that and it's clear your man is insecure about something like penis size, then a similar picture will bomb.

Final Thoughts on Using Sexual Innuendo

The main thing to keep in mind when flirting with your man is using what works for you. If you are completely uncomfortable with the idea of using sexual innuendo, then just avoid it completely. But if you find it natural to tease your man and playfully disagree with him, then make sure to use these techniques.

In other words, use what works.



7

EYE CONTACT

Eye contact is another very powerful way to build sexual tension with your man. It's the most powerful non-verbal cue you can use to ratchet up the intensity of any conversation. It can also be used very effectively when you're not even having a conversation to keep the sexual tension sky high.

You may have noticed how powerful eye contact can be in a previous situation yourself. Have you ever been talking to a cute guy who made direct and deep eye contact with you as he spoke? How did it feel?

- Intimidating?
- Hot?
- Nerve-wracking?
- Intense?

Despite being a very small part of our anatomy, your eyes have an amazingly outsized ability to create intense sexual chemistry and tension between you and your man. So your eyes are definitely something that you should be using to keep things hot.

Ok, so how can you use them?

There are a million little things you can do with your eyes to build sexual tension, but I don't want things to get confusing or convoluted, so I'm going to teach you the two most effective and easy techniques that you should be using with your man.

- Deep, intense eye contact.
- Submissive eye contact.

Deep, Intense Eye Contact

Making deep, intense eye contact with your man when you're talking to him is vital for building sexual tension. By maintaining eye contact for 2-3 seconds as you start talk-

ing to him, you'll subconsciously let him know that you are confident, trust yourself and *may* like him...perfect for subtly building sexual tension.

Hopefully he will break eye contact first a few times, but if you need to break eye contact, just slowly glance to the side and then turn your gaze back to his.

It's really that simple.

The only time when deep, intense eye contact doesn't work particularly well is when you take it too far. I'm talking about when eye contact changes from short and deep to long and stalkerish! If you stare unblinkingly into your man's eyes for 10-15 seconds when talking to him, then you're not going to build sexual tension, but he will start thinking you may be a stalker.

So the only rule for deep, intense eye contact is to keep it less than 3 seconds long. It's pretty simple

Submissive Eye Contact

Submissive eye contact is completely different from deep, intense eye contact. The premise of submissive eye contact is to show your man that you find him attractive and are even a little intimidated by him, perfect for stroking his ego.

So while I was previously talking about assertive, confident eye contact, when you do this with your man, you'll actually be making eye contact with him that shows your femininity in the most obvious way.

Therefore, if you actually find a guy particularly intimidating, then making submissive eye contact with him is going to come a whole lot easier and more naturally. However if there's not a submissive bone in your body, then you shouldn't really consider it.

So how do you make submissive eye contact with a guy in a way that builds sexual tension with him?

It's a simple case of tilting your head forward slightly and to the side so that it feels like you are looking up as you are making eye contact with your man. While listening to your man like this for about a second, you need to break eye contact first.

Well, there's actually more to it than just breaking eye contact with him...

You need to seem a little flustered when you break eye contact with him, almost like he made you a little nervous while you were looking at him.

So imagine this situation...

You are talking to your man, making submissive eye contact with him. Then he says something that really flusters you causing you to visibly blush and break eye contact with him.

Often this is so subtle that your man may not even notice you're doing it. Don't worry, the important thing is experimenting with it and seeing your man's reaction to it so you know exactly how effective it is.

If you think that eye contact alone is the only magical technique you need to build sexual tension with a guy, then you're sadly wrong. You need to incorporate it into what

you say, do and how you touch your man for it to have a truly powerful effect. Speaking of touching your man...



8

PHYSICALLY BUILDING SEXUAL TENSION

Everything I've covered so far has been about what you say or how you act around your man in order to build sexual tension with him. But, there is still a whole lot more that you can be doing if you want to ramp up the sexual tension.

I'm talking about touching him.

Talking to him, flirting with him and creating space to keep him thinking about you are all fine and good, but if you're never touching him, then you are missing a vital key to the puzzle.

You need to touch your man

But...

You want to make sure you are touching him in a way that builds sexual tension, and you aren't just touching him like a friend would.

To demonstrate the power of physically building sexual tension with a guy, I want you to give you two different situations...

In the first situation there is a guy standing in front of you at work, blocking your way through a hallway. You don't know him and he's not particularly attractive. To get past him, you'll probably just say something like, "Sorry, excuse me" and maybe you'll also put your hand on his shoulder to help him move out of the way.

In this situation, as you don't want to build sexual tension with him, you're not going to be doing anything that isn't polite and courteous. You simply want him to move.

Now let's imagine a second, different situation where there's a guy standing in front of you at work, blocking your way and you need him to move. It's a guy who you already have a bit of sexual tension with and you want to use this situation to physically amp it up in a smooth, fun way.

- You could stand to one side of him and tap him on his opposite shoulder, getting him to turn around in the wrong direction.

- You could put your hands on his waist and physically move him out of the way and say something flirty like, "Gawd, you're always in my way!" or "I think you were just standing there on purpose so I'd have to ask you to move."

- You could ask him to get out of the way and then bump into him anyway when you're walking past him.

- If you're already very close with him, you can sneak up behind him and surprise him by gently squeezing his butt. Obviously, this isn't something you should try if you're not yet particularly close with him.

The option you should choose comes down to where the relationship is currently at and what you feel most comfortable doing. But as you can see from this example, there are a bunch of different techniques that you can use to physically build sexual tension with a guy during everyday situations.

Here are a number of different ways to physically flirt with a guy and build sexual tension with him.

- Playful pushing, shoving and punching.

- Touching him when talking to him.

- Pinching/grabbing his more intimate parts (his butt, thigh, etc).

- Tickling/poking.

- Patting him on the head when he says something ridiculous.

- Touching him while talking to him.

All these ideas work fantastically, but there is one important caveat or piece of advice that you need to understand before you rush out the door and start physically flirting with a guy...

You need to use these techniques on a guy you already know well and have fun with, you already joke around with and someone with whom you already have some familiarity. Using techniques these to build sexual tension with your boyfriend or husband is a great idea.

But...

If you walk into your office tomorrow and use these techniques to physically flirt with a guy you barely know, then things are going to get weird. And they are going to get weird very fast.

Note: Physically flirting with him is just like regular flirting.

When you start to physically flirt with your man, you'll begin to get great reactions from him. It feels great to have a man chasing you, wanting to spend more time with you and eager to get physical and intimate with you more often.

As a result, you may feel that if a bit works well, a lot must work even better.

Like I mentioned before with other techniques, this is not the case. If you overdo physical flirting with your man, then he will start to get bored and even find it annoying.

So in a way, using my techniques to build sexual tension is similar to feeding your man.

You don't want to give him so little that he starves. You also don't want to give him so much that he gets fat and lazy. You want to give him just enough to keep him hungry for more and so that he really appreciates and values you.



9

2 STEPS FORWARDS, 1 STEP BACKWARDS

Different people have different names for this technique. Some call it "Hot & Cold," "Open & Closed" or "Stop & Go". I like to call it 2 Steps Forwards, 1 Step Backwards," but the name doesn't matter. The main thing that I'm concerned with is making you understand the power of this technique and how it works.

To help you understand it, I want you to think back to a time when you had a great interaction with a guy that you already liked. It could have been at a party when you two had some great conversation, you were flirting with each other, you felt like you were really connecting and you just had an awesome time with him. You may have felt that, "*this is it*" and that you both had something special.

But...

The next time you saw him at work or school, he seemed totally uninterested in catching up. Maybe he barely acknowledged you, or just said, "Hey" and then walked off. You may have been frustrated, deflated and annoyed that you had made really great progress with this guy, but now he practically ignored you.

You may be wondering what he's thinking.

- Does he even like me?
- Did the party mean anything to him?
- Is he interested in someone else now?
- What the hell happened?!

It's like you took two steps forwards in the relationship at the party, but when you met him the next day, it's like you took a step backwards.

It can be very frustrating, but...

It's also incredibly intriguing. It can keep him on your mind all day long, questioning what his motivations are and why he's acting like he is.

Now this is an extreme example, but I needed to use it to convey the incredible power of taking two steps forwards with your man and then taking one step backwards.

It's a pretty devious technique to use on your man. And, **if you overdo it, you can thoroughly piss him off.**

What you are probably wondering is how can you incorporate this into a relationship in a safe, healthy way that doesn't drive your man insane, but does

- Build sexual tension.
- Keep your man intrigued (i.e. build sexual obsession).
- Keep you front and center in his mind.

Here are a few ways to do it...

- Send him a picture of yourself in a sexy new dress/lingerie before a date, but wear something else.
- Give him an intense massage and then just drift off to sleep together without going any further.
- Kiss him passionately when you're alone, and then just go about your day as normal.
- When you both have some time and aren't in a rush, jump in the shower with him and even wash him, but that's it.
- Get very dirty/naughty when messaging your man, then suddenly change the subject as if nothing happened.

Here's what not to do:

- Don't promise sex and then do a complete u turn for no apparent reason.
- Don't tease him mercilessly and never reward him
- Don't use two steps forward, one step back more than a few times per month.

So, you can probably see from the examples above that you shouldn't take 2 steps forwards & 1 step backwards to extreme levels, but instead you should use it to simply keep him on his toes and keep him thinking about what you have planned for him.



10

YOUR STYLE

I could include over 100 articles that have been published in the last week alone on what you should wear to look incredible.

Here's the problem...

There is an abundance of great advice out there on current fashion trends and on what you should wear to turn your man on and build sexual tension (along with just as much terrible and conflicting advice).

Rather than giving you "328 Fabulous Fashion Tips" that will be out of date next month, I want to give you a game plan of what to wear that will never go out of style. It's a three-step framework that you can apply to any season or occasion when you want to turn your man on and build sexual tension. The three-step framework is:

1. Sexy stereotypes
2. What makes you feel sexy
3. What he already likes

1. Sexy Stereotypes

The easiest part of the three steps is what I call, Sexy Stereotypes. These are styles of clothing that are already viewed by guys as stereotypically sexy. Some examples are club girls, sexy secretary, sporty, slutty, wholesome and the hot mom look.

If you go for the sexy secretary look, put your hair up in a pony tail and wear business type attire more often.

If you're interested in the sporty look, start wearing yoga pants and gym clothes around the house more often.

To achieve the hot mom look, wear slightly lower cut tops so your man can see more of your cleavage.

If you want the slutty look, choose more revealing clothing to wear in general.

The reason that Sexy Stereotypes work so well is that everyone really does judge a book by its cover. They see how you look and they instantly, unconsciously categorize you. Men do it. And so do women too.

You may have even caught yourself doing it in the past, like at a party or bar that you've been to. You may have scanned the room quickly and instantly noticed a few guys that you wanted to talk to. They could be complete idiots, but based solely on what they looked like, you categorized them as worth talking to. It's usually unconscious and everyone does it.

Thankfully, you can use this to your advantage. You can choose clothes that evoke a Sexy Stereotype instantly in your man's mind. Of course, I have made some really obvious and sometimes extreme suggestions on what to wear, but this was only to make sure you understand what I'm getting at. Feel free to tone it back to what you are comfortable with wearing, which brings us to the second step in the framework.

2. Wear What Makes You Feel Sexy

I just gave a bunch of examples on what you can wear to pull off the Sexy Stereotype look. Feel free to use these examples, but there is no point in using them if you don't feel comfortable and sexy wearing these types of clothes.

If you don't feel sexy wearing something, then you're not going to be relaxed wearing it. And if you're not relaxed wearing it, it will be obvious to your man.

This is vital to keep in mind when dressing sexy. You need to first choose something that makes you feel sexy before you start thinking about whether or not your man will find it sexy.

The reasoning behind this is simple.

When you feel like you are wearing something sexy, you'll show it. You'll naturally give off an air of confidence which makes it incredibly easy to be sexy for your man.

So before you run out and buy the most outrageous outfit you can find, take a moment to choose something that makes you feel both sexy and comfortable

3. Wear What Already Works

Don't change what's already working. If you find that there are certain clothes or types of clothes that your man goes crazy for, then don't change them!

If you feel like starting fresh and going for something completely new and different, that's great. But, there's no need to throw out the clothes that already get a great reaction from your man.

Instead, my advice is to figure out why he likes seeing you in these clothes so much and to start wearing more like it.

So there are just three rules to follow when it comes to what you wear to turn on your man and to have him dying to rip your clothes off:

 Sexy stereotypes

● What makes you feel sexy

● What he already likes

The actual clothes you wear depend on what suits your personal style and taste.



11

USING MESSAGES TO BUILD SEXUAL TENSION

So far, I have talked about building sexual tension with your man almost exclusively when you are right there beside him.

But many couples find that they spend a lot of time apart from each other, which could potentially make a lot of my techniques less than optimal. These days there are a huge number of different messaging apps you can use to keep in touch with your man like:

- SMS text messages.
- WhatsApp.
- Email.
- Facebook.
- SnapChat.
- There are literally 100s more, just Google “messaging apps.”

Each of these apps works slightly differently, but they all allow you and your man to send each other text messages and images.

So, how can you use them to build sexual tension?

The first thing to keep in mind is that all the previous strategies and techniques still apply. So techniques like creating space, leaving on a high note, using a little uncertainty, being subtle, allowing him to initiate, playfully teasing him, playfully disagreeing with him and playfully overreacting to him all still work. You just need to adapt them to messaging.

Here are a few text messages you can send to your man to build sexual tension:

1. *“Just saw something that made me think of you.”*

This message is great for initiating a chat with him. It's ambiguous enough to pique his interest so you can take the conversation in many different directions. You can also get him to start guessing at what you saw that made you think of him.

2. *“I hate it when I'm horny and you're not here :(“*

When you are having a chat with him, you can just throw this in randomly and then continue on with the conversation like nothing happened. When he jumps on it and asks why, just reply with something like this and then quickly change the subject, *“Ugh, I just wish you were here right now to take care of me. Anyway, how did that meeting go?”*

It's a little frustrating for a guy to hear you talk about being horny, but to then change the subject. Thankfully, it's perfect for building sexual tension and keeping him thinking about you.

3. *“I had a pretty fun dream about you last night ;)”*

This is another great one for initiating a chat with your man. When he replies, you can make it a game where he has to guess what the dream was about and how he featured in it. You can even tell him that you'll tell him all about it when you see him. Again, this is great for keeping yourself high on his mind.

4. *“I love it when you wear that shirt/those jeans/that t-shirt you were wearing last night.”*

This is just a really nice and specific compliment to give your man. Being specific with your compliments is much more powerful than being vague. So saying, *“You look*

really hot when you wear those tight blue jeans" is much more effective than saying something like, "You look really hot when you dress well."

Also, try to remember that building sexual tension with your man isn't all about being aloof and out of reach. It's also important to break the tension and compliment him from time to time.

5. *"I'm planning a little surprise when you get home: pretty sure you can't guess it."*

This one is great for keeping your man thinking about you. Again, you can get him to guess what the surprise is or you can just refuse to tell him until you see him.

6. *"I'm trying to prepare a healthy meal for you tonight, but I forgot what you prefer. Pizza and beer or pizza and wine. Let me know ;)"*

Of course, this message is a bit silly, but it's fantastic for showing your man how much you care about him. It's not as powerful as the previous examples for building sexual tension, but doing something like this is great for reminding him how awesome you are.

7. *"I can't stop thinking about last night. Dammit, stop hijacking my thoughts!"*

Sending him this after a particularly hot and steamy night is perfect for massaging his ego and keeping him thinking about you.

8. *"Why do I always think of you when I'm trying to concentrate at work...Grrr, I hate you so much right now x"*

Once more, this is a great message to send your man to massage his ego and keep him thinking about you.

These eight example messages hopefully give you an idea of how simple it is to build sexual tension with him when you're not beside him. You can initiate a chat using them or just send them randomly to him during a chat. The key is making sure that you still follow the Principles for Building Sexual Tension that I covered at the start of this book.

As well as sending your man text based messages, you can also send him pictures through most chat apps. I find that SnapChat is the best app to send your man photos as they get deleted after viewing. This is obviously a good thing if you are sending racy or nude photos that you don't want remaining on his phone.

The reason SnapChat is such a great app for building sexual tension is because your man can only look at each photo you send for a few seconds before it gets deleted. It's like giving him a quick glimpse of you, which is very much like teasing him with a quick peek before disappearing.

So, what can you send him? Here are a few examples:

1. *“I'm trying on some new clothes and need your opinion, what do you think?”*

After sending him this text message, follow it up with a picture of the clothes you're trying on. You could be trying on some sexy lingerie or it could be a coat. It's up to you.

2. *“What should I wear tonight?”*

This short skirt?

Or this shorter skirt?

This is great for keeping yourself front and center in his mind in a way that will build sexual tension and have him more eagerly anticipating seeing you later.

3. *“I think you're going to like what I'll be wearing tonight.”*

After sending this text message, you could send him a naked selfie or a selfie of you wearing something sultry. The idea is to build anticipation and make him excited about seeing you later.

4. *“I'm buying new underwear and am trying to remember your favorite color...pink or red?”*

After sending this text message, send him two pictures of yourself, each with you wearing different underwear. This is a great way to tease your man with something sexy and also get his input on what he likes.

Even if you don't use messaging apps that often, it's still good to understand just how powerful they can be for building sexual tension when you aren't right there beside him.

Note: I just want to caution you against sending nude pictures of each other, even via an app like SnapChat which deletes the pictures after they are viewed unless you both completely and totally trust each other. Break ups do happen and they can often be really nasty, which sometimes lead to photos getting put out there on the Internet.



12

BUILDING ANTICIPATION

Quick question: What's more satisfying?

This first scenario...

Talking to a guy at a bar for five minutes, after which he asks you if you want to go home with him.

Or this second scenario...

Meeting the same guy at a bar and having an incredible, deep conversation with him for three hours, after which he asks for your number to keep in touch, even though you were hoping you'd be going home together.

He then messages you a few times and you arrange to go on a date. It goes so well that you then arrange to go on another one afterwards. The second date goes really well too and you start to feel a serious connection with him. You also start to wonder what he's like in the bedroom. At the end of the third date, while he's walking you home, he asks if he can come in and get a cup of coffee. You're thrilled and invite him in. Once inside, things start getting hot and heavy and before you now it, you're both in bed having some super passionate sex.

I think we both know the answer to this one. The second scenario is going to be far more satisfying.

Why?

Because this guy in the second scenario allowed the anticipation to build and intensify without acting on it like a desperate, horny teenager.

So now, you're probably wondering how exactly you should be using anticipation to build sexual tension. The best way to show you how to create anticipation is by giving you some examples:

- 1.** By sending him messages like the ones I talked about in the previous chapter.
- 2.** Leaving on a very high note like I talked about in the Creating Space chapter.

Here's a refresher: As you are saying goodbye to your man, you could squeeze his butt and say something like, *"I'm gonna miss you and your cute butt."*

Or when you are saying goodbye in the morning after sleeping together, try saying something like, *"There were a few things I wanted to try out last night, but didn't get a chance. You'll have to wait until next time."*

3. Using situations that prevent you from being intimate with your man. Here's an example:

When you are both in a restaurant together, at the start of your meal, tell him that you can't wait to get him into bed.

Note: This is super forward and aggressive, so you might not want to say this to a guy that you've just started dating. Instead, save it for a long-term partner. You may also want to reword this to something less aggressive and more vague like, *"Wow, I don't know what you're doing to me, but I can't wait to get you home"* or *"If these people weren't here right now, I'd do some pretty bad things to you"* or *"You probably don't want to know what I'm thinking about doing to you right now."*

You can even start playing footsies with him to show how serious you are.

Another example would be if you were on a plane together and you leaned over to whisper this in his ear, *"Ugh, how can I be this horny before a six hour flight. Life's not fair!"*

Or you could be at a friends party, and you whisper this in ear, *"Maybe I'm a little tipsy, but I really want you inside me right now!"*

The idea here is using any situation that prevents you from being intimate with your man to build anticipation, which in turn builds sexual tension. You're literally using a pretty boring situation to your advantage.



13

KEEPING IT RANDOM

If you use the exact same techniques and lines over and over again to build sexual tension with your man, he is going to grow to expect them and they will lose their power.

But if you can keep make it much more random, then they will retain their effectiveness.

In one particular week, you could try sending him some messages like the ones I gave you previously. Send none the following week and then just send him one or two picture messages the week after that.

Or you could be quite physical and touchy-feely with him for a day or two, then tone it right down for the following three or four days, before ramping it back up again.

The same goes for flirting with him. When you are out having a good time with him, you could start flirting quite heavily and keep it up for a few hours before toning it down again.

By Keeping It Random, your man will never know exactly what you have in store for him and will never know what to expect next. This is vital for both building sexual tension and making sure your man remains strongly attracted to you.

Side Note: A great trick you should try if you want to keep it random and keep your man on his toes is leaving hidden sexy notes for him around the house. For example, you could leave a note near the end of a book he's reading that says something like, *"You're reading this book when you could be in bed with me! Get your priorities straight Mr!"* or you could leave a note in a drawer he rarely opens saying something like, *"Congratulations! You've just won a free blowjob, redeemable on Saturday night. Please text your cute girlfriend for more details about this fabulous prize."*

Just make sure you don't leave these kinds of notes where kids can find them!

I go into much more detail about leaving your man random, hidden sexy notes in the *Obsession Maker* book.



14

DISCOVER HIS PREFERENCES

So far, I have given you a huge amount of techniques to use on your man. You may be wondering which techniques work best.

The answer to that question is...it all depends. All the techniques work, but their effectiveness depends on you and your man.

If you are thoroughly uncomfortable using a certain technique, then you'll probably find that it doesn't work so well. But, if you are confident and enjoy using another technique, then you'll most likely find that it's easy to do and that it works quite well.

You'll also find that your man has certain preferences. He may prefer it when you flirt with him in person, but not respond so well when you do it through a messaging app...or vice versa.

He may get really excited when you are super subtle and coy about what you plan to do with him, and find it a turn off when you are more intense and over the top...or vice versa.

He might love it when you act shy, naive and innocent and find it a turn off when you are explicit and are very descriptive with what you want to do to him...or vice-versa.

The key to effectively building sexual tension with your man is experimenting with new techniques and then remembering and using the techniques that work best, while forgetting about the ones that don't work so well.

If you just blindly think that every technique I've taught you works equally well, then you're mistaken. Different guys respond differently. So please do your best to try each technique and really pay attention to see if it works or doesn't work. You can even take it a step further by asking him what techniques he enjoys you doing.

If you do ask him, then it's best to do it indirectly to prevent him clamming up. Try to ask him questions like, *"When did you realize that you liked/loved me?"* or *"When did you decide that you wanted to jump in bed with me?"* or *"You seemed pretty worked up last week, how come?"*



15

USING THE TECHNIQUES EFFECTIVELY

You've probably noticed from reading this far that the book is almost like one big long list of different techniques that you can use to build sexual tension with your man to make him sexually obsessed with you.

This is all well and good, but you probably want to know more about how to effectively use all of these techniques in your daily life so that you can turn your man into a drool-

ing puppy dog that looks at you like a big juicy steak and even gets jealous when other guys are around. Well that's what this chapter is all about: how to properly use the techniques.

When I showed the first draft of the book to students, they were super excited and most decided to start using the techniques without much prompting from me. Many found that they worked really well and enjoyed their men's renewed enthusiasm.

However, quite a few students were overwhelmed. They didn't know where to start, they didn't know how often they should use the techniques and they didn't know what techniques would work best.

I want to now give you a two-step blueprint or game plan on how to use the techniques for maximum effect.

Step 1: Having read all of the techniques, the most important thing you can do is to choose two or three of the techniques that you feel most comfortable and confident using and try them out on your man.

Choosing the techniques that you are most comfortable and confident using is vital. This is because they will come much more naturally to you and you'll find that they're actually pretty easy to perform too.

Let's say you find that you're a messaging master and that playfully teasing your man comes naturally to you. Now it's just a simple case of integrating these two techniques into your daily life without trying to force them on your man.

You could start off by sending your man some fairly toned down messages at first and then see how he reacts to them. Messages like, *"Ugh, I'm too hot and bothered to be*

stuck in work, can't wait to see you later ;)" or "I had this pretty wild dream about you last night, I'll tell you all about it later." Then, once he starts reacting well to them, you could start making them a little more intense and intimate.

When it comes to playfully teasing him, take the same toned down approach at first.

When he makes a mistake about something trivial, you could say something like, *"You seem to be having more and more senior moments lately honey, but that's ok, I'll come visit you every week with my toyboy when we have to put you in a home."*

When he starts to react well to this playfully teasing, ramp it up and make it a little more sexual.

Once you notice that he is reacting positively to what you're doing, it's just a simple case of trying other techniques or just tweaking the ones you're already using to be:

- More or less explicit.
- More or less frequent.
- More or less humorous.

Step 2: Keep going.

If you find that these two techniques are working well, try adding in a third, like physically flirting with him.

Again, pay attention to how effective physically flirting with him is. If it's working well, then keep doing it. But, if it doesn't seem particularly effective, drop it and try adding another technique.

Following this structure, over a number of months you will have tried every technique in the book and will have a good idea about which techniques work well on your man and which ones aren't as effective. You'll end up with a playbook of techniques you can use to build sexual tension with your man and have him very eager to get physical with you.



16

SEXUAL TENSION FAQ

Thank you so much for finishing the book! When I gave the first draft of the book to some close friends, mentors and students, they loved it. But, they also came back with some questions. Most of these questions were about the exact same things, so to make sure there are no missing pieces to effectively building sexual tension with your man, I've decided to include answers to the most frequently asked questions. This way,

there'll be no confusion or uncertainty about how to use the techniques and build sexual tension with your man.

Let's jump in.

Question 1: I tried all of your techniques to build sexual tension. Some work great, but there are a few that don't work at all. What's up?

Answer 1: Here's what's up...different guys respond differently to each technique. So you may find that your man naturally gets interested and excited when you use a certain technique on him like sending him raunchy messages, but then when your friend sends her man the exact same messages, she may not get such a positive reaction.

There are lots of reasons for this.

- Your friend's man could have previously had a bad experience with dirty text messages.
- Your friend's man could have a Madonna-whore complex and think that his wife/girlfriend “*shouldn't talk like that.*”
- Your friend's man could be receiving these messages on a work phone that is monitored by his company.

The key is not getting caught up with trying to make every technique work perfectly. You will have much more success creating sexual tension with your man if you try every technique and then focus most of your attention on the ones that work best for your relationship and are the most fun to do.

Question 2: I followed your advice exactly as you explained it. But my man was instantly freaked out by my change in behavior. He thinks something weird is up with me. What should I do?

Answer 2: It's pretty simple why he will think this...

Your behavior suddenly and dramatically changed and you never explained why it changed.

Think about it for a minute, have you ever been with a guy who suddenly seemed really depressed or secretive or agitated. It can be quite jarring, **especially if your man offers no reason for it.**

The same is true if you suddenly start acting super flirty when you've never been particularly flirty before or you suddenly start sending him a barrage of dirty text messages, having never sent them before.

This kind of behavior is naturally going to trigger some red flags in your man's mind. The key to preventing it from happening in the first place is to:

- 1.** Not go overboard with these techniques when you start using them. Instead just ease into them and don't make any major changes to your behavior.
- 2.** If your man does seem bothered by your new behavior, just tell him that you're feeling a little more frisky than normal. And if that doesn't completely put him at ease, then simply tell him you took a course to maintain the sugar and spice in your relationship.

Question 3: Your techniques worked great at first, but now my man feels like I'm just teasing him and leading him on. He seems to be getting very frustrated. What am I doing wrong?

Answer 3: Thankfully, this is super easy to resolve. When you build sexual tension with your man and get him amped up, he's naturally going to be very eager to get physical with you. And he's going to appreciate you a lot more when you do get intimate with each other and break the sexual tension.

But if you just continue to build and build and build the sexual tension without ever releasing it, then your man is going to change from being excited to feeling like your mercilessly teasing him as well as feeling confused and frustrated.

It's like when you're flirting with a guy at a bar and he's playfully teasing you. At first you might find it fun, exciting and a bit of a turn on. Then as you start to realize that you like him, you may be hoping that he makes a move and asks for your number or even leans in to kiss you. But instead of moving the interaction forward, he just keeps teasing you nonstop. **Can you think of anything more frustrating?** You might even find that this constant teasing quickly turns you off this guy.

Your man will feel similarly if you constantly build sexual tension with him but never break it. So it's vital to remember that when you build sexual tension with your man, you also need to break it.

Otherwise, you will end up in a situation where these techniques stop being effective and you have a frustrated/deflated man on your hands. Thankfully, *Obsession Maker* will teach you many different, fun ways to break it.

Question 4: I'm following your advice and it's working, but...my man isn't reciprocating and putting in extra effort, what should I do?

Answer 4: Many women find that when they start building sexual tension with their man, he suddenly has a renewed interest and he starts acting like he did at the start of your relationship. He's attentive, keen to blow off his buddies to spend time with you and has even started to get a bit grabby with you. It's a wonderful feeling to get the spark back like this.

But some women find that the only benefit of building sexual tension is having a man who is eager to jump into bed and have you do everything.

The best way to deal with this is by simply talking to him in an open, non-confrontational and non-judgmental way so he understands the effort you are putting in to keep him happy. Often guys are a bit dumb and even blind to the things their partner does for them. Simply letting him know the lengths you are going to in order to keep him happy is often enough for him to reciprocate.

Question 5: What's the best technique to build sexual tension?

Answer 5: The answer is...

It all depends.

You and your man will naturally have different preferences, so the technique that works best for you to build sexual tension may not work as well for your friend and her man.

The only way to find the technique that works best for you is by experimenting with lots of different techniques.

Question 6: One of your techniques was working really well, so I started experimenting with it and came up with something different that you didn't mention in the book that works even better. Is this ok?

Answer 6: No, it's not ok. It's fantastic! That's the whole point to the book. It's like a cookbook. There are a ton of recipes here, but if you'd prefer to add in something extra and like the results, then you are onto a winner.

You need to experiment and tinker with the techniques and only use what works. If you just blindly follow the advice in this book, and don't try to get feedback from your man, then you're not going to build sexual tension as effectively.