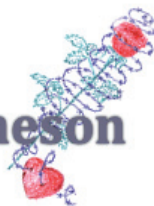


Be Careful What You Wish For...

"The Ultimate Guide to Male Chastity"



Sarah Jameson



TO

John, my Love...

For giving me the idea....

May your orgasms forever be few and far between.

*Be Careful What
You Wish For*

**The Ultimate Guide to
Male Chastity**



Sarah Jameson



Sanity Check

This book is for entertainment purposes only. It's written for consenting adults who make their own informed choices and recognise they are responsible for their own actions and behaviours and the consequences thereof.

Any behaviour involving physical restraint poses some risk of injury. This is also true of any chastity device. The author and publisher of this book accept no liability for the consequences of your actions.

If you are unsure about any of the practices described in this Guide (or about anything else, for that matter) seek professional advice from a qualified individual.

And if in doubt... don't do it.

It also contains bad language and discusses explicit non-mainstream adult themes to do with sex. If these things offend you, don't read them.

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Introduction



Lust's Slow Decline

It's often said the brain is our biggest sex organ.

I used to think this was just one of those bland and bald statements people come out with, often just for the sake of saying something sounding profound or intelligent and without really thinking it through.

But as I've grown older and more experienced, I've come to understand how true it really is — what goes on between our ears really is the key to extraordinary sexual and erotic pleasure. Good looks, supermodel bodies and incredible wealth and success count for very little in the end.

Unfortunately, few of us really understand this fact.

Yet how else would you explain the dramatic change in the intensity and quality of our love-lives from how we behave when we first fall into bed together, to several years (and sometimes even less than that) down the line when often we're lucky if we bump uglies more than once a month?

We do change physically over time, yes. We get older, we sag and wrinkle, and many of us put on weight and, as the saying goes, we "let ourselves go".

And then, in the early days we're often also on our best behaviour, looking at our partners through those "rose tinted spectacles" that forgive many a blemish and flaw.

But even so, the "real" us is not often *that* different from the person we are, or like to project we are, when we're trying to court someone.

So what happens?

Well, the real difference between the ordinary everyday

sexual desire most of us experience as we meander through life with our partners... and irresistible lust and red-hot passionate ardour which never wanes is... simple imagination.

That admittedly fun and most pleasurable “early days” lust is brief and transitory, and as time goes by and things cool down, we can’t help getting the niggling feeling that endless years of hot-gorilla sex have been reserved for those who look good and have been blessed with good genetics and a pretty (or handsome) face¹.

Yet the good news is, no matter how physically attractive your partner, no matter how robust and rambunctious your sex life in the early days of your relationship, it’s *human nature* for it to wane as you become more familiar with one another.

Why is this good news?

Because it happens to virtually every one of us. It shows no favours. It means we, as individuals, are not broken or flawed — no more than anyone else is, at least².

There are some very good biological reasons for this, stemming from how we’ve evolved. Remember, our DNA has but one purpose in life and that’s to make more copies of itself.

We are slaves to the biological machine.

So, for reasons we don’t need to get into here, it’s to our biological advantage for our lust to wane and for us to get that itch for something (or someone) a little more exciting; yet while

-
- 1 Although as I’ve grown older, intelligence, wit, charm and masculinity have become far more important for me, personally.
 - 2 And as the old saying goes: “no matter how good she looks, someone somewhere is putting up with her shit”. We’re all in the same boat...

this might be biologically advantageous, to us thinking beings living in a modern society with marriage, mortgages and mother-in-laws, it's frankly a pain in the behind.

Although, if we're lucky, in the time it takes our ardour to cool and our irrepressible desire for one another to assume a more sedate pace, which can be anything from a couple of months to a year or more, with it occasionally being given a boost by such things as honeymoons and holidays, we've found true love.

At least that's the theory, and, it seems, the best we can hope for if we listen to our mothers and the conventional wisdom.

Ultimately though, even if you're still in love, as many couples are, your ardour inevitably cools and your sex-life dwindles.

Lust or Love? Pick One.

In short, you become comfortable with one another and things can get... frankly... boring.

This isn't always a given, and in truth there are actually some advantages in the familiarity because you're more comfortable with one another — you know what turns each other on (and off) and, with most of us, any self-consciousness has long since evaporated.

Even so, for the vast majority of us, the frequency, variety and sheer wantonness of our sexual activity falls off dramatically.

Make no mistake, the sex can still be *good*... but it's different.

And, for some couples, it stops entirely.

But the flip side of this is your sex *drive*, especially if you're a man, remains the same, and dims only over time and a man's slow progression into old age. It's true for many women, too, of course, only I think we're in the main less obsessed with sex than men are.

It's not that men lose their lust... it's that they've lost it for *you*. And this is no-one's "fault". It's another natural human tendency, again driven by our DNA.

And this is why men *never* stop masturbating³, *do* look at and fantasise about other women (and drool over porn⁴), and so often have flings, affairs and one-night-stands.

When they tell you it didn't mean anything to them, they mean it, even if we kind of think that's a pretty poor excuse (and it is).

I'm not trying to excuse infidelity, but I am giving you at least one of the reasons it happens (and let's face it, I think there are worse things a man or woman can do in a relationship. What's worse, for example — a one-night-stand you never find out about, or years of ridicule, bickering and verbal bullying?).

It's not all that one-sided, though.

We women remember with that wistful ache how it used to be, how *he* used to be when we were the centre of his world and he'd do *anything* for us... when he couldn't keep his hands off us and we'd lie together until the wee small hours making love,

3 If your man doesn't masturbate, then it's perhaps time to bury him because he could already be dead.

4 And contrary to popular belief locking him in chastity isn't going to stop him. Quite the reverse, actually.

cuddling, and weaving those magic spells with our soft, loving pillow talk.

It seems like a choice between two mutually-exclusive alternatives, doesn't it?

We *can* have the ever-attentive lover and the red-hot scorching sex life with its non-stop all-night fucking... but only at the expense of not having the warm, comfortable, strong and established relationships we truly crave.

But... let's play "*what if*".

And ask ourselves...

What if You Could Have Both?

What if I told you there was a way you can have your cake and eat it?

What if there was a way to put that red-hot "early days" lust back into your strong, loving and comfortable yet *sexually pedestrian* relationship... and have all the upsides with *none* of the downsides?

What if...?

What if it were possible...?

Isn't it something you'd want to know more about?

Wouldn't you feel you owed it to yourself and your partner at least to *look* at something which, while it might not be exactly mainstream, and might in the beginning seem a bit, well... odd, is actually far, far more common than you'd believe... and perhaps,

just perhaps, will let you do that one thing you never thought was possible: to have your cake and eat it?

Not only that, but imagine you could not only have your cake and eat it... but it'd be delivered gift-wrapped by your loving and suddenly miraculously attentive and devoted man... who'll deliver another cake tomorrow, and then another the day after that, and again and again.

Wouldn't that be something pretty special to have in your life?

Well, you *can* have it.

It's not magic, it's not rocket science and it doesn't involve drugs, "swinging", pornography or even anything particularly kinky (unless you want it to be, of course).

It's called *male chastity*... and it's about to turn you on to a whole new world of ecstasy, love, pleasure and... sheer unadulterated *lust*.

In the pages that follow, you're about to uncover a wonderful new sexually charged way of living together that can rekindle those hot flames of passion and keep them *and* your relationship alive.

First, let's...

Chapter 1



Meet Sarah... Your New Keyholder

My name is Sarah. That's my real name. And John is my husband's real name, too.

Other than that, my pen-name is a pseudonym, because for reasons you can probably work out for yourself, we prefer to remain mostly anonymous⁵.

We're both 45, early middle age, and a fairly normal happily married couple⁶, with one major difference: I keep John, my husband, by his own consent, in strict male chastity, as often as not by locking him in a chastity device which effectively prevents him from having an orgasm either by his own hand or by another's unless and until I allow it.

And that, in a nutshell sums up the whole thing.

Yet, I know if you've only just stumbled across the idea of male chastity, either in your random wanderings around the Internet or perhaps you've been given this Guide by your partner who's confessed his or her interest in it to you... then you might find the whole thing just a little strange, and struggle to see the attraction of it for anyone.

You might even be tempted to think it's weird, dirty and horribly kinky, and any man who'd desire or even stand for it is some kind of sissy, or somehow less manly because of it⁷.

5 The world is a strange place, filled with even stranger people, and our real identities won't add anything to this Guide, but could cause us no end of hassle. I ask you to respect our privacy. As you'll see from some of my Blog posts, some very unsavoury and creepy people are necessarily attracted to the lifestyle. It comes with the territory, I suppose, but that's no reason to make it any easier for them to stalk me!

6 Although our being happy perhaps itself makes us not that normal

7 Or think women who like it are harlots and witches. Yes, I've been called both.

Yet nothing could be further from the truth.

John is strong, assertive, confident, sexy and altogether manly and masculine; as indeed are many, many men who embrace the male chastity lifestyle.

By the same token, I, along with most women who also enjoy this way of life, am not some fire-breathing, leather-clad über-Dominatrix who calls him a “worthless slave” and treats him like dirt.

Oh, I know some men and women like that kind of thing, and I’m not making a value-judgment either way.

My only comment really is *it’s not for us* and we’re into what you might call *vanilla chastity*. What I mean by this will become clear as we go on.

The point I’m making here and will develop as we go along together is male chastity is *not* some kind of extreme sex or bondage kink. Well, let me rephrase that: it doesn’t *have* to be some kind of extreme sex or bondage kink.

It can easily be — and this is how most men and women prefer to treat it — nothing more than a fun game to spice up their lives.

The only difference between male chastity and any other saucy game is it’s necessarily played out over days, weeks, months and sometimes even years.

Years?

Am I serious.

You bet.

John's New Life — 24/7 Male Chastity

At the time I'm writing this, in Summer 2010, John has not had an orgasm since May 9th, and won't be having another until Christmas 2010 at the very earliest.

John is locked 23 hours a day, 7 days a week, and for the foreseeable future 365 days a year in a steel Tollyboy chastity belt⁸.

When I do unlock him and allow him release, which has until recently been perhaps three or four times a year, I allow him "honeymoon weekends" where we make love and he's allowed to orgasm how and when he wants to.

Then, I take control of his orgasms once more, and as often as not lock him in his device again... and he's waiting for the next three or four *months* before I allow him to orgasm again.

But now we have the Tollyboy I've upped the ante somewhat.

By the time we get to Christmas, it will have been just over 7 months since John had an orgasm, and since my rule is always "not before", there is every chance I shall be making him wait *another* 5 months so it will have been an entire year.

I have more to say on this in subsequent Chapters.

And yes, you read all of that right: he goes *several months without an orgasm* and has been doing for almost three years, while still making sure I, his wife, have *plenty* of my own. He's

8 The reason it's 23/7 and not 24/7 is at the moment the belt has to come off while John goes cycling. That will change ;-)

not and probably never will be subject to *permanent* orgasm denial, but there's every chance I'm going to restrict them to just one weekend a year from now on⁹.

And... when it all runs smoothly, this is just how it goes... and it's fabulous for both of us.

How I Discovered Male Chastity

What you've just read above is where we are now.

But that's not where we started, of course.

And the process of getting from *there* to *here* is one of the things you'll uncover in this Guide.

I first came across male chastity some 2¾ years ago, in late 2007, when John cleverly engineered a way to “come out” about his desire for it to me. You may have read about this already on the [Male Chastity Blog](#).

At the time I was a complete novice, and, while I'd heard vague bits and pieces about bondage, domination and sadomasochism (commonly referred to as BDSM, as I'm sure you already know), and had a fair idea about what a “Dominatrix” did, I'd never, ever heard of male chastity as a practice, discipline or activity in its own right. I was clueless.

I did, of course, know that John enjoyed being teased and “edged”, but this hitherto had always culminated in my allowing him to orgasm, although when I reflected about this I

9 That's the beauty of how we have chosen to play the game: I get to decide in this matter.

remembered he had many times gasped and begged for me not to let him.

At the times he did this I paid scant attention, and if I thought about it at all, I assumed it was just something said in the heat of passion.

It was hot, yes, but not really something I took seriously because my overwhelming experience with men up to that point told me that *coitus interruptus* was not the key to making them Happy Bunnies.

But, no, John made it plain in our conversation he was quite serious about it all and wanted me to control his orgasms in the long term.

My initial thought was he was a closet male submissive, something which would have had a profound effect on my relationship with him since I like my men to be confident, masculine and in control... and most definitely *not* submissive, obedient, fawning and following me around like little puppy-dogs!

As you can tell, I'm sure, I personally don't find submissive men in the slightest bit attractive... so you can imagine my consternation at this point.

But after the initial shock and John's taking care to assure me he didn't want me to "force" him into a French Maid's outfit and have him cleaning the house from top-to-bottom every day while laughing with my friends at his disgusting little "man clitty", I began to research the subject, both by myself and with John.

And that was the beginning of what's been quite a journey... and a journey I hope you intend to share.

Why I've Written This Guide

Not that long ago, I was where you are now.

I was happily married, getting on with my life with a husband I loved very much... yet truth be told, we'd become *comfortable*, just like I described.

It wasn't a real problem, but there's no denying I missed those all-night sessions we'd been enjoying only a few short years ago.

Then John surprised me, quite literally out of the blue, with a sexy game where we swapped favourite fantasies on bits of paper.

He was, obviously, just having a bit of fun.

Or that's what I *thought* he was having. In reality, he was setting the scene to reveal to me a very deep and personal fantasy he'd had for a long, long time, even before he'd met me.

Little did I know at the time, this "male chastity" kink he introduced to me would become a central pillar of our lives together, an invaluable addition to our relationship — although, I stress, *not* the relationship itself.

But there was a problem.

John knew about male chastity and had been thinking about it, reading about it, and even participating in online Forums on the subject for many years... so to him it was all very familiar.

But when I first started exploring the male chastity lifestyle, I had a hard time finding anything which catered exclusively for

male chastity without also going into all the female-domination topics, too.

As we'll see in later Chapters, this is a real problem for many men and (particularly) women taking their first, tentative steps along the road to a real male chastity lifestyle.

The first thing that struck me was how *much* information there is out there.

There are dozens of Forums and websites devoted to it, and at least five companies I know of which specialise in producing bespoke made-to-measure stainless steel belts and other devices; and many, many more selling mass-produced plastic and metal ones in a bewildering array of designs, formats and colours.

And what I've found is many men and women are quite literally scared off from even taking the first tentative steps into male chastity simply because of the overwhelming noise from a small but vociferous minority who claim and insist to the point of insane and rabid dogma that male chastity is equivalent to male submission and female domination.

Log on to almost any Forum (one in particular springs to mind), and you'll be confronted with this kind of extreme behaviour — from men being dressed in French maid's outfits and curtsying to women they address as "Mistress" and "Goddess", through to men who seem to live a miserable existence while their wives are off out every night being fucked senseless by their hugely-endowed lovers (and hubby, of course, gets to clean her out with his tongue when she gets home).

And while many men and women do embrace this, the vast

majority do not and really have no interest in doing so. It's not necessary, and for most couples it's not even desirable.

Worse: to some of us, it's actually repugnant — not from a moral point of view, necessarily, but from the point of view of the kinds of things we'd want in *our* relationships.

All this wouldn't matter to anyone at all if it were not for the fact that when you're looking for impartial, unbiased and factual information about male chastity, this is the kind of thing you start to believe is par for the course... and maybe what your husband is leading up to.

So when I was looking for something like the Guide you're reading now, I couldn't find it without digging through a lot of other stuff I found either irrelevant to me or even diametrically opposed to what I wanted.

As someone new to the whole male chastity scene, as it were, I was confused and frequently torn many different ways by people giving me contradictory advice and telling me how it "should" be.

What's more, it quickly became obvious, and especially so in recent months, that we are not alone and there are *countless thousands* of couples out there who embrace the male chastity lifestyle, or would like to, but are intimidated and, bluntly, scared off by a small but vocal "community" which pretends to be representative of the majority but really I suspect is not.

You see, John, like many men with a desire to be kept in male chastity is not a submissive man in any respect; what's more, I don't want him to be and I have no desire to "sissify" or feminise him.

Like all the men I've known, I like him to be a *man*, just the way he is: strong, assertive, confident, protective and... well... 100% masculine.

The only difference is... I now have him locked in a chastity belt so he can't orgasm without my express permission.

He's been strong enough to give me that gift.

And although I didn't realise it for quite a long time, it really is a gift.

In fact, it's *priceless*.

Unless you've experienced the pleasure of having a man who is entirely devoted to you, whose sexual energy has no outlet unless you grant it, you can't even begin to imagine what it's like.

The best way I can explain it is to ask you to remember what it's like when you first begin a sexual relationship with someone... how you can't keep your hands off each other... how you make love, and talk and make love and talk for hours on end until the sun comes up... and how you'll do it all over again the next day?

Well, it's a little bit like that.

I manage John's orgasms a little differently from most women who keep their men in chastity, and allow him complete weekends of freedom rather than just the one release before locking him up again.¹⁰

10 I've been told how I "shouldn't" do this by a number of tiresome busybodies with nothing better to do than poke their noses into other people's lives.

This works for us, and that's all we care about.

I encourage you to experiment yourself and find out what works best for you and your partner — and then ignore what other people tell you. By all means solicit others' advice and even act on it if it makes sense to you.

But, ultimately, it's all about what works for you and your partner, isn't it?

It took me a *long* time and a lot of trial and error to separate the good advice from the bad, the honey from the vitriol. It's amazing to discover how unpleasant, nasty and *personal* people can get (and I'm sad to say it's usually us *women*) when you post something in a Forum and have a flood of replies telling you "*you're doing it wrong!*"¹¹.

So, after 2½ years of working all this out for myself, I finally plucked up the courage to start my own little corner of the Internet and began the [Male Chastity Blog](#), intending to share what little wisdom and knowledge I've acquired on this delicious yet badly misunderstood lifestyle.

To my amazement the Blog was an almost immediate success. Even more amazing, though, was the many, many requests I had to consolidate the Blog's message into a proper Guide to male chastity.

My sincerest wish is this Guide will help you navigate the sometimes treacherous shoals of male chastity and take it from the first glimmer of an idea and twitch between your legs to a satisfying, fulfilling lifestyle you share with your partner, to

11 John, in his inimitable way refers to people like this as "Chastity Taliban", and I've since shamelessly taken the phrase for my own.

whatever degree you both desire.

Nothing wrong with submission, domination, cuckolding and everything in between, if that's your thrill; but I wanted something focused exclusively on male chastity which would serve as a good foundation for other men and women who wanted to explore male chastity without all the hype, nonsense and pretence.

And the result is this Ultimate Male Chastity Guide you're reading now.

About This Guide

I've written this Guide as a comprehensive introduction to male chastity, beginning with simple first-principles and taking it through to permanent male chastity, permanent orgasm denial and beyond.

Because of the very personal nature of the game and because there are as many different ways of having a relationship as there are couples having them, I have done my best not to be too proscriptive or prescriptive.

Often there simply *are* no answers — only opinions.

And when it comes to a relationship, only the man and woman in it have a vote.

Whom This Guide is For

This Guide is intended for *both* men and women, whether

they're novices or old hands at male chastity, who are interested in discovering more about the lifestyle without having to deal with male submission, female domination and all manner of superficially related but purely optional kinks.

And, the chances are you're reading this because you fall into one of these three groups¹²:

1. **You are a man who** desires to experiment with male chastity or fully embrace the lifestyle, and you're looking for a way to broach the subject to your partner or something to help you explain what it is and what it means. I also include men who have (generally) female friends to whom they confess their desire and ask to be their keyholder. This Guide is perfect for giving to your lady as an introduction to male chastity. But read it thoroughly before you give it to her and take the actions I recommend *first*.
2. **You are a woman whose** man has "confessed" to you his desire to experiment with male chastity or fully embrace the lifestyle. Your man may or may not have suggested you invest in this Guide or may have even given you a copy (if he's smart, he has).
3. **You are a woman who** has heard about male chastity and you're looking for a way to broach the subject to your partner or something to help you explain what it is and what it means. If you *are* a man and you're reading this because your partner has given it to you telling you

12 There is also a fourth group, single males, which I deal with separately below.

this is what he or she wants for you, then *please* don't dismiss it out of hand. I know you're going to have to get used to the idea, but at least be open to giving it a go. You're about to discover something which is going to take you straight to Heaven...

In my experience, the vast majority of people seeking this kind of information fall into the first two groups. The third group seems to be very rare indeed.

Which is actually a real shame, because as you'll see in this Guide, male chastity is an incredibly fulfilling, exciting and pleasurable lifestyle, and many women could thrill and delight their unsuspecting men by bringing the subject up and leading them gently into it!

Perhaps at some point in the future we'll see educational programmes reaching out into society to promote this idea to women who might otherwise never have come across it.

Well, we can dream, can't we?

Whom I'm Talking To

You'll also notice as I write I'm sometimes talking to the woman and sometimes to the man.

I jump around from one to the other as if you were both reading it together, or I was sitting in a chair talking to you both.

This is quite deliberate because I intend for *both* of you to read it and for each to see things from the other's viewpoint.

I trust this isn't too confusing, and I think it all flows rather well.

Why Male Chastity Might Not Be Right for You

I cover this in a little more detail further on in Chapter 3 in, [Is Male Chastity Right for You and Your Partner?](#), but it's worth taking a few moments now to deal with the first of many myths I dispel in this Guide: and that's the myth that male chastity is a panacea to fix almost any broken relationship.

It's not.

In the same way as a pleasant glass of wine is an excellent accompaniment to a meal, unless you're a committed alcoholic it's not the meal itself and won't turn a MacDonald's into a Heston Blumenthal masterpiece.

On the contrary, even though there might be areas where your relationship can be improved — and this is going to be one of the reasons you're looking at male chastity in the first place — if your underlying feelings for one another are not solid, then you're going to cause far more problems than you solve.

Because, ultimately, male chastity is about strengthening and deepening a loving relationship.

It might not strike you immediately, but there's a lot of trust being shown when a man allows you to lock his penis away and take control of his orgasms... in fact, if you're a woman whose man has given you this Guide, you'd do well to remember merely coming out to you and voicing his desires took an enormous amount of courage.

So you should be properly impressed and perhaps flattered, even if your original response was one of shock.

Now, if you're in a relationship with a man you can't stand the sight of, whose touch makes your skin crawl and for whom you feel zero sexual attraction, then male chastity is not going to help you.

If you think this is a great opportunity to lock his loathsome dick away so you never have to look at it or touch it or him again, think again.

His idea is he wants *more* sexual contact with you, not less. Locking him away and giving him the cold shoulder is not the answer.

On the other hand, if you're a man reading this and your wife is cold and distant and you haven't made love for two years, you fight like cat and dog, and frankly cannot stand to be in the same room together, then you are *not* going to get what you want by offering her the key to your chastity belt.

The motivation behind your wanting to be in chastity is the teasing, the denial... worshipping her body and marvelling at how she moves and moans, delighting in her orgasms while your own are strictly controlled and limited — your giving the key to a woman who isn't interested in sharing that with you is going to leave you feeling even worse than you do now.

For now, I'll leave you with the words of Gretchen Rubin in *The Happiness Project*:

"[...] the behaviours that the marriage expert John Gottman calls the 'Four Horsemen of the Apocalypse' for their destructive role in relationships: stonewalling,

defensiveness, criticism and contempt. Well, sometimes we indulged in (the first three), but never contempt, the worse behaviour of all.”

Male or female, if you're reading this and it's resonating with you — especially *contempt* — then please request a refund on this Guide and take action either to fix your relationship or end it, because it's obvious neither of you is happy... and male chastity almost certainly is not the solution you're looking for.

Some Comments on BDSM, Dominatrixes & Female-led Relationships, and How This Guide Relates to Them

Before we get into the Guide proper, an obvious question at this point has to be about the connection between male chastity and the more widely known-about but equally misunderstood world of what we can loosely call “female domination”.

As you'd expect with any kind of human behaviour there are so many cliques, labels and sub-categories it can get confusing, and that's one reason I've deliberately confined this Guide to dealing purely with male chastity, whether or not that then forms a *part* of whatever else is going on in your life.

I want to take pains to make it clear I make no judgement on any of these behaviours or relationships other than to say they're not really my thing.

That's purely a *personal preference*, just as is my preference for strong coffee rather than tea, so please don't email me

levelling accusations of intolerance at me¹³.

That said, where desirable or necessary I've touched on all of these areas, especially in the Section where we talk about how long to keep your man waiting before you let him orgasm, simply because that takes more resolve and backbone than you might think *and* yet does *not* require or imply domination or submission.

This is especially true if, like me, you're not really into dominance games and, in fact, prefer all the other aspects of your relationship to be with a very alpha-male.

I'll also say it *is* something of a slippery slope, if you'll pardon the expression. Because no matter how gently and mildly you start off, usually with gentle chastity play without so much as a device or belt, there is always a tendency to increase the duration, the degree, and the depth of surrender and all of those things and more.

I suspect it's the same principle at work with drug taking, drinking and the tendency for increase the dose.

This isn't necessarily a bad thing so long as you keep it sane, safe and sensible, but it's another reason I've at least briefly covered some of the subjects I really think are on the limits, if not actually outside the scope of male chastity *per se*.

I consider much of what's out there to be extremely dangerous, harmful and destructive if you don't think about it

13 I'm really not interested in hearing them because they're simply untrue and not worth discussing, especially in the context of this Guide, and any reply you get will likely be rude and contemptuous advice suggesting you actually read what I wrote rather than jumping to conclusions and attributing to my words a meaning they don't have.

critically and take most of it with a generous pinch of salt.

And always remember, how far you want to go with male chastity, what you want it to include and *every* single aspect of how you incorporate it into your lives is *entirely up to you and your partner*; and, **if it's to work for both of you, has to be agreeable to both of you** (even if in a seeming paradox, your man gives you complete control, in which case you might think further agreement is moot. It's not, and I'll have more to say on this later in this Guide).

The simple fact is if it's not working for both of you, then in the long term it's not going to work for either of you, unless you really don't care about how your partner feels and you're effectively living separate emotional lives.

It does happen, and some people are happy that way; but my guess is you're not going to be one of them.

A Quick Note About Sex, Gender & Sexual Preferences

I'm a heterosexual woman married to a heterosexual man and I've written this Guide from that perspective.

This implies no objective moral preference and merely reflects the way I'm wired. However, I know couples (and more-ples) of wildly different mixtures, preferences and predilections.

And chastity play and a chastity lifestyle can be appropriate for any and all of them.

In particular I know of one or two polygamous triples where one of the three is kept in strict chastity by the other two (in each case it's a man, but one is a MFM relationship and the

other a MFF. They have a lot of fun, to be sure).

On the whole, I have noticed it's usually men who wish to be kept in chastity, and so it's not much of a surprise to find many male homosexual couples also embrace the male chastity lifestyle.

But still, most of what I say in this Guide is applicable to any lifestyle or sexual preference; and because of that, I've generally not made any specific comments in the text.

I think it's fairly obvious where the differences and exceptions lie, and ask you just to use your common sense.

In general this Guide applies to you whether you're gay or straight.

Male Chastity and Single Men

There is actually a fourth, much smaller group even than the women seeking information to spring upon their men — single men who desire to experiment with male chastity or fully embrace the lifestyle, and are looking for a (generally) female friend to whom they confess their desire and ask to be their keyholder.

As with my comments about sex, gender and sexual preference above, virtually everything I cover in this Guide applies to them too, except, obviously, my comments on teasing and denial will have to be seen in the context of being single and presumably having less access to sexual situations involving other people.

These men are often young men who seek to curb excessive

masturbation.

To many of these young men I'd say slow down and especially don't be in a hurry to commit to a relationship just for the sake of getting a chance to play at "enforced" chastity¹⁴.

In my opinion, *most* young women (and young men, too), don't have the emotional maturity to cope with a strict male chastity lifestyle, chiefly because when we're young we're less practised at dealing with strong emotions, and there's no doubt male chastity brings those on in spades.

So, take it easy and try to relax about it all¹⁵.

But it's not always young single men in this position.

I know at least one person of middle age who has his friend's wife hold his key, even though there is no sexual relationship between them.

Either way, young or older, the guidance below applies to both.

14 As an aside, and apart from anything else, no matter what age you are, if you really *do* want serious male chastity and you're single, then I think getting into the relationship first and then trying to introduce male chastity afterwards is a mistake. At some point you're going to have to display enough backbone to have a serious conversation with a woman about this, so you may as well have it *before* you become too involved with her. I know it might seem a bit toe-curling to think about right now, but there are dozens of "dating sites" out there specialising in the less conventional matches (www.informedconsent.co.uk is a good one that springs to mind).

15 I'm probably wasting my time saying that because young people don't listen. I never did, and I don't think much has changed since then. But I've said it anyway, and at least it might occasionally give me the opportunity to say, "I told you so!"

Getting a Friend to Hold Your Key

One word of warning when asking a platonic friend to be your keyholder, or if you've been asked to be the same: don't underestimate the emotions that necessarily come along with male chastity.

From the man's point of view, he's going to become utterly focused on his lack of orgasm and release.

And his keyholder — and that could be *you* — is right at the centre of that focus.

From the woman's point of view, and I speak from my own experience as well as that of many, many women I've discussed this with, you cannot *help* but become drawn into it all very deeply yourself.

It'd be hard not to, going about your day perhaps sitting at your desk, or driving around thinking about how horny this man is and how he's horny for you.

In the context of a relationship this is exactly what you want, of course; in terms of a friendship and where you are married or in a relationship with someone else, it's not always a good idea.

Apart from anything else, can you imagine many husbands agreeing for their wives to hold the key of another man's chastity belt?

I think you'll find them few and far between. Just a feeling I get.

You could argue she is free to do what she likes, and strictly speaking she is... but there is always give and take in a relationship,

and she can either risk his understandable consternation... or lie by omission.

I think neither of those two choices is ideal in most cases; and that way, I suspect, lies the calamitous ruin of many a happy relationship.

More to the point, while falling in love with someone is not really under our control, going out and taking deliberate actions we *know* stand a good chance of causing trouble in someone else's relationship as well as in our own is probably not the kind of *karma* we want to bring upon ourselves.

I don't say this as any kind of moral prescription or proscription, but I know I wouldn't like someone to do it to *me* and I've found over the years one of the "secrets" to a happy and relatively stress-free life is treating people how I'd like to be treated myself.

Commercial Keyholding

If you don't have a keyholder handy, there are several online key-holding services, and even sites where you can connect with other men who'll do it like a kind of key-exchange thing.

I did consider including some links to sites I know which deal with this problem but I have heard nothing good about any of them, so after some soul-searching I have left them out.

At the moment, I don't have a lot of helpful advice on this subject other than to suggest you perhaps join one of the more reputable Forums and make some private arrangements there.

Diy/Remote Key Control

Or if you're really keen and have some spare cash, you can even buy a safe from www.MyKeySafe.com by way of [Locked in Steel](#), who are the sole distributor, I believe.

With this system you have your key locked and unlocked remotely over the Internet, either by another person or by a software service called, somewhat predictably, *Strict Mistress*.

I have no idea how reliable these devices or the company is, and I have no association with them whatsoever.

And at \$500US these safes aren't cheap, but they might be cheaper and less hassle than becoming embroiled in your female friend's divorce¹⁶.

Sarah's Keyholding Service

Sorry, but I couldn't resist the tease of this heading, but at present I don't have a keyholding service available. I get asked about it a lot, and the idea *does* appeal to me a lot.

However, there are lots of potential problems I foresee, and they're not small. The two that worry me the most are:

- 1. Giving value. One common Complaint** I hear about commercial keyholding services is they just take your money and leave it at that. I, personally, wouldn't want to run such a service because I like to deliver real

16 And it's certainly less hassle than having her irate husband come looking for you with a pair of bolt-cutters intent on removing your chastity belt along with all the, um, "treasures" within it. Please, be sensible.

value, and I'm aware that many men go through a very emotional period when they're locked up. I'd want to provide empathetic support. But this leads to my second concern... that...

- 2. Men are going to get** emotionally involved with *me* personally. I've noticed it already with some of the email conversations I get involved with. And other than ignoring people completely, I don't see how to avoid it — after all, I'm a friendly lass, and I am not responsible for others' emotions. But *friendly* really is all there is to it. So, if men can get a bit syrupy in regular conversations, just imagine how they'd be if I was offering empathetic support by email while holding their keys.

So, as you can see there are some big hurdles to get over before I could even dream of holding keys for anyone but John¹⁷.

Now, this hasn't been idle chat on my part for the past few paragraphs. I just wanted to highlight once more that it's an issue for *anyone* holding keys for anyone else!

So be warned, oh chaste male!

Male Chastity and Religion

An even smaller group of people I find becoming interested in male chastity are those who do so because of their religion.

If this is you, and you're looking for spiritual guidance or

17 If I do it, I'll announce it on the Blog and in the Newsletter. It won't be cheap, but it will be the best out there, and that's a promise.

perhaps some form of permission from me in this Guide, I'm afraid you're in the wrong place.

I am not and never have been religious, and I don't know if male chastity is acceptable in the light of the arbitrary scriptures, teachings and deities you believe in.

You'll need to ask your priest, rabbi, vicar, imam or whomever.

Or, better yet, make your own mind up.

From my perspective, what men and women do by consent to and with each other is solely a matter for the individuals concerned and doesn't require explaining or justifying to anyone.

And that's about all I have to say on that subject.

Finally... Pronouns and Political Correctness

I've written this Guide for both men and women and so at any time I could be talking *about* either one of them.

Because English is one of those languages where there is no gender-neutral third-person pronoun, I have adopted the standard and rather old-fashioned policy of using *he* and *him* to refer to both men and women when I could be talking about either or both.

If I'm specifically or obviously talking about one or the other, then I'll use *he* or *she* as appropriate; but otherwise, if you see a *he* just bear in mind there's perhaps room for an invisible "s" there, too.

I know it's not ideal and perhaps English will change

eventually.

But it will most likely be long after I'm dead and gone and in the meantime I can happily live without reading and writing such linguistic monstrosities as "*he or she will as he or she chooses with his or her own body*".

So, please forgive me that one little indulgence and enjoy the Guide.

Finally Finally... I Really Do Welcome Your Questions and Comments

If after reading this Guide you have questions or comments, good and bad, or you spot any mistakes, please send them to me at:

guide@malechastityblog.com

And I'll do my best to answer or correct them if I can.

However there are *two* exceptions to this.

Question I Don't Want No. 1

This Guide is called a *guide* for a very good reason.

And that reason is.... it's a *guide*!

By this I mean it's not Scripture, a book of rules or even a blueprint to tell you exactly what you *should*, *ought* or *must* do to incorporate male chastity into your relationship.

It is neither proscriptive nor prescriptive. I don't have all the answers for *myself*, so I certainly don't have them all for *you*.

And more to the point, *neither does anyone else*.

I have written down all my thoughts, feelings, experiences and observations on the matter, but I don't presume or pretend to know it all.

In short, you and your partner are the only ones who can legitimately decide what's right for you, what works, and, of course, what doesn't work.

So, for this reason, if you find yourself writing to me and asking a question which ultimately boils down to "*is it OK if we...?*", *Including* those questions that seek to rationalise male chastity in terms of your religion, then I can save us both some time and trouble by answering it in advance right now: *yes*.

If it works for you both, then *in my opinion, yes*, it's OK, whatever *it* might be.

I repeat: as far as I'm concerned consensual acts between adults are no one's business but their own.

No matter what anyone else tells you, whether it be your friends, some loudmouth in an Internet Forum, or even me, if it's right for you and your partner, it's right, full stop.

Question I Don't Want No. 2

It's not so much a question as a set of discussions I'm not going to get drawn into.

You'll notice I often say things like "*most men behave this way*" and "*most women behave that way*".

The important word in both of those sentences is *most*. It means statistically more do than don't.

And that's *all* it means.

It's a fact most men are more aggressive than most women in most circumstances most of the time, but anyone who's been on certain Internet male chastity Forums knows that doesn't preclude the existence of aggressive women.

So please, there's no future in sending me a message saying *"well I'm a man and I don't behave like that"*.

That's fine, and doesn't negate what I said and adds nothing to the conversation.

However, if you then have a question about that — like *"I'm a man and I don't behave like that... so what should I do instead?"*, or you perhaps want to share something with me about how not behaving in that way affects you, then by all means ask away.

But please, merely pointing out you're different from most others really is pointless.

So, with all that said...

Chapter 2



What Is Male Chastity?

According to the dictionary definition, *chastity* is essentially abstaining from sexual relations and is usually used synonymously with *celibacy*.

But for our purposes I want to draw a subtle but important distinction between them.

What we're specifically talking about in this Guide is *male chastity*; and to be even more specific we're generally talking about controlling *intercourse and masturbation* and, ultimately practising *orgasm denial*.

Why Chastity is Not the Same as Celibacy

As you'll discover as you read this Guide, male chastity is not the same as simply not having sex.

On the contrary, one thing you'll notice if you embrace the male chastity lifestyle is you're usually having *more* sexual activity, however you choose that to happen.

Celibacy is in my experience the symptomatic hallmark of a relationship gone stale or, in the worst case, a relationship that's actually *over* even if the two people in it haven't recognised that yet.

Yes, there are situations, such as illness, disease, injury, even childbirth and subsequent exhaustion, which can make sex undesirable, difficult or impossible, even for long periods of time.

But if you're both healthy and normal and have hitherto had a normal sex-drive, then if you're not making love or having any

form of sexual contact, then I think it's often indicative of a real problem — and if it's not a problem now, it's likely to become one in the future.

As you'll see in a moment this is important, and may well determine if the male chastity lifestyle is right for you or not.

How Male Chastity Increases Sexual Activity

The seeming paradox of male chastity is both you and your partner will also be having *more* sexual activity than before... although it might rarely include the man's penis and perhaps *never* include his orgasm.

And far from being unpleasant for a man, this torturous denial is something he *craves*.

This is really the whole *point* of male chastity since the other benefits necessarily tend to stem from it, and that's an important fact to consider when considering whether the male chastity lifestyle is right for you and your partner¹⁸.

Celibacy, on the other hand, is simply a state where there's no sexual activity going on at all, except perhaps with your own hand.

Throughout history some groups have embraced voluntary celibacy as lifestyle (like priests, nuns, and monks if you believe a word of it), and there is a movement in the US which recommends it for teenagers (without much success if you look

18 If you're in a "female-led" relationship, this is perhaps *not* true, but I'm writing this for the overwhelming majority of men and women who don't want that kind of relationship but do want to experiment with male chastity.

at the statistics).

The reason we're not using the strict dictionary definition of chastity will become clear in a moment (clue: we don't want to limit our own pleasure, do we?).

Understanding Celibacy, Chastity And Orgasm Denial

In this Guide, we use the following terms:

- **Celibacy** — a lifestyle completely devoid of any sexual activity other than masturbation, with or without “toys”.
- **Male Chastity (or sometimes just chastity)** — preventing our men from masturbating, making love to us (or anyone else), and from having any non-utilitarian contact with his penis by himself or by another.
- **Orgasm denial** — **not** allowing our man to orgasm, even if we allow him to get as far as penetrative sex.

Generally we'll mostly use the expression “male chastity” to mean both chastity *and* orgasm denial.

When there's a reason for making the distinction, I will do.

Now we know what we mean we come to...

The Big Question: Why Male Chastity?

The first question that often thunders through your mind when he first reveals his desires to you is “*WHY?!?*”, quickly

What Is Male Chastity?

followed by a self-pitying “**WHY ME!?**”.

After all, there’s no denying it’s not exactly the kind of thing you normally discuss at the PTA or enjoy as a polite topic of conversation at dinner parties, is it? It’s not “normal” by any usual meaning of the word even though that’s not pejorative by itself.

And “*why?!*” is a perfectly reasonable question.

Because why *would* any man go out of his way to have his orgasms controlled by a woman — any woman — and *especially* by the woman he’s perhaps been married to or in a relationship with for several years?

Let’s face it, when men get in the mood for it, they tend to become very singleminded about sex — and for *most* men sex really is about their orgasm.

Now, I know this isn’t true of *all* men, and in fact I rather think the kind of men for whom their orgasm *isn’t* the be-all and end-all of sex are the ones who are likely to be interested in male chastity and reading this Guide.

In that respect my audience is self-selecting and I imagine I’m going to get a deluge of emails telling me “*but I’m not like that*”.

That’s fine — you probably aren’t.

But statistically most men are, and that means your partner (or *you*, if you’re a woman) has come across more of the orgasm-driven men than the other kind.

In fact, several anthropologists have mooted the idea the male orgasm has ultimately been the driving force for much of

human development.

Much as feminists and female supremacists hate the idea, I think they're on to something.

Or, conversely, why would a woman suddenly spring it upon her man that she wants to put a ball and chain on one of his greatest pleasures in life?

Sprung upon a man without warning, it's highly likely this idea is going to give him the serious heeby-jeebies.

To be sure, the answer is complex and if you asked a dozen different psychologists, you'd get a dozen different answers.

But what does seem to be clear to me from the research I've done and from my own experiences, is it tends to be more common in intelligent, imaginative, assertive and often powerful or successful men.

Exactly *why* this is we can probably never know and can only hypothesise and guess, but it's certainly a mistake to think chastity or even sexual submission is necessarily the province of weak, spineless men who fit into the common persona of the "worthless worm".

You do find them, but not as often as you'd think.

It seems to come down to the difference between *submission* and *surrender*.

Why He Wants to Surrender, Not Submit!

I'm talking now about those men who are not asking their partners to feminise them and turn them into male chastity maids, but merely crave their control in the bedroom in general

and of their orgasm in particular.

That a man wants to *submit* to you might be “*a bit off-putting and even a little creepy*” to use the words of one woman I spoke to who keeps her man in chastity strict enough even to make a priest blanch¹⁹.

And I admit, it would be a huge turn-off for me if John were to become the beta-male and expect me to make all the decisions.

This is not to say I don't get more massages, cups of tea, meals made and all those other little details than I used to, but I don't get *that* many more since he's always been that kind of a man — kind, considerate and caring.

But I don't tell him what to do, what to wear or direct his movements, actions and life as if he were truly a slave. I don't give him “punishments” and “rewards” — in fact, as you'll read later on, his orgasms are completely separate from his behaviour²⁰.

And John *loves* it — the sex, the teasing, the lovemaking, the denial.

For us, male chastity is an incredibly sexual thrill that just goes on and on — but the control I have doesn't extend beyond that.

Yes, like any woman or man is entitled to be, I'm a sovereign individual, but if I was pushed to say whether our marriage was male-led or female-led, I'd have to disappoint my dominant sisters and say it's male-led.

19 Although now I have John's keys, I'm giving her a good run for her money.

20 Fact is, no matter how loving and attentive he is, he's not coming before Christmas, end of story. Hahahahaha.

John's the one with the business-head. He's probably smarter than I am, and definitely faster.

He's physically *much* stronger, tends to be better in a crisis and has a real talent for being objective, non-judgemental and rational about things, even (maybe especially) when I'm being a typical girl.

What's more... I *like* a man looking out for me. I can and do pay my way, but I like to know there's a strong, confident, assertive and sometimes *aggressive* man there as my protector if the need arises.

I like having doors opened for me (John even opens the car door for me, and always has), my bags carried and my chair settled for me in a restaurant. I think women who take offence at that kind of thing have serious hangups.

But none of this makes me dominant or John submissive.

Girls, your man can quite easily give you control of his orgasms without being in the least bit submissive or subservient in any way whatsoever.

Because he's often *surrendering* to his own feelings, sensations and desires, and not to you or your will.

If like me, you are turned off by submissive men, then it's important to understand his having a desire for male chastity is not necessarily the same thing as his having a desire to be submissive towards you.

Why Your Man Will BEG You Not to Let Him Come

It's important to understand you are not your man.

You're nobody but yourself, just the same as everyone is themselves, and themselves only.

So when it comes to uncovering other people's motivations and desires we're often guessing, and it's much harder than we realise truly to put ourselves in someone else's position.

I've asked many men who embrace the chastity lifestyle about this, and while their answers are similar, it's almost like they are talking their own secret language.

It's a case of "you know it when you feel it, and if you don't feel it, I can't explain it".

Imagine trying to answer the question, "Why do you like chocolate?"

You can wax lyrical about the taste, the feelings it evokes, the sheer luxury... but if you don't like chocolate yourself... you'll never truly understand (and if you do like it, then you don't need it explaining it to you).

With that said, I have talked this over at length, particularly with, John.

And here's what I've found.

Sex, and particularly orgasm for men is very different to how it is for us women. Whereas we generally take a long, slow build up to that glorious plateau, where wave after wave of orgasm and climax threaten to send us quite insane, a man concentrates his orgasm into one very short moment of ecstasy... and within seconds afterwards he loses all interest.

It's easy for us women to get upset at this point and falsely conclude they're only interested in one thing.

They're not... but at this point their brain chemistry changes dramatically and quickly, and there's not a lot they can do about it easily.

When they're 18 recovery is usually quick... so quick you'd hardly notice. But by the time they're in their 30s and older it takes a bit of time and some work from you. Yes, it's faster when it's someone new, but that's true at *all* ages.

It's easy to say they can just "try harder", but really it's no different from us women when we're feeling tired, emotional, angry, fractious, and generally shitty when we're at That Point in our menstrual cycle.

Sorry, girls... I'm not letting the side down here: it's true.

Now, the other curious thing about men, and seemingly at odds with what we know about them once they've orgasmed, is they are more or less constantly thinking about sex. Every few minutes so the experts tell us²¹, and perhaps even more frequently than that.

Most men wake up with an erection in the morning and have several through the night, too.

Illness never seems to put them off, I've never managed to find an inconvenient time to get fruity with any of the men I've been with, there's never ever anything more important to do, and in general we can sum it up by saying most men will fuck at the drop of a hat, at any time, in any place, with practically any woman... and not worry too much about the consequences.

21 Although how anyone knows this is beyond me. It looks like something someone just made up one day and it stuck.

In other words, they're one giant walking gland²².

But inside many of them there's a nagging little voice telling them things would be better if they themselves were a little different.

They remember what it was like when you'd fuck all night, over and over again, when they didn't fall asleep immediately they'd had their orgasm.

And if you've been together a while, many of them genuinely want to do things for you and look after you, not because they're submissive or subservient, but because they love you and people who love each other like to do nice things for each other.

In short, if you're close to a man, he's naturally going to want to treat you like a lady, princess and queen all rolled into one... and he's actually not overly pleased with his own behaviour when he lets things slip²³.

But he doesn't know how to change it. Some men will become withdrawn; some aggressive and blaming; and others violent and prone to stray.

And this is where male chastity and orgasm denial begin to work their magic.

You see, because of the nature of the male orgasm, once they begin to play the game... many of them feel being *just on the edge* for hour after hour is such an incredible experience missing out on that final step further, the orgasm itself, is a small price to pay.

22 OK, so that's a bit unfair... although, only a bit.

23 Chivalry is not dead, thank the Lord!

And for most men, there is nothing more erotic and beautiful than a woman in the throes of orgasm.

To be able to witness and *cause* that — indeed, to have no real choice in the matter because his *own* orgasm is being withheld and that's the only sexual option he has open to him — bar forcibly removing his belt or breaking the rules of the game — is a massive turn on for any man.

And knowing as I do now the fundamental differences between male and female sexuality and orgasm, I understand, appreciate and truly embrace the gift a man gives you when he surrenders his orgasm to you.

Let me put it in John's words:

"It's hard for me to describe. When that moment comes, I just want to let go of all control, physical, emotional and mental. My knees quite literally go weak. I want to beg for denial even though I desperately want and feel like I need to come... but I don't want to have to ask you to make me beg. I want it to be your idea, your control. Whether I get to come or not is mostly irrelevant and unimportant. What's important is you're the one to decide that. And all the time, the pleasure is building and whereas before I'd just make love to you and we'd finish, cuddle up and go to sleep, I know now I can't unless you say so — that necessarily means I have the incentive to concentrate on pleasing you; and [tease & denial] is probably the closest any man, certainly one of my age, is ever going to get to having a multiple orgasm"

Reading those words, I get some inkling of *why* John and other men have the desire, the need for male chastity.

This is not to say every man out there is going to accept male chastity as a way of life just because the thought turns him on, but the odds are stacked in your favour (and if *he's* approached *you* with the idea, you can't fail).

If you doubt me on this, when I say almost any man finds the idea mind-bogglingly exciting, I ask you only to consider your own sexual experiences with men.

Unless you're completely inexperienced I guarantee you have at some point gone in for some gentle teasing of a man when you're making love.

Maybe you've stopped just at the right time (or the *wrong* time for all the noise he makes)... or you've taken your own sweet time working your way down his body with your lips... or maybe you've just made him wait a little longer than usual in other ways²⁴.

If you've done any of this, you'll know how they react (and if you haven't, I suggest you try it... tonight, if not sooner).

The point I'm making is this: they love it. It drives them wild.

So now imagine what it's like when you've kept him waiting for a week... or a month... or six months... or a year.

And it's even better than that. Because a man who doesn't orgasm is a man who's half-way there, 24/7.

24 Or just seen how they watch us women dance. They can't take their eyes off us.

Men who play with male chastity have told me, without exception, after a very short time of being in chastity, especially when they have been teased and denied, they are in a constant state of arousal and get small but delicious contractions in their prostate throughout the day (that's why men in chastity drip constantly!).

A man in this state is in heaven, and even when he's begging you to let him orgasm, there's a little bit of him which is hoping you won't: he's *begging* for release, yet *craving* denial.

You'll even find when and if you do allow him to orgasm, there is something of a comedown, a mild feeling of depression and sadness.

Don't be alarmed or put off by this. With most men, it doesn't last long. As soon as he's horny again, he'll soon forget about his disappointment, and within a few days it'll be like he never had an orgasm at all.

Finally, let's not ignore the *psychological* side of the surrender we talked of a moment ago.

For reasons which might not resonate with you and me, or even all men, the man who craves chastity gets an incredible mental kick from knowing he's unable to orgasm unless and until you allow it, a feeling way above and beyond the physical feelings they're experiencing.

As I said before, if we don't feel it, we perhaps can't explain it or understand it.

But that's no reason not to take advantage of it and use it to give us incredible pleasure, is it?

Good Reasons to Deny Your Man His Orgasms

In some ways, this is the most important part of the Guide. In true 80/20 style, you'll get 80% of what you need to know from perhaps this 20% of the Guide.

Why?

Because this is where you come to realise the amazing benefits you're going to enjoy from controlling your man's orgasm and how incredibly lucky you are he's handing this power to you on a plate, if not actually *begging* you to do this for him.

It's where you'll also realise it's not particularly kinky or even that uncommon.

Virtually all men have this fantasy to one degree or another. You are just one of those women outrageously lucky enough to have a man who wants to go all the way and give you some real control.

So while the rest of the Guide is important, because it's going to help you navigate some often choppy waters more smoothly, this is where you're really going to get the motivation to *use* all that other information and put it into practice.

This is the motivator, if you like (and if you're a man who's bought this hoping to find a way to get your lady to embrace the male chastity lifestyle, then this could be what you want her to read first!).

But before I go into all the benefits you're going to enjoy, I first want to impress upon you there is nothing sleazy or dirty about this.

Whether you're a man or a woman, I know your initial

reaction was perhaps one of shock and a little horror.

But that's because the chances are you knew nothing about it, and your first impressions were maybe clouded by what you *think* you know, have read about, or have been told about extreme BDSM and fetish clubs.

Male chastity *per se* is about none of those things.

And while it's entirely possible your man *is* interested in submitting to you as a slave, in my experience the more extreme desires in this regard are very rare — and that's why they're memorable and noteworthy when we hear about them²⁵.

Look at it this way: if you've ever teased your man when you're making love, and maybe delayed his orgasm or made him please you before you pleased him... then congratulations.

You've already taken part in some mild and gentle male chastity play. The only thing your man is asking for is a difference in style, not substance.

And let's think about that mild chastity play again for a moment.

My guess is you enjoyed it.

My guess is you not only got an incredible thrill from seeing the effect you were having on your lover... but you also reeled from that unexpected and electrifying 1,000 volt jolt from the power kick.

Wouldn't you like to be having those all the time?

Wouldn't you be excited to know that's exactly what you're

25 Evolution again, no less.

going to get... if you play things the right way?

Interested?

I bet you are.

So, before we get into the nitty-gritty practicalities of male chastity let's look at just some of the benefits.

Five Benefits of Male Chastity for Both Men and Women

The first and biggest benefit for most women is their man becomes more loving, attentive and generally more willing to help you, and not just with the housework.

Some women do trade their man's orgasms as currency, giving them as reward and withholding them as punishment, but I generally advise against this.

If it works for you, then all well and good, but I personally prefer not to do that for reasons I'll reveal elsewhere. It's certainly not necessary unless you and your man want that kind of play — because he'll tend to become more helpful anyway.

Some people mistakenly claim your man starts to do this because he's becoming submissive, but as I've said before, this isn't necessarily true²⁶.

No, a non-submissive man is likely to tend to change his ways because you're sharing much more intimacy with each other.

I can't overemphasise how important this is for a woman.

We get so fed up with you (seemingly) emotionless, untidy

26 If he's not feeling submissive then he's not submitting, it's that simple.

unhelpful men, seemingly just ploughing your way through life without thought for anyone else.

I know intellectually you're not lazy or wilfully untidy in the main — it's just how you're poor male brains are wired.

But it's *still really fucking annoying!*

Yet a chaste male, a man who hasn't orgasmed for a long time, a man who can see that key hanging around your neck... well, he has the same natural desire to be helpful and attentive he had *when you were first together*.

No more, no less.

A **second** benefit for women is your own experience and enjoyment of sex is tremendously enhanced.

Because his only option, besides no sex at all, is to think of interesting and imaginative ways of pleasing you, he's going to be very motivated to do so.

You'd think he'd be likely to get into a grump and just do nothing at all, but if you play it the right way (clue: "locking and leaving" him isn't much of a "success strategy" when it comes to male chastity) then he's going to be more enthusiastic than at any time since you were courting.

Remember most men *love* watching a woman "getting off" — that's one reason they watch so much porn and probably has something to do with the astonishingly common fantasy of watching their wives and girlfriends with other men.

Again, this is commonly misunderstood as being necessarily "submissive" behaviour, when that doesn't have to be true at all.

I know for a fact, John would *love* to see me with another man, but I'd love to see my lover try to treat John as a "submissive". It doesn't bear thinking about.

A **third** benefit is more complex and really won't apply to everyone, but could apply equally to men and women, depending on the dynamics of the relationship.

Often there's a lot of tension focused on sex.

And if a genuine problem comes up — perhaps the woman suffers from any one of the umpteen gynaecological problems we sometimes pick up along the way, or perhaps the man, generally if he's older, starts to suffer from "performance anxiety" or erectile dysfunction (ED), then male chastity can help immensely — because it puts sex on a more *rational* footing.

It's a way to get into the habit of talking and acting more rationally and reasonably when it comes to sex.

And a **fourth** benefit, and the one you're both going to enjoy is your sex life improves.

It improves in different ways for each of you, and in some ways you could say *how* you enjoy it becomes more similar — in that the woman tends to become more physically stimulated and the man more emotionally so.

Don't tut and start thinking how shallow this all is.

Sex is an important part of your relationship and if it's missing or not up to scratch, then whichever way you slice and dice it, you've got a problem (even if you haven't there's a damned good chance your partner has... and if it ain't a problem now, it probably will be in the future).

And don't underestimate the power a good sex life has to rub off in all areas of your life, too.

Like it or not, a damned good regular fucking puts a shine on everything.

A **fifth** benefit, and one you won't hear of often, is a bit of a bonus.

You see, in bringing male chastity up, especially if you do it as I recommend later on in this Guide, you actually do something you've probably never done before and which most couples *never* do at all — and that is you have a proper, adult, open, honest and frank discussion about your sex life.

In most marriages and relationships talking about sex rationally is really very difficult — because there's so much emotion tied up with it.

If a man or woman tries to tell their spouse there's a "problem" the immediate response is almost always an emotional and defensive outburst followed by an argument and a refusal to talk about the problem at all.

The difficulty seems to evaporate, but it's still there — the proverbial elephant in the room.

But most often this is moot, simply because the subject never gets brought up, and they both suffer in silence.

I've probably hardly scratched the surface here — and many of you will enjoy benefits others couldn't even dream of, simply because they have particular relevance to your own life but don't to anyone else's.

Some Bullshit Myths about Male Chastity

“Male Chastity is the Best Way to Save My Marriage”

Perhaps, but it’s unlikely to do it all by itself.

If your marriage or relationship is basically sound but you have a certain dissatisfaction with your sex-life, the affection you give each other and you yearn for those early days when you couldn’t get enough of each other... then yes, male chastity is likely to help and might some way down the line stop a perfectly good marriage or relationship degenerating to the point of no return.

However, if your relationship is crap and you think male chastity is going to solve all your problems, I encourage you to think again.

“Male Chastity Will Stop My Man Looking at Pornography”

Not a chance.

This is one of the reasons for male chastity touted by at least one “Mistress” selling a Guide like this one, and that comment alone suggests she really does not know what she’s talking about.

On the contrary, the men I’ve spoken to tell me they look at *more* porn than ever now they’re locked simply because their libido and ardour is at an all-time high.

Now, you might be of the mind that his looking at porn

means he's being "unfaithful", but get over it. You can't stop men looking at other women, either in porn, on the movie-screen or walking down the street.

Think about it rationally for a moment.

Your man is in a highly charged sexual state *all the bloody time*. Of course he's going to have a heightened sensitivity when it comes to women, *all women*.

Male chastity can not and will *not* stop him from looking, dreaming and getting himself all worked up over women of all shapes, sizes, colours and ages.

Fat ones, thin ones, tall ones, short ones, old ones, young ones and everything in between.

And... why would you want it to stop him?

The only reason I can think of is your self-esteem is so low you think if he's looking at other women, it means *you* must be unattractive.

I prefer to take the opposite view: John has all these women to choose from... and *I'm* the one he's chosen to hold his key.

By George, I *want* him to look at all these beautiful women so he knows what a prize he has in me. I want him to know out of all the women in the world... I am the one he can kiss and lick and please... but the one he can't ever have, no matter how much he begs and pleads for it.

Listen, if your man is locked and horny and he's looking at porn it's only going to make him hornier.

That, obviously, is to your benefit.

Because what male chastity *will* do, assuming you get the

right device or belt and make sure it's fitting him properly, is stop him from masturbating.

Thus the only outlet for his sexual release is by your good graces.

So while looking at porn is going to make him hornier, he's not going to be able to carry his ogling sessions through to their hitherto sticky conclusion.

"My Wife Forces Male Chastity on Me"

As I alluded to above, one of the reasons I wrote this Guide is when John and I started out on this journey, good information was hard to come by.

And one of the more irritating kinds of bad information is that posted by men hiding behind their keyboards, presumably for their own titillation, where they claim they are "forced" into the lifestyle by their wives or girlfriends.

Here's a typical example:

"My wife bought a chastity device and while I was asleep locked me in it and took the key... that was 3 months ago and I don't know when I'm going to get out and now she's making me watch her make love to her new boyfriend every night".

Relax.

This kind of post is made up (usually) by men who get some kind of thrill out of writing it. It's simply not true.

Here's why:

- 1. There's no way you could** attach a secure chastity device to a man without waking him up. I remember a while ago on the old and original [Male Chastity Forum](#) some silly woman saying how she was going to lock her husband up when he was asleep for cheating on her, and then use it to blackmail him in the ensuing divorce. She was either insane or... OK, she was insane.
- 2. Even if you could get** the device on without waking him, it takes time and a little trial and error to get your chastity belt to fit comfortably for long-term wear. If you just put one on and leave it you're going to end up with sores, ulcers and possibly long-term damage.
- 3. There isn't a chastity belt** under the sun a man couldn't cut off himself or have cut off by someone else in under five minutes. Stainless steel will succumb to a simple hacksaw; even titanium won't withstand a concerted attack for long. I hate perhaps to disillusion you, but there is absolutely no possibility of locking your man up and keeping him locked without his consent.

The reason I bring this up now is many women (and some men) when first looking into male chastity come across these posts and immediately feel out of their depth; scared, even.

It's the same when they read about "forced feminising", or "sissification" as it's sometimes called, and cuckolding. Those lifestyles include and embrace chastity, to be sure, and I'll say a little about them in a later Chapter, but it's important to realise they are *not* chastity itself and they *always* require the man's

consent²⁷.

Although it's impossible to disprove any of these claims, they simply don't have the ring of truth about them.

The story is usually something along the lines of he got caught looking at porn or having an affair with another woman and now he's "forced" to wear a chastity device against his will.

Here's a snippet from an actual message I received by way of the Blog:

"[...] for example, once she had promised me a release and made me do all the house work then I had to orally service her for long and she even made me lick her foot and then milked me and I actually had to lick her feet. I had no other option.

My wife's best friend knows about our lifestyle when she comes over she teases me by saying such lines 'oh I you see I am wearing mini skirt oh are you erect?' and both my wife and her friend laugh. This was ok but the friend wanted to see the device so that she could buy one for her hubby. My wife could remove my device and show it to her but instead she made me strip and explained the whole device to her friend and they were laughing by seeing my penis bulging this is were (sic) my wife went wrong I feel. What you say? that lady got a fair chance to touch me everywhere is isn't this femdom?

27 You could argue cuckolding doesn't, but it really does — because while the man can't stop his wife having a lover, he can stop her being his wife by divorcing her. He doesn't have to stand for it unless he wants to.

And if I would have resisted my release would be postponed. So how should I tell her about the limit where it transforms from chastity to FEMDOM please help us and tell us about some more teasing ideas to make our life interesting”

Now, I can tell you without a shadow of a doubt this is just a wank-fantasy, with the intention of having me write back with some titillating examples of how to tease a man in chastity. It’s utter fucking nonsense, not to put too fine a point on it.

I knew this immediately of course, but it was still satisfying some time later to receive another message which said (and I swear I am *not* making this up, exaggerating or misrepresenting this in any way):

“hello SARAH,

Actually now i am wearing the chastity device for 4 hrs each day. It is not that easy and i get a lot of pain when semi erect will the pain reduce with time??

i get really excited when i read your Blog because of the language u use. can you please tease me a bit as you tease john. just a few remarks please !!!”

You might think this is a one-off, something out of the ordinary, and I admit it is among the best of the worst emails I’ve had since I started the Blog. For sheer pathos it takes some beating, I’m sure you’ll agree.

But it’s actually very representative of the *kind* of nonsense you’ll read on virtually every Forum or Blog dealing with male

chastity. And it's exactly the kind of damaging myth I hope to dispel with the Male Chastity Blog, the Newsletter and this Guide.

Apart from anything else, there's virtually no way a woman can physically force a man to do anything, simply because he's bigger and stronger than she is.

This man obeys his wife (if he has a wife at all), wears a chastity device (if he wears one at all), and behaves as he does (if he behaves this way at all) because he *chooses* to; and he chooses to because, presumably at least, he likes it.

What's more, even supposing you could get a chastity device or belt on a man without him stopping you or noticing what you were doing, it'd be a quick, simple and easy job to cut it off, even if it was something fairly substantial like a Lori (all you'd need is a Dremel and something like stiff leather or a laminate behind it to protect the skin).

The reason I bring this up now is there is a huge number of men and women, including a small but significant number of naive young men who are looking for sound information on male chastity to help incorporate it into their lives.

What I find alarming at times is how these people are being given (and presumably acting upon) bad and potentially dangerous advice from these sad fantasists.

The fact is, male chastity is always by consent, which is exactly how it should be.

“It’s Dangerous Not to Let Me Orgasm Once You’ve Got Me Going”

No.

Uncomfortable, frustrating, maddening, mind-blowingly erotic for you *and* him... but dangerous?

No, no, and three times NO!

Not even slightly or close. He might *feel* like his balls are going to explode and he might tell you he *needs* to orgasm... but really he just *wants* to... very, very badly.

Which is really the whole point of the exercise.

The only thing you might have to watch for is *oedema*, where you get swelling from fluid retention in his penis, because of the constriction of the chastity device.

You can get this any time, although it’s more likely when he’s had a prolonged erection while locked up... which is something you’ll be making sure happens a lot, if you have any sense, as he serves your pleasure while you withhold his.

Oedema isn’t dangerous unless you just ignore it — which means you can perhaps unlock him for a while until it goes down or just rearrange things slightly as John does in his Lori when it happens.

And regardless: this aside, there is absolutely *no* danger or possibility of harm from not allowing him to orgasm, no matter how turned on you make him, how close to the edge you take him, or how long you keep him there.

“I Need Regular Orgasms to Keep My Prostate Healthy”

This is not true.

A search of Pubmed (www.pubmed.com) indicates there *is* some evidence to suggest men who have regular intercourse have a lower risk of prostate cancer, although the mechanism behind this isn't clear.

Other studies have shown the opposite, and suggest there's an *increased* risk of prostate cancer with increased sexual activity.

However, it's likely any benefit there is comes from regularly emptying the prostate of prostate fluid, which is the main constituent of semen, not the orgasm itself... and fortunately for us women, we can easily empty the prostate without letting our man orgasm with prostate milking, as we've already seen.

It's also useful to keep this in perspective: there are many, many more influential factors in good prostate health than regular intercourse or prostate milking. For example, smoking, alcohol consumption, diet, obesity, diabetes and even environmental factors all contribute to a man's risk of getting prostate cancer.

How important this single factor might be is unclear.

If it worries you, then milk his prostate; if you don't like the thought of that, let him orgasm once a month or so.

I prefer to keep John waiting much longer than that, but I suspect from *his* perspective, and likely from almost *any* man's perspective, a month seems like forever in any case.

Ultimately, of course, and depending on the ground-rules

you've both agreed at the outset, you can relate the frequency of his orgasms to his diet, weight-loss, and how he generally takes care of himself.

Many women use male chastity as an excuse to spur their men on to looking after themselves better.

And why not, indeed? More on this in [Appendix D](#).

“Only Weak Men Would Allow Their Women to Keep Them in Chastity”

This has to be one of the biggest myths and the one which scares women at the start and makes our men somewhat fearful of confessing their fantasy to us and of being found out by friends and family.

First, it's nothing to do with a man's character or masculinity. Some men enjoy being feminised and sissified, and while that usually includes a considerable degree of male chastity, the reverse isn't necessarily true.

That is, a man who enjoys chastity doesn't necessarily or even typically want to be feminised or treated as a slave.

Some do, yes; but many and probably *most* don't.

For many men it's more or less all about the physical sex and the feeling of *surrender to his own feelings and desires*, including the pleasure of seeing you in ecstasy and glowing with happiness rather than a desire to submit to a dominant woman.

Secondly, for a man to admit this fantasy to you and then to trust you with the key to his chastity belt is not the action of a

weak and cowardly man.

It takes a lot of courage openly to admit to something you know most of society is going to ridicule and treat almost as some kind of perversion or even mental illness; something your own wife might even show revulsion at.

I believe a man who can admit to this and embrace it, giving his trust to his woman in this way has to be not only possessed of great courage but also has tremendous confidence and almost irresistible self-esteem.

“Only Dominant Women Would Want to Keep Their Men in Chastity”

I can see why this myth is so commonly believed, because it's probably true women who seek out information about male chastity with the intention of introducing it to their man *are* perhaps somewhat more dominant than the average woman.

But as you'll already understand, both from your previous research, the mini-Guide and *this* Guide, there are many, many reasons for a woman to keep her man in chastity, and when it's introduced to her by him and she has all the facts at her fingertips, it comes down to rational self-interest rather than a desire to dominate.

I don't dominate John and very much doubt I could if I tried.

What I do is control his orgasms, by his consent.

And because we both get so much out of it, he's happy to give his consent on an ongoing basis.

“It’s Kinky/Dirty/Perverted and You’ll Go to Hell if You Even Think About It!”

One of the reasons male chastity is so “underground”, for the want of a better expression, is the inevitable stigma if anyone also not in the “lifestyle” ever found out about it.

It’s one of the most disturbing aspects of Western culture, which is the one I am most familiar with, that makes sex such a taboo subject.

Things *are* improving, albeit slowly, and even in my lifetime people have paid less and less attention to busybodies who have nothing better to do than get their knickers in a twist when they learn someone’s doing something they don’t approve of²⁸.

Yet the fact remains: even though male chastity is more popular than you might think, certainly enough for there to be at least a dozen companies to make a living selling the devices and paraphernalia, it’s something you just almost never hear of unless you find yourself either having the desire yourself or in a relationship with a man who confesses his own desire for it to you.

The fact is the human brain and human sexuality is both simple and complex at the same time.

It’s simple in that it’s an easy-to-understand primary urge; it’s complex in the countless different ways it expresses itself.

28 But probably secretly find a bit of a turn on themselves, which is perhaps why so many religious leaders preach fire and brimstone from the pulpit and are then found paying for gay sex in public lavatories — no value judgement here on their sexual preferences... just on their hypocrisy. I suspect people who worry endlessly about what’s going on in other people’s bedrooms have precious little going on in their own.

Ultimately it comes down to what two or more consenting adults do to and with each other is no one else's business.

No matter what you do, someone is going to think you shouldn't be doing it (my dear departed mother was horrified at the thought of *anyone* performing oral sex on anyone else, regardless of sex *or* sexual persuasion), so you may as well just do what you and your fellow consenting adults enjoy doing and ignore the rest.

After all, if you have friends who would genuinely judge your worth as a person because you and your husband enjoy any given kind of consensual sexual behaviour... then I think you probably need to find new friends.

So much for the theory, then... it's now time to look at...

Chapter 3



The Practicalities of Male Chastity

So now we've seen what male chastity is and discovered some pretty good reasons for at least giving it a try we at last get to the question of actually how to kick the whole thing off.

And then, of course, once you've *begun*... you've maybe got to live the lifestyle, wear the device or belt and deal with the hundred and one other things that come up in daily life.

And that's what we'll cover in this Chapter.

But first, we first need to look at something you *may* come up against, and while it's unlikely, I think it's important you're aware of it.

What if Your Partner Really is Not into Male Chastity?

Male chastity isn't going to work out for some couples, never mind be a smooth ride.

Quite simply, it's possible you're going to find your partner just is not into the idea at all, and nothing you can say or do is going to change her mind.

To her, it's a closed book. End of story.

Now, I'm writing this Section chiefly from the male perspective simply because it usually is men who drive male chastity and seek to introduce it into their relationships.

Obviously it could well be the other way around, too, and if it is in your case, my comments still apply.

However, be that as it may, I don't think the problem symmetrical, if that's the right word — I think it's far more unreasonable of a woman to refuse flatly and absolutely to play at male chastity than it is for a man to refuse to, because when you've done and said all, it's the man who suffers the most — and he just might not be into that kind of suffering and denial.

To put this in perspective, if a man was going around insisting his wife wore a chastity belt and she didn't want to, then he'd be thoroughly lambasted and made a social pariah. Feminists across the land would want his balls for a necklace.

Well, it's horses for courses, I'm afraid.

Fortunately, this is going to be very rare, I think. It's almost always the man who has the desire for male chastity in the beginning, and even when it's not, I think most women could be pretty persuasive with their men if they are willing to reward him with some hot and kinky sex²⁹.

So, let's assume the most common and likely case: you're a man, you've introduced the idea, perhaps even started to play just to see what it's like and you come up against a dead flat "no".

What do you do?

Sadly, as is so often the case, I don't have The Answer; in fact, I think The Answer (as is also so often the case) is an illusion.

We have choices, that's all.

Male chastity is just one of them. And every choice we make

29 Which she can then turn the full power of her womanly wiles upon and lead him into chastity without him even knowing it. By that time he'll be enjoying it so much he'll have forgotten he objected to it in the first place.

has consequences, and everything comes with a price.

One of the consequences, and really part of the price, too, is by choosing one thing, we often exclude all others.

If you choose to take a long weekend fishing in the mountains, you can't then spend the same weekend surfing on the beach.

Despite what the success "gurus" tell us, we *can't* have it all. This is both heartwarming and scary.

It's heartwarming because it means we can have pretty much *anything* we want so long as we're prepared to pay the price for having it; it's scary because the price can be very, very high.

The fact is, no matter how you skirt around, hint at, and build up to the subject, at some point you have to open the can of worms and confess your desire for male chastity, whatever extreme or flavour you wish for, and there's an outside chance she's going to freak or at least refuse to countenance even the idea of it.

Question is, what then?

It's almost like an immovable object and an irresistible force.

For some men it might be a passing fancy, a whim, and no big deal.

But for many — perhaps most — it's far, far more than that.

From how John describes it, the only way I can put it into terms I'm familiar with as a woman is it's like that burning desire, that inescapable need to have a baby (again, if you've felt it, you'll know what I mean; if you haven't, it's impossible to explain).

But because we don't feel that same urge for male chastity, it's easy for us to discount it, to dismiss it as unimportant.

And the easy way to do that is to heap scorn upon it, brand it as "dirty", "perverted" and "strange".

Yes, if we do that, he'll drop the subject and skulk away to his cave, and we'll think we've "won".

But we haven't. It won't go away.

It. Will. Not. Go. Away.

He won't stop wanting it and he will start to resent you for your cold heartedness and your seemingly uncaring attitude.

The problem with many women, especially if sex is already a thorny issue in your relationship, is she'll often want only what *she* wants. She'll never see the sex-issue as a problem you have *between* you — it's *your* problem. It's personal to you and your responsibility to solve.

Often, any "compromise" is little more than a flat statement that it's her body, she'll do exactly as she pleases, and you may as well give up any thoughts of something different. Like it or lump it.

I can't deny she has the right to do this, because she is a sovereign individual.

But, then, so are you. And you don't have to stay with her.

If anyone doubts the power of this desire for male chastity, this need in a man to have his orgasms controlled continually reassert itself until it's burning a hole right through his very

being, just think of all those married gay men who finally admit their secret (often even to themselves for the first time) and follow their true nature.

No one has worked harder to suppress their essential being than these men — and yet, it simply doesn't work. It doesn't go away and no good can come of suppressing it.

Yet the question remains: what then if she really will *not* have anything to do with the idea?

As I see it, there are three ways you can go.

First, you can...

Ignore It

Pretend you don't feel the way you do and just carry on.

Your wife or girlfriend will think she's "won" again, and the whole male chastity thing can be safely pushed back into whatever dark, dirty and twisted little recesses of your mind your foetid ideas sprang from in the first place.

Good luck with that to both of you.

It's not going to work, I think, but don't let human nature stand in the way of wilful ignorance.

If a woman does this, then, ultimately, she shouldn't be surprised if she finds herself single.

I'd have little sympathy for her, and it's not as if she couldn't have seen it coming.

Secondly...

Seek a Middle Way.

No bones about it: this is going to be really hard and there's nothing for it but to try, try, and try again until you find some form, flavour or style of male chastity that works for both of you.

Maybe you want her to control you all the time... but she can't bear it for more than a month in every six.

That's a choice.

Is it better to have some of the loaf than none, or is only the whole loaf enough?

Again, The Answer is elusive and will probably be different for everyone.

I wish I knew it —even assuming there is One True Way — because it'd mean I'd be both a lot richer and a lot smarter than I am.

The trouble is, while I can't put myself in this frame of mind just as I can't put myself in the same frame of mind as, say, a Biblical Literalist or a racist, it is possible there *can* be no middle way for some people.

And I'd be the very last person on Earth to suggest to any woman she should lie back and think of England, and engage in male chastity, a practice she perhaps finds repellent, repugnant and, yes, perhaps even perverted.

She feels how she feels, and she can't help that.

None of us can, not in the short term, anyway.

So, once more... *what then?*

Well, you could...

Let the Man Seek His Pleasure Outside the Marriage

Wow.

It gives me the shivers just thinking about it — if John were to mess around with another woman there would be a brand new shallow grave in a remote wood somewhere with an dead woman in it³⁰.

But then compare “infidelity” with the horror of perhaps losing John because he needed something I wasn’t prepared to give him?

And in truth it’s hard to see how a third party — even a pro Domme — could scratch a man’s itch for male chastity without there being *some* element of sexuality in the transaction. It seems to me she couldn’t be a keyholder without it impacting the wife in some way, even if only indirectly in the effect it would undoubtedly have on her husband.

Perhaps that would be OK for some women; perhaps it’d be OK for their men to be locked for a period of time so long as they didn’t have to become “involved” in it, although she’d then be deprived of the pleasures of his penis and could be so repulsed by the whole idea she wouldn’t want any other part of him near her while he’s locked.

I simply don’t know. I can’t know. Nor can anyone else.

30 Clue: it wouldn’t be me.

What I do know is if your wife or girlfriend is dead set against male chastity, and it's something you genuinely feel you can't live without (and no one else is in a position to judge: you feel how you feel, and that's that), you have a real problem on your hands.

And I really don't envy you your task. I can easily imagine that sometimes the only solution is to go your separate ways.

Finally, I'll mention the obvious: professional counselling. It's one option, but as I and others have remarked before, what professional counsellors tend to know about non-mainstream sexuality is laughable.

The chances are they know nothing about male chastity at all; and if so, then I don't see how they're qualified to advise you about it.

Ultimately, life is short, you're a long time dead and there's no evidence that we've got anything to look forward to after we die.

Traumatic though separation and divorce are, I think living the rest of your life aching for something you can't have in your current relationship is a terrible waste of a life.

How to Get Started with Male Chastity

No matter what you want from Male Chastity in the long term, at some point you've got to begin.

And this Guide itself might perhaps be part of that beginning.

In fact, this is entirely *likely* since one of the reasons I've written it in the first place is to give loving couples a firm, sane and rational foundation on which to build.

If you're new to male chastity I know it's a daunting task you have ahead of you, especially if you've yet to broach the subject with your partner.

I have no illusions about how scary that must be, because there's always the chance he or she is going to be appalled, horrified and disgusted.

And, once you've said it and revealed your wants, needs and desires... you can't then *unsay* it. A revealed fantasy is indeed a cat that won't go back in the bag.

Unfortunately, there's nothing you, I, or anyone else can do about this.

No one but your partner can control his or her reaction to your fantasy.

That's not much comfort, to be sure, but it's important for me to be absolutely truthful with you about this.

Of course, you'll have a much better idea than I will about your partner and his or her likely reaction to sexual fantasies in general and male chastity in particular, but let me reassure you it's *highly unlikely* your partner is going to be freaked out³¹ by the suggestion *if you take an unthreatening approach to it*.

And that's exactly what I've laid out for you here.

But first...

31 For want of a better expression...

Is Male Chastity Right for You and Your Partner?

This is the most important question you have to answer.

And, unfortunately, you probably can't even answer it for *yourself* at this point and you *definitely* can't answer it for your partner.

The reason I say you can't even answer for yourself is male chastity is something you have to experience to understand what it's really like.

I do acknowledge there are some men and women who really do believe the man's job is to serve without regard to self, and the woman's right is to be served without regard to his thoughts, feelings, and needs, but this is very rare and very, very few people actually practice it.

In fact, I'd go out on a limb and say if you're genuinely seeking that depth of female domination and you've not even got started on something so mild as male chastity yet, then I suspect your partner doesn't have the same desire you have, because she'd have shown it by now.

But I could be wrong, so don't let me stop you trying — I have come across couples where the woman has grown into her dominant role, so by all means go for it (and you could do worse than introduce the idea by way of male chastity. It is, as some call it, a "gateway kink" because it fits so well with, and frequently leads to so many more).

However, in this Guide we're talking just about the male chastity part of things, **and the truth is it's hard work for her, too.**

She has to be aware and considerate of your needs and weigh these up against your moods. I'll say more about this later, but for now, just suffice it to say it's highly unlikely just "locking and leaving" you is going to be satisfactory to *either* of you — as I keep saying, male chastity is about *more* sexual activity, not less.

You might have the hot fantasy about being locked and left while she takes up with a virile lover, but not only is it *highly* unlikely she shares it, but even if she does, unless you're one of a rare breed of men, *that* reality really wouldn't suit you, either, even if it ever came about.

So understand now there is *hard work* and give-and-take required from *both* of you.

And you're *not* going to get everything right first time.

The second thing to consider is what I've said before — if your relationship isn't fundamentally sound then male chastity is probably not going to help you much.

I can't stress this enough and I find it either reprehensible or ignorant³² when I read comments like this³³:

"Hi. My name is Mistress Sara, and I am the author of Beautiful Enslavement, a comprehensive male chastity guide for modern couples.

Over the years I've helped dozens of couples incorporate male chastity and male chastity belt devices into their

32 And even reprehensibly ignorant

33 And no, I am not she. We have very similar names entirely by an unfortunate coincidence.

marriage. I've done so because this lifestyle has proven to be the right choice for most couples — particularly if they are having problems in their relationship.

My feeling is that most relationship problems develop because the male partner has no self-control. This means that even though he wants to stay committed to you, he will waste his time and energy masturbating — sometimes as much as 10 times a week.”

This simplistic to the point of being frankly childish³⁴, but I'm sad to say it plays right into the hands of men and women who want a simple solution to what is a difficult human problem.

To blame your entire relationship woes on masturbation is a gross insult to your man and a stupid, idiotic, and blind refusal to see your own human frailties.

The fact is your relationship can go downhill for a number of reasons and, to be sure, sex and sexual incompatibility are two common reasons *in the beginning.*

The *real* problem is the lack of action to stop the rot once it starts.

And then, of course, there is the natural human tendency to cease to pay attention to the familiar — a background noise or smell soon ceases to impinge on our consciousness; research indicates pain does the same to some extent; and if we live by the sea... we rarely go to the beach.

Relationships are the same, in that we display similar

34 And never mind the rather unlikely idea that couples are going to visit a professional dominatrix for “help” with their relationships. Puh-lease.

tendencies to grow accustomed to what we have and cease to notice it in the same way as we did when it was new.

In human terms this means we come to take one another for granted.

There's also another human trait here playing its own part — our natural tendency to do something called *regressing to the mean*.

Let me explain what this means because it impacts on all aspects of our lives, not just male chastity.

You'll know from your own experience you, like everyone else, have certain favoured patterns of behaviour. We often call them "habits".

More than that, you have other preferences, too: foods, attitudes, reactions to circumstances and so on.

Now, if you have a mind to you can overcome these established patterns and, say, go on a diet, start exercising or be on your best behaviour because you've just met this amazing new man or woman and you're having a great time.

But over time we tend to slip back to our base-line, whatever that may be. It's true we *can* sometimes make permanent behaviour changes, but it's harder than the gurus tell us it is, and in my experience (with myself and others) it's rarely permanent.

It's like building muscles: it takes a lot of work, and once you've attained your goal you've got to *keep* working to retain the success you've achieved.

In relationships it means our best behaviour degenerates

into our normal behaviour — and that’s typically self-centred (this isn’t meant to be pejorative — humans naturally act in their own self-interest).

So, the *real* reason our ardour cools, we spend less time making sure we look our best, and we don’t go quite so far out of our way to please our partner is largely down to this natural tendency to regress to the mean.

And it’s *both men and women who do this*.

It tends to *seem* like it’s more the man’s fault because men are, in general, naturally more self-centred and less sociable than women.

And we can no more blame them for this or hold it against them than they can hold our PMS against us.

And really... does it *matter* whose “fault” it is?

Blame-laying and finger-pointing don’t actually help solve the problem and in fact keep the problem hanging around, when the best policy in my opinion is to start working towards a solution.

So...

Is Male Chastity the Answer?

Perhaps.

If what I’ve just described holds true for you and the lustre has gone out of your relationship but the relationship itself is sound and solid... and you get on and there’s still a lot to laugh about... I don’t see why it won’t help, and certainly can’t see any reason not to give it a go at the least.

But if you have genuinely thorny issues, especially ones centred on sex, then male chastity is almost certainly not the right solution, not in the beginning, at least. You have the groundwork to do, first, to prepare strong foundations.

As a rule of thumb, I'd say if your sexual advances are met with irritation, scorn and maybe even contempt, then you really do have a problem.

Male chastity is, when you've done and said all a kinky sex game.

It's *supposed* to make you want each other more; it's *supposed* to lead to more and more frequent intimacy; it's *supposed* to bring you closer together and not drive you farther apart.

So if the thought of being more intimate, being closer, and probably spending more time together fills you with dread, then I can say quite confidently that male chastity is not for you — at least, not at the moment with your present partner.

And even if *you* are convinced it's the right thing... that's not enough.

Because it takes *two* to have a relationship, and if your partner isn't of a similar mind, then no matter how committed you are to succeeding or how tenacious you are in pursuing that success... you will fail, and you will fail miserably.

What I'm saying here is you might have to sit down with your partner and have a very serious heart-to-heart, even before you think of bringing up male chastity specifically.

And the result of this heart-to-heart may well be quite the opposite of what you had hoped.

I remember John telling me about his ex, years ago, who went for counselling because she was an emotional wreck, pumped up on anti-depressants and *everyone* was thoroughly miserable.

The counsellor told her “*John does realise you might decide you don’t want to be with him any more?*”.

And yes, John *did* realise that, and was prepared to accept the risk because at the time things were so bad, nothing was worse than just having things remain as they were³⁵.

You may be facing a similar situation here. If you feel your relationship is rocky, then you *must* bring it up before you can even hope to begin repairing it.

And by bringing it up and facing the problem squarely, you must be prepared for some unpleasant truths.

Please Take This Seriously

I often remark how people take male chastity far too seriously. And they do.

But this is the one place when you *do* need to be both serious and solemn, at least with yourself.

It’s no time for self-deception — you’ve got to look as objectively as you can at your relationship before you glibly tell yourself things are “fine” and just race ahead and make a big mess of things.

This kind of self-analysis can be painful and revealing, and is

35 As it happens they eventually split up anyway, but that was later (although for ultimately the same reasons).

almost never easy.

But it really is worth doing, and it's worth doing properly.

Male chastity is fun, it's hot and it opens up almost endless possibilities. But it's a game you play as part of a relationship — it's almost never the relationship itself.

Setting the Scene for Male Chastity

So, let's move on.

We'll assume at this point you've done your obligatory navel-gazing and you want to press on.

You won't know yet how your partner is going to react, but you're confident things are OK between you and anything lacking sexually between you is more down to circumstance and familiarity rather than some deep-seated lack of desire for each other.

Before you can begin to play with male chastity, never mind embrace it as a long-term lifestyle choice, you've got to *talk* about it.

One way *not* to do it is to drop hints or come out with such glib comments like *"I just want you to have control"*. Those strategies simply won't work.

Most women are not wired the way they'd need to be to understand what you mean based on these vague comments, and you'll no doubt blame her lack of telepathic ability on her rather than on your lack of spine and inability to behave like a man for once.

Like it or not, I'm afraid you're going to have to show some

backbone and have a proper, adult conversation about your sex life, and your wants and desires.

Believe me, I know from experience what a jolt it can be when your husband broaches the idea of male chastity.

When John did it with me, even though he was remarkably subtle about it³⁶, I was still shocked.

And from the man's point of view, it's a nerve-racking experience and can take years — literally years — for him to summon up the courage.

Indeed, many men never do.

Worse still, are the times when the woman reacts with shock, horror and disgust. It does happen, and the pain and hurt it can cause to your man is immeasurable.

So if you're a woman reading this, even if your initial *feelings* aren't exactly positive, at least do your man the honour of suspending your judgement until it's *informed*³⁷.

I suppose this is all a sad indictment of our societies, but almost any kind of intimacy is such a taboo subject, not least one that's definitely not in the mainstream (yet!).

John's approach was to steer the conversation round to fantasies and then "suddenly" had the idea of writing them

36 For a man.

37 And do remember how brave and courageous he's been in having the balls to sit down and ask you about male chastity in the first place.

down on paper and swapping them³⁸.

He had, of course, planned this all along, because he had only one fantasy in his list — male chastity³⁹.

Now, this approach was perfect for me specifically, but it's not going to be perfect for every woman because it's still pretty sudden.

And, to be honest, not every couple is comfortable talking about intimate matters at all, never mind swapping sexual fantasies and especially not right out of the blue!

Unfortunately, there's no way to avoid broaching the subject if you really want to experience it, even if you then find it's not to your liking.

Again, dropping hints is simply *not* going to work because it's almost certain your partner has never even heard of male chastity *per se*⁴⁰.

Similarly, the oft repeated formula, *"I blurted it out to my wife and to my surprise she took it calmly and agreed... we bought a device the next day and she locked me up in it and hasn't let me out since... and that was 3 years ago"* is a fiction and probably

38 He actually got the idea from a Forum, although I don't know which one it was. There's also a rumour going around that I am "Late Kate" from Net Doctor. I am not, although I can see why some people might think we are the same person.

39 And no, I'm not going to reveal what *my* fantasy was. Well, maybe one day. But not here and now.

40 And that's true whether you're a man or a woman reading this unless you're reading this Guide because your partner has already brought the subject up, in which case you've done the hardest bit already! Of course, if he or she didn't react favourably, then what you'll discover here might help you salvage something.

won't work either.

No woman in her right mind is going to accept a sudden change of lifestyle like that, even supposing she understands exactly what you're getting at, without some serious discussion. And if the whole concept is new to her, then it's going to be an even longer process.

And remember, if you're looking at male chastity as a way to improve your relationship because things have become a bit routine, pedestrian and boring, then that's even *more* reason for a sudden pouring out of your heart not getting you the results you perhaps want, because the change you're proposing is too big and too dramatic.

So, the very first thing you need to do before you even *think* about approaching your partner is...

Have All the Facts at Your Fingertips.

One "mistake" John did make after our little sharing of fantasies was setting me loose on the Internet Forums and Blogs.

Frankly, it scared the Bejusus out of me.

After we talked he sent me a list of URLs and I just started nosing around. Talk about hyperventilating!

It's not that I'm a prude or naïve — far from it. No, it's just that most of the material on male chastity you'll find out there is, for want of a better description, utter crap. And when I was in that frame of mind, it was *scary* utter crap.

Luckily for us both, John is very calm and rational, especially

when I'm all of a flutter, and he patiently took the time and made the effort without being hurt or defensive at my initial reactions to show me exactly how and why he knew most of what gets posted is just nonsense.

But it did take some talking to calm me down, I can tell you.

And the key?

To have good information to hand that you can present logically and sensibly.

Don't try and hide those extreme sites from your partner thinking you can protect her in some way, because she'll find them anyway and then she'll start to wonder why you didn't mention any of it to her... *and... perhaps you have some kind of hidden agenda...?*

So, like any good salesman, reveal the negative parts too — the “*objections*” that might come up — and then have your answers to them ready.

In the case of the silly posts on the Forums you have at least two answers you can use:

1. **They're untrue because they're just impractical** and don't fit with what we know of human physiology and psychology; and...
2. *“Even if they were true, I don't want to dress up as a woman, be castrated and have your friends round so they can laugh at my little cock”⁴¹.*

41 Of course, I might be wrong here, and you might actually want this. If so, then that's fine, but you'll need to find additional material to get you onto that particular topic — I'm dealing as exclusively as I can with *male chastity* here.

And, of course, having this Guide to share with her is good, too.

The second thing you need to do is answer the question she's going to have in her mind...

What's in It for ME?

We're all selfish to some degree and we all act in our own self-interest.

There is nothing wrong with this, and it's quintessentially human for us to seek pleasure and avoid pain... and rational self interest is about seeking the things that give us good feelings.

Even when we do nice things for others, say, by giving our kids the last chocolate in the box, we get something out of it ourselves, don't we?

So your partner is going to be much more receptive to the whole idea of male chastity if she can clearly see some benefits to *herself*.

And the same, of course, is true if you're a woman seeking to get your man to give it a try — he's got to perceive there's going to be something in it for him as well as for you.

Here's a great example of exactly how *not* to approach it, taken from a post on a Forum I regularly contribute to:

"I am desperately trying to convince my wife that I need to lock up my cock to stop me playing with it all the time especially when she is out. I have tried all sorts of tactics and had a recent discussion where I told her how I felt about it, she now considers me weird. Do I

lock myself up with the curve I bought myself and hand her the key or do I involve her in fitting it?"

Don't try this at home, boys, because I suspect anything like this is going to come very close to weirding your ladyfriend out in a big, big way.

Not just that, but trying "*all sorts of tactics*" to get your own way *especially* with your wife is very unmanly and (to me and probably to virtually every woman who ever drew breath) a real turn-off.

He continues, after much good advice he plainly doesn't want to hear because it's actually *approval* he's after, not advice:

"I have spoken to her about wanting to put myself in chastity and save myself for her (communication is good) but can't quite come round to admitting that I have bought a device. That's the background to the original question, so do I give her a key and ask her to look after it and gauge her reaction or do I lock myself in and give her the key or do I involve her in the lock up."

In this scenario I have a hard time seeing how any man could expect his lady to help him in any way at all if he doesn't involve her.

When he says "*communication is good*" he's entirely wrong. Communication implies he's talking *with* her, yet he's plainly just talking *at* her at best or just manipulating her at worst.

More to the point, another problem is it's all about *him* and

what *he* wants. Nowhere is there any suggestion that *she's* going to get something out of male chastity, too.

What's more, and I am perhaps assuming too much here, I wager this is indicative of his entire attitude to her and his relationship with her: passive-aggression and bullying to get what he wants.

By not telling he has bought a device and lumbering her with the keys, he's repeating the same kind of behaviour that's done the damage to his relationship he's hoping male chastity is going to repair.

Judging solely from what he's written, and assuming it's true and accurate, then I see male chastity being very difficult for both of them in terms of getting what they both want from it.

But don't make the opposite mistake and promise something you can't deliver by charging in making rash promises about how it's going to make your lives instantly perfect, because it's not.

Male chastity is a game played between consenting adults.

It's not therapy or counselling. It, at best, can be a tool and means to an end. I've never seen it work as an end in itself.

As I'll often repeat as we go through this Guide and on the Blog, male chastity is a *process*, not an *event* and something you do *with* someone, not *to* them.

And like any new lifestyle, whether it's moving to a new part of the country, getting married or divorced, changing your eating habits or whatever, it takes some planning and some trial and effort to get it right.

That's why it's worth taking the time trouble to put it on a

solid foundation.

So, before you go any further take a notepad and a pen and start to think of how male chastity is going to benefit your partner — and remember the benefits have to be *realistic* and appeal to *her*.

A couple of quick tips:

- **if you're a man**, your lady is going to be most easily swayed and persuaded by your becoming more loving, intimate, communicative, attentive and generally more "relationship orientated";
- **if you're a woman**, your man is going to be most easily persuaded by the lure of a better love life — more intimacy, intimacy more often, and a hint of the risqué will usually work like a charm (simple things, men, I know...).

And of course, you have the five benefits from the last Section to think about and see how they fit into your own lifestyle, don't you?

Breaking the Ice

So, you've done your research and summoned the courage to have "The Conversation" with your partner about taking those first few steps down the path of the male chastity lifestyle.

How do you do it?

Well, as I've said already don't jump in at the deep end by stripping naked, kneeling at her feet and begging to be her

slave.

Do that and there's a very good chance she'll think you're either drunk or mad, or perhaps both. She also won't have a clue what you really mean.

You might think this is an exaggeration but it's not.

Men really do behave this way sometimes. I don't know what madness grips them but they do this and wonder why their partner doesn't take it well.

I had one reader of the Blog remark to me how he'd bought a Tollyboy way back in 2002 and surprised his wife by wearing it. His comment was "*I had to get rid of it in a hurry*".

Without being mean, I had to laugh. What made him think for a second this was going to work?

The answer is... my guess is he didn't *think* it would work at all... but he was so tongue-tied it was the only way he could think of to bring it up other than blurting it out in an extremely physical way⁴².

That's an extreme example, I know, but it's *very* common for men to buy a device and then struggle with figuring out how to get their wives interested in playing with it (or with them *in* it).

I suspect it's often the case they want to be *caught* in some way, because it's easier than being honest, open, and forthright about something which you crave so badly but which so many

42 It reminded me of the scene in the 1980's sitcom "*The Two of Us*" where Nicholas Lyndhurst jumps out of the cupboard wearing nothing but a gas mask and his underpants in an attempt to liven up his love-life... but his girlfriend is not alone and is bringing some friends round after work.

people will dismiss as “kinky”.

I do understand... but really, such spinelessness won't do any longer.

From this point on, you're going to be a man about it, right?

Right.

So... you are going to have that adult conversation if it kills you!

And the first thing I'll say about that is...

Start with the End in Mind

Although you don't have to reveal everything you want and desire upfront — and doing so might even be so scary to your partner as to be counterproductive — you do need your ultimate desires firmly in mind.

Why?

Because if you don't have a goal how will you know you're going the right way? And how will you know if you've arrived?

If your goal is to be locked up in permanent chastity with orgasms only once a month, then that's what everything you say, reveal and do should be aimed at.

If you truly want to give your partner total, unfettered control of your orgasms, up to and including permanent orgasm denial⁴³, then this is the goal you need to focus on.

The reason for doing this is if you don't know what you want, then you won't be able to take the steps to get you there.

43 Be careful what you wish for..

Many people say “*I want to try male chastity*” but don’t have any idea what they really mean.

This is a mistake, because once you start to have The Conversation, your partner is going to be asking questions like, “*so... what exactly do you want?*”.

This is even *more* likely once they start looking at all the information you’ve amassed⁴⁴.

Now, there are two things to bear in mind here.

First, you really might *not* know what you want ultimately; and **secondly**, the opposite problem, almost, is what you do want is so far removed from what you have now, you might feel it’s hopeless.

But it’s not.

If you don’t know what you want, that’s OK.

Just make your immediate goal to be to find out what you *do* want. Your goal is to explore male chastity and see where it takes you. That’s *not* the same as drifting aimlessly.

And in the second case, break your main goal down into smaller more manageable goals.

If you aim to do a year in strict orgasm denial, then it might be too daunting to your partner, even if not to you. So maybe start at a week, then a fortnight, then a month, and so on.

OK, with that in mind...

44 And you have amassed it, haven’t you? No? Well it’s a good job you have this Guide then, isn’t it?

How to Have “The Conversation”

First, choose your moment wisely. And prepare what you want to say.

If you wait until she’s at her tetchiest time of the month and bring the subject up ten minutes before your mother is due to arrive for dinner, then don’t blame me if you get your head chewed off.

Remember what I said before: to stand the best chance of success, you need to make this about *her* not about *you* (I’m not saying you’ll end up making the whole male chastity lifestyle “all about her”, but when you’re selling her the *idea*, she’s going to be most receptive if she can see the benefits to it herself).

So... you’re better off doing something romantic — say having a meal with a little wine (not too much, because alcohol reduces your ability to make sensible decisions and you’re both likely to make *emotional* decisions rather than *logical* ones).

Or perhaps watch a romantic film or something to put you both in a more sexual mood (the film *9½ Weeks* might be a good choice).

Or, depending on how your love life is at the moment, you could make love and ask her to tease you or make a big effort to please her and focus on her needs rather than your own, and then talk about it in the post-coital glow.

If you do it this way remember you *don’t* want to have The Conversation at this moment, not while you’re actually making love, because the emotions will be too strong and when you’ve both calmed down she’s likely to dismiss it as just fantasy.

If you're a woman and you're trying to get your man interested in this, then your job is at this stage a little easier — rather than focusing on the romance, focus on the sexual approach — be romantic, tell him what you want him to do to you, then take him to bed and get him to do it.

At this stage it's probably going to be better not to tease him — you first want him to see you enjoying yourself. Play a slightly dominant role between the sheets, but don't go overboard... not yet, at any rate.

I don't want to be proscriptive or prescriptive about the details because we're all different and relationships all have different dynamics.

You should know by now what tends to work and what tends not to work with your partner (and if you don't then maybe that's one of your problems).

The important thing is to lead up to it all gently, subtly, unthreateningly and without any pressure.

Don't go overboard, but perhaps spend a few days before this being especially attentive, loving, and helpful, but don't fawn and pester.

And if you're a man, *don't* be overtly sexual. Women, in particular hate that — and this is going to be doubly true if there's an element of friction between you when it comes to talking about sex.

But if you're a woman, then the reverse is likely to be the case, and being sexual, coquettish and somewhat teasing is a good idea.

Remember, men and women come at this from different

angles⁴⁵.

If you, as a woman, give him the impression it's all about denying his orgasms and getting him to do all the housework, unless he really is a submissive man, don't be surprised at a very frosty reception.

What we're trying to do here is give your partner a *taste* of the benefits before we start *talking* about them.

Once you're in a mood where you think you might at least get a positive reception, it's time to spit it out. So to speak.

It's tough, because there's no easy way to do this.

At some point you've got to say the words, and once said, you can't take them back.

And if you're *too* cagey and coy... he or she might actually be excited about the idea, but perceive *you* aren't... so you'll both perhaps actually want it, but both be too afraid to say; on the other hand, if you're too in-your-face... you might scare them off.

Unfortunately there's no foolproof way I can give you to guarantee success. You're in a much better position than I am to know what your partner responds to and how to tell when he or she is excited, happy, nervous or frightened.

Nevertheless, in *most* cases and with *most* people one of the best ways to bring any difficult subject like this up is to tell it in the third person.

Without getting into too much detail about how and why it

45 John says, "*Men might well be from Mars, but women are from a completely different and very bizarre universe*".

works⁴⁶, this third-person “storytelling” distances you from what you’re actually saying.

Consider these two scenarios played out between a man and his wife, where one of the kids has just had a nosebleed all over her new sofa:

“Well, if I were you I’d put some salt and water on it and leave it overnight”.

And

“Funny coincidence... I was talking to Fred yesterday and he said ‘David, a good way to get blood out of a sofa is to pour salt and a little water on it and leave it overnight’”.

Most women, already irritated and frustrated at the new sofa being apparently ruined, will take the first approach almost as an invitation to snap, scream and yell. You’re offering help where it’s not wanted.

In the second you’re still offering help, but you’re doing it in a much more subtle and communicative way. You’re distanced from what Fred said, and you’re sharing information with her, not telling her what to do.

And you can use the same principle to communicate your desires to her without it seeming like it’s you pressurising her into kinky sex⁴⁷.

46 That’s John’s speciality, and you’ll love what he’s doing for me at my request.

47 Always a bad thing to be perceived doing.

So, one way to do this is to write out your male chastity fantasy as you'd like it to unfold in your own life and then share it with your partner by saying something like:

"Hey, my friend Joe just emailed me this really hot story... what do you think? Something about it really struck a chord in me... how about you?"

Now, it's possible your partner is not going to be in the least bit interested... but if you've written the story well and heavily laboured the benefits to the character representing (in your mind) your partner, then the chances are it's going to work very well indeed.

A second way, similar to the first, is to tell the story orally — repeat it as a conversation you had with someone at work, for example.

Something along these lines:

"I heard the most amazing story today from Bill at work. He was telling me about a friend of his he used to know. Well this guy and his wife used to..."

And carry on unfolding the story as you'd wish your own fantasy to unfold.

Again, be sure to say you found something exciting about the idea — because your partner might be too shy to.

A third technique isn't strictly using male chastity stories but it's close enough. This is actually exactly how John got me interested in the male chastity lifestyle.

It's a little more direct and, frankly, more honest than the other two approaches, but takes a lot more courage, I suspect.

The ultimate idea is to suggest you both write down your top few fantasies on a piece of paper and then swap them. Your fantasy, of course, or at least one of them, is going to be the male chastity lifestyle (if you're supremely lucky your partner's will be, too, but that would be something of a miracle!).

Whichever way you choose, you need to add something along the lines of:

"I've been thinking about this for a few days... and it's left me feeling a bit warm and strange inside... exciting and loving... it's made me want to be closer to you".

The reason is obvious: he or she is going to realise the two go together: your recent attentiveness and what you've been thinking about.

Just to be clear about all this: tell these stories (as best you can!) while you're being as close and intimate as you can be.

If it's over a meal, watching a DVD, drinking wine on the sofa, or after you've made love, it doesn't matter so long as it's within the normal parameters of how you behave.

What if You're Stuck for Stories?

Well, in that case, you can turn to Appendix A and "steal and deploy" the three stories I've included with this Guide.

If you read "*Something for the Weekend*" you've read at least two of them before, and you'll know they're not too extreme.

You can use them verbatim if you like, but I strongly urge you to use them as templates and chop and change them to suit you and your own circumstances more closely.

At the very least copy them out and then rewrite them in your own words.

Don't worry if you think you can't write — you're not entering a literary competition or submitting this to a publisher.

You just want something to get the juices flowing for you both!

Prudishness Alert!

And please, if you feel you can't have this kind of conversation because you feel embarrassed, or you know from past experience she's going to be repulsed by it, please, please, please re-read my comments about really thinking seriously about male chastity and if it's likely to be right for you both.

I believe The Conversation is *not* optional and if you feel you can't introduce male chastity in this way, then I personally think you're not going to be able to introduce it any other way, either.

First Steps into Male Chastity

The next step, and this is why I suggested you get your partner into a romantic and sexy mood, is to seduce him or her

into making love⁴⁸ — because while you're doing it you can start to talk to them (softly and subtly) about male chastity, almost carrying on the story or conversation you've already had.

As you'll remember, I suggested you broach the subject in an exciting and romantic way, rather than just blurting it out at the most inappropriate time (like surprising your wife by confronting her naked save for the new belt you've just bought).

I confess, I find it extremely frustrating and exasperating to read the supposedly real-life accounts of men who just drop the idea of male chastity on their wives like a sack of rocks and glibly say, "*... and she accepted it*".

It doesn't work that way. I suppose with one woman in a hundred it just *might*, but is it worth taking that chance?

Only you can decide, but I know what *my* answer is.

So, take your time and do it slowly.

You've had the romantic evening, you've told the stories, you've been more attentive without being a pest these last few days and now... as I hope you've guessed already, you're going to ask her to practice orgasm denial just this once, just to see what it's like for you both.

A Few Words of Caution (Don't Be a Pig)

If you're a man leading this, you *must* go through with it if you want to get the momentum going, so you need to be on your best behaviour.

48 If your love life is stale, this may take time. If it's impossible because you have zero sex life and initiating sex is always frowned upon or rejected, male chastity is not going to help you.

Yes, that probably sounds obvious, but when it comes to the crunch and you've got to stop that orgasm and it's probably something you've never done before... and, it's going to be harder than you might think. You're going to be more excited than you've been for a *long* time, and you've probably never had occasion to practice self-denial before.

What's more, if you're the type of man who gets in a huff at *coitus interruptus*, that's a habit you're going to have to suppress right now, and get out of *completely* very, very quickly *if* you want your partner to embrace the male chastity lifestyle.

If you really can't promise to behave yourself and act like a man instead of a petulant adolescent whose girlfriend won't give him a hand-job because Mother is still downstairs watching TV, then, frankly, I strongly recommend you don't even try any of this until you've grown up a bit.

There are few things to turn a woman off faster than a man whining about sex. So, no matter what, stand up straight (in more ways than one) and keep a stiff upper lip.

Apart from anything else, if you get what you want, then one night of orgasm denial is going to seem like heaven compared to the weeks, months and years she *might* subject you to if you're a very lucky boy.

And if you're a woman trying to get your man to give it a go, then you might have to sell him on the idea by promising him release in the morning and maybe even something pretty special, or even right at the end of your "session".

Again, it depends on the dynamics of your relationship, but if he loves it when you make him come with a blow job and

swallow, well maybe the promise of that in the morning will let you have your way with him tonight.

You don't like giving head and swallowing? Well, that's a shame — but if he loves it, then you might just have to show some fortitude and just grin and bear it⁴⁹ and give him what *he* wants in the interests of getting what *you* want in the long run.

Like anything, if you want and desire male chastity badly enough, you'll put in the work to get it.

Just as an aside, irritating as it must be if you're a woman in this position, it's generally much easier for a man to get a woman interested in male chastity than the other way round, for reasons I'll cover elsewhere in this Guide.

Above all...

Don't Take Yourselves Too Seriously!

I am not denying it *is* a serious business and if things work out you're going to be making some pretty big and important commitments to each other.

But it's also *fun* and things can be serious and fun at the same time.

As the inimitable John Cleese wrote:

"The trouble is, we sometimes confuse being serious with being solemn.

When humour is present we lose not seriousness, but

49 But don't grin so widely all the semen drips out — be a *little* ladylike, at least.

only solemnity. And the value of solemnity is overrated because it often induces in people feelings of pomposity, rigidity and a corresponding loss of ordinary, human warmth and easy, open communication.

Solemnity has the effect of encouraging people — especially the most important ones — to feel even more important than they normally do. And I seriously doubt whether anything that tends to increase the egotism of our political and business leaders is healthy.

I'd go further and suggest that a lot of solemnity is due to the fact that the egotistical kind of leader fears humour in all its forms, since he or she knows that any kind of humour threatens self-importance. And what the usefulness of self-importance is I've yet to discover."

What I mean is, you don't have to be solemn about male chastity. You'll enjoy it all a lot more if you realise in the grand scheme of things what you're doing is just a bit of fun.

Lord knows, sex is undignified, messy and illogical at best, so for crying out loud don't get uptight about it.

So if your forays into male chastity don't quite work out the way you want them to the first time there's no need to assume it's never going to work.

Like anything worth doing...

It Takes Practice to Get It Right!

And the best way to get better is to keep having a go.

So if you accidentally orgasm (if you're the man) or you don't stop him in time (if you're the woman), it's no big deal.

Take the time to talk about and share what was so enjoyable and exciting about it (what better way is there to reframe an orgasm you didn't mean to have than to say, "*I didn't mean to do that... but you can see how much you turn me on when we do this, can't you...?*").

Most crucial of all, *take responsibility for your own actions.*

If you feel an orgasm coming on and you don't say anything or do anything to stop it, then don't blame your wife or girlfriend for not somehow "knowing" she had to stop; similarly, if your man tells you he's about to come and you don't stop, don't blame him when he does⁵⁰.

Finally, make sure you put this into the context of what you want long-term.

Any major project takes time, effort, planning and... mistakes.

Yes, mistakes.

I doubt you ever did anything right the first time you did it, except by accident.

John used to teach jiu-jitsu and worked as a nightclub doorman. At a small-framed though admittedly stocky 5'5" he didn't acquire the necessary physical and psychological skills to survive as a working doorman and martial arts instructor overnight. At the last grading he took they were using "live" swords and knives, and real broken bottles.

50 There are times when doing this is fun, but that's a different thing.

He didn't get a scratch.

Yet you don't expect a novice, a white-belt to come on to the mat and immediately know how to handle intense and committed attacks from real weapons.

The difference between the novice and the expert?

Practice. That's all.

And it's the same with male chastity. You'll come to know what works and what doesn't only with experience... and getting experience means trying things out, getting them wrong and trying again.

Good judgment comes from bad experience... and a lot of that comes from bad judgment.

In some circles there's a saying:

"There's no failure, only feedback; you can't fail until you give up"



It behooves you *now* to realise, understand and *embrace* the fact you *are* going to make mistakes in your search for your Nirvana. If you take these mistakes too personally and let them weigh upon you, then I wouldn't wager a lot on your chances of long term happiness.

Imagine if it took you a whole year to get to a point where you were able to go a month in strict male chastity. Would that be so bad, even though you'd like to do it *yesterday*?

I, personally, don't think it would.

So, try male chastity just overnight and see how it goes. If it works well, then perhaps try it for two nights, or perhaps over

the weekend.

Whatever feels comfortable to you both.

There is probably going to be what seems to be an inevitable tendency towards longer and longer periods of denial as you get more experienced with this.

The first time you go overnight is going to be harder than the second time. It'll be new to you both, and neither is going to be sure of the other's reactions.

It's likely *most* women will (understandably) be looking for even the smallest signs of grumpiness or real distress in their men.

So, sorry guys, but you've just got to be on your best behaviour here.

And ladies... don't feel sorry for him... because...

This Really is What He Wants and Needs.

Let me stress again: it's almost always men who are the drivers of male chastity in the beginning, even though very often, when the woman starts to realise and experience the benefits and starts to enjoy her feminine power, she generally begins to take the lead.

This is what separates the men from the boys.

With me and John, it definitely followed this pattern.

John introduced me to the idea, and after my initial shock I thought it sounded like it could be fun. So we tried it a couple of times.

We made love and John didn't get to come.

And the first few times it was hard.

I mean *really* hard.

I loved John and I had all sorts of questions and fears running through my mind: is he *really* suffering? Is he secretly angry with me? Is there something wrong with him? Have I done the right thing or have I missed some important clue and I'm not playing the game the right way?

But John was patient and understanding. He went out of his way to reassure me he was OK and I was doing a brilliant job of handling what is — no fucking doubt about it — a strange request.

And after a very short while I relaxed... and noticed how *much* I was actually enjoying it. He was more loving, both in bed and out of it. He was more cheerful (?!).

When we made love (which became more frequent) I enjoyed it more — even though I had no real complaints about it before.

It dawned on me over a period of weeks and months that male chastity was something pretty awesome and I discovered the more I got “into” it, the better it all became.

And day by day, step by step, I started taking more of the control he offered to give me.

I became comfortable saying to him “*I don't want you to come until Saturday night*” on a Monday and know he'd obey my rules.

Then I became intrigued, thinking... just how far could this go?

And I do remember one day realising how male chastity had gone from being just a game we played when we made love to something that was becoming something more, something tightly woven into the fabric of our lives together.

That was about the time when I really began to want to push him.

At first, a week seemed like an eternity for both of us; then one day we were in our third week aiming for the full month, and it was all down to me — I'd definitely taken charge of the schedule and was busy enforcing the rules.

And now... I can't imagine going back to how it was. Nor can John.

The thought of being with a man who orgasms when he feels like it is almost... preposterous. How boring! How pedestrian and predictable love making would be.

Who'd go back to a mini having driven a Rolls?

Now, I've just related to you how it was for me and John. Where you are now, you might think this is heaven, some kind of impossible dream.

But it's not.

The only difference between us and you is, as I said... practice and a little time.

Things are going to start hotting up now, because we're going to start the process of introducing a chastity device into the relationship.

Because if he has shown willing and managed to control himself without one, then the next logical step is to take a little

bit more of that control away from him, just as he wants you to.

This is where the fun really begins...

Your First Male Chastity Device

So far, if you've been following what I've said in this Guide and putting it into practice, then until now you've just been experimenting with mild chastity play and orgasm denial, most likely for short periods of time, say, overnight or perhaps a day or two.

This is good.

Because contrary to popular belief, male chastity lies on a *continuum* with permanent male chastity and orgasm denial at one extreme, and mild chastity play at the other.

It's *not* all or nothing, despite what some people would like you to believe.

And while there will be *some* people at both extremes of the continuum, most of us are somewhere in between.

This is self-evident if you think about it, but if you check out the online Blogs and Forums, you'll invariably come away with an unrealistic view, with the emphasis being very much on those who claim the more extreme forms of chastity and denial.

This is what you should *expect* and you should also realise it's because the audience in those Forums is self-selecting for the extreme.

Why?

Because no one goes on to a Forum to post about how boring their lives are⁵¹!

And so if they don't have something to say, they'll make it up.

Now, why is this all so important?

Well, to a large extent, the kind of device or belt you're going to end up with — assuming you end up with a device at all, and many men don't — is going to be determined by where on this continuum your own desires lie (and remember I suggested before you keep your end-result in mind right from the beginning).

For example, if you really just want to experience chastity play or perhaps a week or so in a device, then something like the CB3000 might be appropriate.

In some cases devices like this are suitable for even long-term wear, but generally this isn't the case *and* they tend to break after heavy use.

But if you want to experience the closest thing you're ever going to get to total security, then a full belt, perhaps even the formidable Latowski might be more appropriate.

We'll come back to specific devices again in a moment — I just wanted you to realise you *don't* automatically assume you need the most secure all-encompassing device because that's what everyone's saying you should have when you read their

51 Although I bet someone, somewhere *does* have a Forum for exactly that purpose...

Forum posts!

But for now, let's look at...

How to Introduce a Male Chastity Device to Your Partner

It's important to tread carefully and take it as slowly as you need to.

Remember, if you're the one driving this whole male chastity thing, then you have perhaps been thinking about this for a *long* time (maybe years), so not only do you know the subject inside out and have a good idea of where you want to end up, your partner is most likely seeing all this through fresh eyes.

You see, from your partner's point of view, you're suggesting in male chastity something they perceive could dramatically change your entire lives and relationship, and that's *always* scary.

We humans do not like change, especially when it's change we've not ourselves initiated.

You'll know your partner better than I do, so consider what I say through the filter of your own experience of what he or she likes or doesn't like, but please don't assume because you understand something then your partner does too.

To you a male chastity device is perhaps an "obvious" next step.

But... to us ladies... seeing a man for the first time with a "thing" somehow attached to his cock and balls can be a bit off-putting. Then, just to make matters worse, our man often feels somewhat self-conscious wearing it, especially if the whole

thing is your idea.

Can *you* see the potential for a vicious circle if we don't have our sense of humour intact?

Right.

So when it comes to a moving on to a chastity device, just bear in mind some look hot, some look... strange, and some look frankly ridiculous.

Yet another reason not to take things too seriously, yes?

Yes.

Now, remember what I said about male chastity being something you do *with* someone rather than *to* them?

Well, that extends to and includes the device you wear.

By that I mean it's got to suit *both* of you. And I'm not even talking about compromise here: any compromise you make should be between objective criteria, not subjective ones.

Let me explain what I mean by this.

If a device looks great but is painful, inconvenient and insecure, then there's no point in wearing it. It may well suit the woman's sense of aesthetics and desire for control, but it's not going to give the man what he wants at all.

Or, on the other hand, if it's comfortable but looks so ridiculous your wife can't help laughing at it when she sees it, you're facing an uphill struggle.

In either case, male chastity is not going to work for you long term (remember "regression to the mean").

In the short term this is probably less important because

you're still working to see if male chastity suits you both.

But long term, if the idea takes, you'll both need to think long and hard about the right device for you both. I *will* say if it comes to a toss-up, after safety comfort should win over everything else simply because if it's *not* comfortable, you won't wear it and the whole idea of male chastity will be moot.

Again, more about this in a later Section where I'll talk in more detail about choosing a device for more long-term and serious play.

So, with all that said, perhaps the easiest and least threatening way to introduce a device is one of the simple plastic devices like the CB3000 or the CB6000.

They're not cheap but "cheap" is always relative to the *value* you get from something.

You can buy knock-offs at a fraction of the price of the real thing but not only is that dishonest (and in my opinion just another form of stealing), you get what you pay for: a cheap knock-off that falls apart very quickly.

And, I know more than one man who's found them both effective and comfortable for long-term use⁵².

I suggest you buy it together. I don't know of any stores selling them, so almost certainly it's going to mean sitting at the computer together and doing it.

There's a reason for this.


The chances are you're both going to be a little self-conscious,

52 John's experiences were different, but that's no reason for you not to try them yourself.

giggly and maybe even a little embarrassed.

There's nothing wrong with this (on the contrary — it's healthy), although it's best to get this out of the way now. One of the worst things you can do is maintain a façade of solemnity and have all the giggling come out later on when you're have a deeper emotional commitment to male chastity and really are not expecting it.

Then, once you've ordered the device... do your best to relax.

Here's a really important point I want you to grasp: your male chastity is *not* about the device. The device is an enabler, a means to an end, not an end in itself. 

So when it comes, when you come to put it on (and *don't* just disappear into the bathroom and make a big deal of it), treat it as the humorous thing it is.

It's a bit of fun, remember?

You're going to have plenty of time to be all serious and po-faced about this in the months of your chastity and denial to come, so enjoy the freedom to laugh while you can, if you take my meaning.

Now You're Locked... What Do You Do?

It's when they're at this point many men seem prompted to post on Forums — and even write to me — and express their fear of "*Oh My God What Have I Done?*".

And while I can understand their consternation to an extent, it's all rather silly — because you haven't done *anything*, really.

Or at least, you haven't done anything you can't undo as quickly and easily as taking the device off again.

The proper time to ask "*Oh My God What Have I Done?*" is when you've tried to juggle with chainsaws and removed both of your hands by accident, or have reversed over your neighbour's children while drunk.

Putting on a chastity device which you can simply take off again does not rate very highly in the "*Oh My God What Have I Done?*" stakes, to be honest.

As an example from my own life with John, I never got to hold the keys of his Lori or his CB3000 because he was not able to wear them for long enough to make giving me the keys a viable option.

But with his Tollyboy it's been rather different and a *lot* more successful.

John began wearing the belt for several hours a day, steadily increasing the periods of lockup until he was able to wear it continuously for a week.


When he could do that, he gave me the keys. All told, it took about a month, perhaps a little longer.

Not long when you consider it in relation to the rest of our lives together, is it?

So if you're a man and you've just put on a chastity device for the first time, then I recommend you *don't* ask her to take responsibility for the keys or your wearing of the device from the outset.

I know, I know, you're in a hurry and all that, but take your

time.

Apart from anything else, a device that feels comfortable *now* might not feel the same way at 3 o'clock tomorrow morning when you awaken in the wee small hours with a raging and confined hard-on and balls feel like melons being pulled through a tea-strainer. 

Even a new pair of shoes takes some time to break in and get used to and you're used to having hard-wearing apparel on your feet; so why would you imagine having something made of hard, unyielding plastic attached to your balls is magically going to be different?

Clue: it's not.

The other reason to keep the keys is, frankly, it's very likely neither of you is *emotionally* ready for that next step yet.

And even if you are, what's almost certainly going to happen is you'll have to ask for the keys back in a day or two, and you're going to feel disappointed because you had it in the back of your mind *This Is It*.

I'll not deny getting those keys *is* a wonderful moment. It's symbolic *and* ritualistic, both of which are very powerful in the human psyche. So although it's not irreversible, don't spoil a delicious moment by rushing into it too soon. I'll say more about handing over the keys in a moment.

Now, if you're the one wearing the device you probably expect to feel a little nervous; but please, also spare a thought for your future keyholder.

This is almost certainly something *she's* never done before, either, and she's going to have her own lot of fears and unknowns

floating around inside her head.

So, as always... take things slowly.

Put it on yourself in her presence and then tell her from time to time how it feels to wear it. Become attuned to how it feels against your body. You shouldn't be in an emotional environment where you can't be honest and open about how it feels and what you want.

You should expect a small amount of discomfort and in the majority of cases, it'll simply pass.

But the CB3000 and similar come with various sizes of rings and spacers for a very good reason: it takes a time to get the right fit.

The point I'm perhaps facetiously trying to make here is the fantasy of getting a device, locking it on and throwing away the key (metaphorically or literally) is just that: a fantasy. It might be a *hot* fantasy, and that I won't deny, and it might be a fantasy you'll see presented as truth by more than one sad individual on any one of a number of Forums... *but a fantasy it truly is.*

So... put it on but treat it like any other item of clothing: if it makes you sore or doesn't fit properly, *then do something about it.*

In terms of your behaviour, as before, be more attentive and loving, but without being a pest.

You're probably going to *feel* doing this anyway, especially if you have a submissive streak. But do resist the urge to wax lyrical about how much you'd like her to take the keys and never, ever let you out again, won't you?

As I said before, this is *new* to her (never mind the physical practicalities above).

If you're a woman, you can handle it very much the same way, only this time you *do* hand responsibility over along with the keys.


You cannot reasonably expect him to let you lock him and take the keys just like that. Not only would that be an almost psychologically insurmountable hurdle for him, but, for the reasons I've already given, it would also be physically impractical.

The purpose of all this is for both of you to learn to feel comfortable with the device, both physically and emotionally.

You want life to carry on as much as *normal*, because in the long term, no matter how involved you want to become with male chastity, this is how life is going to be.

I know that might come as a disappointment to you, but it's the truth.

To quote the Buddhist saying:

'Before enlightenment; chop wood, carry water. After enlightenment; chop wood, carry water' 

Remember, this device isn't suddenly making a massive difference in your day-to-day lives and the sky isn't in fact about to fall in.

So relax.

Get used to it.

Keep on Movin' Forward

After a few days, it's a good idea to repeat the romantic evening you had before; only this time, when you make love, you'll keep the device on (or if you're a woman, wheedle him round so he agrees to keep it on - again, depending on your partner and how you know him, promise his release either at the end of the session or the next morning).

And again, after you've made love talk about your feelings and focus on the good bits. If you get something wrong, or some parts just don't work out, just relax about it.

It doesn't have to be a big deal unless you decide to make it one.

Now, can you see the pattern?

We're taking things slowly, step by step, showing at every stage there's nothing to be afraid of and highlighting all the benefits.

Unless you're right on the "chastity play only" side of the continuum (which is perfectly OK, since it's your life and no one but you gets a vote), your ultimate aim for chastity is going to be some scenario where your partner is holding your key — and that itself can have many meanings and consequences.

Longer Periods of Male Chastity

The first thing to realise is male chastity may well improve your relationship beyond measure, and beyond even your wildest dreams, but it's highly unlikely to change your life completely.

I'm not being negative here, and just as a little butter can make the whole sandwich far tastier, the benefits of male chastity often make all the other stuff that much more bearable.

It puts a shine on things, just as being in love does.

However, please remember real life is going to continue, as I've said before, and the times when the *really* fun parts of male chastity take over are going to be only a relatively small part of your life (important, yes - but you're *not* going to be having mad caveman sex in 73 different positions every single night for the next 20 years).

What's more, because it's a *process* and not an *Event*, a journey and not a destination, it's going to take time to get there.

And, what you want now might not be what you want in, say, 10 years' time.

And all this is OK.

In fact, it's usually better than OK because in my experience women tend to start off with male chastity a little reluctantly, and within a surprisingly short period of time decide it's the best thing that ever happened to them.

Many a man has had real cause to lament not being careful enough of what he wished for.

Now, you might think I'm labouring this point a little; and if I am it's because getting the foundations right is so important.

So with that said, how do we start moving towards what we ultimately desire?

Well, as with any long-term project it pays to break it down

into small chunks.

Telling your wife you want her to lock you up for a year right at the beginning is more likely to give her a heart attack rather than set it racing with excitement; and if you're a woman... well, just imagine his reaction to having a surprise like that dropped on him.

The key, then (and forgive the pun), as before, is to take it a day at a time.

Obviously if your long-term aim is to be in a very secure device for a long period of time, then you're unlikely to be looking at a CB3000 or similar as your ultimate device (although *some* people *do* find this device and ones like it both effective and suitable for long-term wear).

So starting with a basic device, it's perhaps wise to try it overnight first.

Most devices are comfortable immediately you put them on, but within a few hours can start to chafe. This is normal, and not something to be alarmed at - although you *do* want to be careful not to let any sore parts go unattended for too long. Think of it as being like breaking in a new pair of shoes.

And your partner is also going to benefit from this process of "breaking in", to put it crudely.

One strategy which works well is to draw up a calendar of release, at least in the early stages of male chastity, and steadily lengthening the periods of captivity.

I know a lot of people object to this and claim it's not "real" male chastity because they insist the woman "must" be in control, but remember it's up to *you* how you arrange your *own*

life.

What's more, you're both going to get the most from the male chastity lifestyle in the long term - it's not a race to see how fast you can get this down pat.

If you get it right (meaning, it suits *you* and your partner), then presumably this is something you're going to be engaging in for a long time, perhaps the rest of your life.

So what's the hurry?

Having a series of short and limited periods of denial give you both time to get used to this new idea *and* the device both physically and mentally - and before you know it, you're going to be going for a lot longer than you thought possible between releases.

Now... let's look at the changes you can expect in your partner when you have him locked in male chastity for more than a day or two.

Plus ça Change, plus C'est La Même Chose

So, you've got to a point now where you're starting to incorporate male chastity as a regular part of your life.

The question is... what's going to change?

Well, the good news is, the changes in your life as a whole are going to be less dramatic than you might think.

And this *is* a good thing - your man is still your man, and your woman is still your woman. It's highly unlikely you're going to witness a dramatic change in personality. People rarely change much.

But you *will* almost certainly notice *some* changes in behaviour, and it's important for you to understand why these are happening, how to handle them, and why they're very rarely anything to worry about.

In the main, the men are the ones who will change their behaviour most in the short term, so we'll look at this first. Then we'll look at the changes you can expect in a woman keeping a man in chastity.

How He'll Change (For the Better)

First, your man is going to be in a very highly charged sexual state, pretty much all the time.

In the beginning, this is *not* going to be because he's not had an orgasm for a couple of days.

Yes, that *does* become a factor, but this early in it's almost exclusively because the whole fantasy and scenario is so hot, and the fact he can't do anything about it is a positive feedback loop for him.

At this point, you might find he starts to pester you a little.

Now, it's tempting to get ratty with him, but, even if you feel like snapping at him, resist temptation.

Put yourself in his shoes and show a little understanding.

However, do *not* give in, not unless you've agreed he can top from the bottom⁵³.

Be supportive, and **make a game of it, and remind him how**

53 Most couples find this unsatisfactory, especially as they get deeper into the lifestyle, but remember you do it any way that suits you both

much he'll enjoy it when he's finally allowed to orgasm — and remind him that's going to happen only when you say so, whether you do it for reward, or, as I do, as a decision independent of his behaviour.

At this point it's worth remembering his chastity is a two-way street.

You can't reasonably expect him to make all the effort to please you while you simply lock him and leave him. As his eventual keyholder, you have certain responsibilities to make his chastity exciting and enjoyable, just as he has to do the same for you.

Secondly, he's likely to become closer to you.

He's going to want to do more for you, be with you and generally... grow closer.

Please remember (again), the idea that this is necessarily "submission" is false and something promoted by "Mistresses" and "slaves" seeking to sell you on their idea of what male chastity "should" be like.

The real reason *most* men become more loving and attentive is the increased intimacy brings you closer and makes them want to do nice things for you — just like they did when you were first together.

Now, most of the time women love this... but on the odd occasion she'll be of a nature where she sees sex as something she gives you as a "reward" and gets ratty with you if you seek it

when she's "not in the mood".

This is one reason I prefer to separate John's behaviour from whether I allow him to orgasm or not — to me it's too close to the ideas that sex *per se* is something women grant to men⁵⁴.

In addition, it gives me even *more* of a sense of control, since nothing he does or can do, bar breaking the rules we've agreed to, can possibly influence my control over his orgasm.

I find that profound.

If you *are* a woman and you're feeling this way about his new and revitalised attentiveness, I recommend you re-examine what you hope to get from male chastity before going any further.

Because he's almost certainly *not* being a "creep" and treating him like one is unnecessary and hurtful.

Thirdly, he's going to be a little nervous and even if you have a "rule" against his asking you when you'll let him come again... he's still going to be asking you when you'll let him come again.

Again, remember this is all new to both of you, it's supposed to be fun and getting irritated and claiming he's "ruining the game" isn't going to be fun for either of you.

So, once more, be a little understanding and give him time to adjust.

Remind him who's in control, but also, if it's appropriate, bend the rule and give him something to hope for:

"... well... we did agree you wouldn't ask... but just this

54 I'd hope if your relationship is like this, then you've sorted this problem out before you start to play with male chastity, because it's not going to help very much.

once I'll answer you... I might allow you release at the weekend, but NOT if you ask me again, OK? And I'm not guaranteeing I will at the weekend, either, but I definitely WON'T if you keep asking me".

If you've ever had kids, you'll know exactly how to handle this.

And finally... the idea he's going to stop looking at other women and enjoying pornography is a complete myth.

Chances are he's going to be doing it *more* because his awareness of women is dramatically enhanced.

But it's OK - he's just going to get hornier and *still* won't be able to do anything about it. Ultimately you'll *both* benefit from this.

Now, let's look at how you can expect your wife or girlfriend to change as you begin your period of captivity...

Watch Her Bloom!

We know male chastity has some profound effects upon a man's behaviour, although I stress it almost certainly won't change his underlying personality (which is a relief for most women, because that's one of the worries popping up in their

minds when their husband or boyfriend first moots the idea).

But what you might not yet realise is *your* behaviour as a woman is likely to change, too. And, again, it doesn't mean a massive personality shift: you don't have to become something you're not and don't want to be.

First, most women when introduced to the idea of male chastity are a little nervous and unsure, even if they find the idea exciting⁵⁵.

So don't expect her to become rampantly sexual and excited right from the get go.

She's going to be both unsure of what she's doing and not yet conversant with the "rules" or benefits, *and* she's going to be a little worried about *your* reaction.

Not only is it probably not in her nature to do something to you which causes you suffering (she needs time to get used to the idea this is what you *want*), but at the back of her mind she's probably half-expecting you to get grumpy and grouchy when she stops half-way (being called a "*prick-tease*" is hateful for any woman, and it's a common phrase used for emotional blackmail of young women all over the world).

So be gentle, aware and understanding with her, just as you expect her to be with you.

55 One reason I've recommended you introduce it in a sexy and emotionally charged way in earlier Sections is that tends to help the idea gain greater and quicker acceptance (I don't want to go into detail here, but humans make their decisions emotionally in the limbic system and then back-rationalise it logically in the neocortex. Marketers use this trick all the time, and selling your wife, girlfriend, boyfriend or husband on the idea of male chastity is really just a marketing exercise when you think about it, isn't it?).

As time goes on, she'll almost certainly become more sure of herself and start to take more of a lead.

At least, this is the plan, and if you've communicated clearly, openly and honestly upfront as I've suggested then she'll know this is the idea.

However, it's still not easy for her, so be understanding and perhaps coax her along.

Whatever you do, don't get shirty with her and complain. Remember, you've probably put her in charge and that means you have to settle for what you get even if it's not exactly what you want at that moment.

If the whole thing starts to stray off track and depart wildly from what you've both agreed, then you might need to have a serious word - but keep it loving and compassionate.

Before long most women start to understand, and I mean *really* understand their feminine power.

This isn't the same as them becoming dominant and domineering all of a sudden but they realise the power your own desire has over you, the power they have to spark that desire, and they learn from experience you're not going to blow your top and call her a "*prick tease*" when she stops at the last minute and won't give you what you want (but *crave* she'll withhold).

There's also a very good chance she's going to start taking more care of herself and worrying more about her appearance. Women often start to diet, work-out, buy sexier clothes and generally revert to more care-free attitudes and behaviours.

This is where problems can set in, because men, simple creatures that they are, get jealous and assume she's looking

around for other partners. Couple this with their own sudden male chastity (which in their minds can be *emotionally* confused at this crucial time as “celibacy” and sexual rejection), and you’ve got a potential problem brewing.

Anyway, there are two things you can do.

First, as a woman, you can be aware of the effect this perfectly natural behaviour is having on your man, and take extra care to *tell* him and *show* him it’s all about *you* and *him* and not all the other men out there.

In other words, reassure him!

Depending on how your relationship has developed over the years, you might be tempted to get angry and accuse him of being controlling, jealous and so on.

Don’t.

It’ll just start an argument, and, in truth, his reactions are understandable because his emotions are running high.

Secondly, as a man, understand this is natural and is *exactly* the same behaviour she displayed when she first met you! If she’s doing this, then it’s a good sign, a sign that male chastity is working to increase the intimacy between you.

One last thing: remember this is an emotionally charged time for *both* of you.

Don’t let your emotions run away with you and, most important, don’t make important decisions when you’re feeling emotional.

They’ll rarely be good ones.

It’s better to tell your partner you’re feeling too emotional

to talk about things right now and set a time to talk when you're feeling more in control of your own feelings.

Who's in Charge?

One of the reasons I perhaps belaboured the point about taking male chastity slowly at the beginning and being sure to discuss it and set the ground rules is at some point your man is going to rebel, or at least express his displeasure.

Or, to put it another way, at some point you're both going to have different ideas about what happens next — whatever circumstance you're in or point you're at.


The question is... what do you do then?

Here are some simple guidelines you can use and adapt to your own circumstances to keep things “real” and on an even keel without being uptight about it.

Why You Should Allow Your Man to Initiate Sex

I strongly urge you *not* to go down the route where the man is not allowed to initiate sex.

In my experience that's just a big mess waiting to blow up in your face.

For me, it's a similar thing to using sex as reward and punishment. One exception might be if you're in a “female-led” relationship where you've both agreed the woman's body is to be worshipped and idolised *only* at her invitation. 

That's great if it works, but it's probably not going to work for men and women who see male chastity as a way to grow

closer and more intimate and nurture their relationship.

Here's why: with male chastity even though sexual activity can perhaps be *initiated* by the man, it's under the *ultimate* control of the woman. This is a radical change in roles for most couples.

Why is this so important and why does it work?

Well there's a big difference now — your man can get as horny as he likes by pressing up against you, massaging you, stroking, kissing and trying to turn you on in any way he can, but he himself is not going to get anywhere in respect of his own orgasm.

In the past, though, he'd have been expecting to — and you'd have felt that sense of obligation and duty.

But no more. You can accept as much or as little of the attention as you like, and then dreamily tell him "enough". And if you've done all your homework and set your ground-rules, then this isn't going to cause any problems.

And if you're really not in the mood?

If you've any sense you won't routinely just shrug him off or give him the cold-shoulder because then you're just back to square one; but you *will* have full control on how far it goes (or doesn't go) with no comeback.

If you're *really* not in the mood, while I wouldn't for a moment suggest you do something you are repulsed by, it wouldn't hurt you to treat him to a bit of tease and denial — and he'll go away happy.

This is important, because you don't want him getting into

the frame of mind where he just stops trying at all because he never gets any response from you.

The icing on the cake: even though he knows intellectually you're not going to let him come, his body won't know it. He'll keep trying and trying and working himself up into a tizzy, and you'll love every second of it (and so will he).

This is Where a Chastity Contract Can Be Useful

As with pretty much everything else we talk about connected with male chastity, people's opinions on chastity contracts are divided and even polarised.

John and I have one, although that was more for John than for me and, frankly, the way things have gone it's now become pretty much moot because John has given me full control, meaning it can be boiled down to just two words: "*Sarah Decides*".⁵⁶

But that aside, is a male chastity contract necessary?

And... as always it depends on the individuals in a given relationship and what they want and expect from it.

If we put their utility to side for one moment, I can see the attraction of one, especially for a man, because it formalises the surrender of his orgasm and in that sense adds another layer of fantasy to the game.

You can laugh (and probably will if the idea of a contract doesn't resonate with you), but it's almost like having a "law" which your wife or girlfriend can "enforce".

56 I've included a copy of the male chastity contract John and I signed in the Appendices.

Don't underestimate the power of a male chastity contract to thrill and titillate your man.

But they have real utility, too, especially in the early days of the game when perhaps the woman (in particular) is unsure of herself — she has an (almost) objective and mutually agreed set of rules she can use to guide her own responses and actions, which can be helpful particularly when she's having some hard-to-cope-with emotional reactions to her man's seeming discomfort, distress and sexual needs.

However, I've found that after a while it perhaps becomes unnecessary and even restrictive, and as your horizons expand you'll often find yourself either having to break or modify the contract (unless you write it so it allows wide discretionary powers in the first place).

Again, there's nothing wrong with this and for some people it's going to work fabulously and even add to their pleasure.

But many people think in the long-term chastity contracts are too restrictive and limit the woman's choices — and if she's got control, why is she limited by contract?

And, I agree. Hence my comments about how ours has largely been forgotten and can be boiled down to those two marvellous words I mentioned.

Ultimately it just depends on what you want and what you feel about it. If you want a male chastity contract, have one. If you're worried about what to put in it and looking for the "right way" to do it, then you're already falling into the trap set for you by the Chastity Taliban.

It's *your* contract and governs how you and your partner will

interact with each other, so you write it any way you like.

I do know some people like it to read as if it was written by a lawyer, full of words like *heretofore*, *hereinafter* and *first party of the second part*, and while I think that's a bit silly (I think it's silly in real contracts, too, because there's no reason not to write legal documents in plain English), it's entirely up to you.

When Should You Write Your Chastity Contract?

This is going to depend largely on how male chastity is going for you.

As a rule of thumb, as soon it's plain it's working and you're both happy to move forward with the woman having substantial control of your man's orgasms, then it's time to write some ground rules to the game.

IMPORTANT: I cannot possibly over emphasise how vital it is for you to have ground rules whether you have a contract or not.

Both of you absolutely must know exactly what the boundaries are and the only way you'll ever work out what these are is by having those adult conversations I mentioned before.

It is *not* good enough just to say "*You have full control*" unless you make it plain *exactly* what that means.

For example, would it be acceptable for your wife to decide on permanent orgasm denial?

If not, then saying "*you have full control*" is misrepresenting your position.

And if you're going to have a contract, then that's most likely

where you'll want to write the rules.

In essence: the sooner you set the ground rules and write your contract if you're going to have one, the better; but only when you're both happy and comfortable doing so (and remember contracts can have "sunset clauses", so you don't have to sign up to anything in perpetuity).

What I do caution you against (men and women but especially the men) is just writing a contract and plonking it down in front of your partner, thinking this is going to count as a "gentle introduction" to your desire for playing this kinky game.

I promise you, it almost certainly isn't going to get you the response you want.

For one thing, your male chastity contract will most likely be viewed as a list of demands, and, if this is the first thing they've ever heard about male chastity and your desire for it, they're going to seem like pretty damned strange ones at that.

So discuss terms, chew over the ground rules and give her (or him) time to think things over.

Oh, what a surprise... we're talking about the need for lots of open, honest and clear communication again.

How boring!

Why You Shouldn't Make Decisions When You're Feeling Emotional

Male chastity is unavoidably an emotional minefield, at least for most people. And not just for the men either.

And this is why I yammer on (and on, and on...) at people

who seem determined to jump headlong into things.

Underpinning it all is my impossible-to-over-emphasise advice not to make important decisions when you're feeling emotional; I'll go further and say the more emotional you're feeling, and the more convincing your feelings are that what you're doing is *Right, Just* and a *Good Idea*, the less sensible it is just to go ahead and do it without first calming down and looking at it dispassionately.

To keep it simple, your emotions are nature's way of helping your brain make survival-relevant decisions without you having to spend time thinking about it. We've evolved this way and the part of the brain responsible for your emotions is the limbic system, something we share with all the mammals.

So what? What does this have to do with male chastity?

Well, no matter what situation you're in, your emotions are not necessarily an accurate analysis of what's going on around you — they merely indicate the *perceived* situation.

And, taking, say, *fear* as an example getting it wrong can actually be pro-survival.

Because going back to the environment we evolved in, if Ug the Caveman got frightened because he "felt" he was in danger and left the scene, and that suspicious shape in the trees was a tiger, he'd just saved his own life. He then had the chance to pass on the genes for seeing tigers in the trees to his offspring.

And if he got it wrong, and there was no tiger?

It doesn't matter: he still survived and perhaps got to pass on his genes to his offspring.

But if he gets it wrong the other way? He stands a much better chance of becoming tiger-food rather than Daddy.

This is a simplistic way of looking at it, but it serves to show why we've evolved with an in-built bias for pattern recognition (Jesus in a piece of burnt toast, anyone?), and why our emotions are both powerful and an unreliable guide to what's really going on.

And it has everything to do with every decision we ever make, because we use the same systems and processes for making decisions in the modern world that we used way back then.

The bottom line is if you're feeling emotional it's a sign you're not being logical.

It doesn't mean what you're thinking of doing is *necessarily* the *wrong* action but it is a sign that the decision you're getting the urge to make is heavily biased in some direction by factors *other than* sense, sanity and rational thought.

So if you *do* make the right decision, then it's more by luck than judgement.

Let me give you a concrete example, and one directly relevant to male chastity.

Virtually everyone will agree the fantasy of being tied to a chair while another man fucks your wife is hot. Even women (like me) who would never actually cuckold their husbands find this a hot fantasy, even just sitting there talking about it over afternoon tea.

Now, take that same fantasy and whisper it into your loved one's ear next time you're making love and you're refusing (or

being refused) an orgasm. Then extend it to ridiculous bounds and fantasise about having a different man every night and never ever allowing him to orgasm ever again.

I guarantee, with vanishingly rare exception, this absurd, unlikely and wholly impractical whispered fantasy of permanent male chastity *sans* orgasms in perpetuity will send you both into the sexual stratosphere.

Right at that moment, you'd both agree to almost *anything*.

But an hour later, when you've both perhaps orgasmed and you're cuddled up in that delicious post-coital glow?

Forget it. You'll realise how dumb and impractical an idea it really is — that is, until it starts getting you horny and emotional again.

Yes, I'm using an extreme example, but not that extreme — because emotions are powerful things and human sexuality brings out some of the most powerful emotions we have.

And kinky human sexuality sends them right off the scale.

Kinky human sexuality while we're actually in the process of having sex...?

Well, we're simply not sane at that point.

So this is why I suggest you don't make important decisions — and I mean *any* important decisions, not just ones about male chastity — when you're feeling emotional.

Now, a valid point people have brought up about this.

I often suggest you make important decisions about kinky stuff when you're all cuddled up after making love and you've both calmed down.

Aren't you feeling emotional then, they ask?

Why, yes, of course you are.

But as with the case of the imagined-tiger, getting it wrong this time is going to be less dangerous than getting it wrong the other way. Your decisions will likely be biased in favour of each other and your relationship, is one way to put it.

Neuroscience has shown us recently we can't make decisions other than emotionally.

However, I think it pays us to keep our emotions out of the equation insofar as we *can* and to keep the emotions that are necessarily involved working for us rather than against us.

I know it might seem a bit silly and even square to sit there talking sensibly about male chastity, which is, after all, a rather amusing kink, but in my experience it's going to pay you back many times over in the long run.

Handing-Over the Keys


One day, probably sooner than you expected, the day will creep up on you both when it becomes obvious there's one thing missing, one final step to take before you can finally say to yourselves, hand on heart, you've embraced the male chastity lifestyle.

I am of course talking about handing over the keys.

Now, not every couple gets to this point.

Not only does it take time and effort to get a device or belt where your man feels comfortable enough in it to hand the keys over (it's taken John and me a couple of years!), but also

some couples rely on the Honour system; and yet others have other pressures in their lives that make handing the keys over difficult.

But for those who do eventually get here and then choose to take the next step, it is indeed a very symbolic and quite poignant moment — for me and John It was especially delicious because we'd waited so long to do it. 

How you choose to hand over the keys is entirely up to you. Some couples make something of a celebration of it and go in for displays of submission, kneeling and all sorts of fun and games.

And, why not?

John bought me a chain for his keys so I could wear one around my neck as a permanent reminder for us both and gave them to me in a pretty little carved wooden box as we snuggled up on the sofa with a glass of wine. We were going away the next day for a break, our reward after a hectic fortnight dealing with urgent client-work they all wanted doing “yesterday”.

You might think this wasn't a grand enough ceremony, but it suited us.

It is a wonderful moment and I do encourage you to make the most of it — or at least, make as much of it as you want to.

Just getting to this point is an achievement — to think, probably not long ago you were sitting there biting your nails terrified your partner was going to freak out and think you were some kind of pervert — and now here you are... locked!

Yet also remember this is just another step.

Handing over your keys to chastity, like getting married,

getting a degree or passing a driving test, is only the beginning.

The hardest part is yet to come — and it's that realisation, I think, that makes it such a nerve-wracking moment for so many men.

Up until now they've been able to orgasm whenever they liked, even if they weren't supposed to. But now... cheating just got a whole lot harder and easily detected.

Now you know why I titled this Guide "*Be Careful What You Wish For*"!

How Often Should You Allow Your Man to Orgasm?

This is always a very personal decision... but make no mistake, it *must* be yours to make, or it must be within the context of an agreed framework of rules.

After all, if you allow your husband or lover to make the decision for himself arbitrarily, then he's not in chastity at all — you're merely playing some kind of chastity "game"; and while that's perfectly OK because you're in a consensual relationship between two adults, it's simply not serious male chastity, and not the subject of this Guide⁵⁷.

So: how long *should* you make him wait?

Before we answer this, let's first look at what happens when your man is allowed unrestricted orgasms — that is, he can orgasm any time he wants to, and every time you make love.

57 I realise male chastity is just one *big* game, but I'm really talking about playing it seriously or not playing it seriously. By investing in this Guide you are, I presume, wishing to play the game very seriously indeed.

The inevitable result is as we've seen... the reason you're reading this Guide now.

You become comfortable together. The desire to make love is no longer the hot, passionate unstoppable force it once was. Your love-making becomes predictable and perhaps a little boring.

From a man's perspective, it becomes a lot *easier*, and almost as pleasurable to masturbate. It's not that he doesn't love you, or he doesn't care... he's just lazy. In terms of cost benefit, wanking wins.

But he's no more lazy than *you* are... because you also feel that making love is a lot of effort. And if you've been together for a while and perhaps had kids, so he's been knocked back more times than he can remember... it's hardly a surprise he's on such good terms with his hand.

Don't take it personally — he doesn't mean anything by it.

The difference is... you have to remember, in the main making love and orgasm are both very different for men from how they are for us women.

When a man has his orgasm, the chemicals flooding his bloodstream tend to make him tired and simply uninterested in sex... or indeed in anything much other than sleeping.

When you're with someone new, this period of turn-off is shorter.

It's just how we've evolved. Each of us is programmed in a way to ensure maximum distribution and procreation of our DNA: for men, that means impregnating as many women as possible; for women it's more complex because during pregnancy and then

after she's more vulnerable to threats.

The upshot of all this is when your man has had an orgasm... he's no longer got the same urge to please you... not until he's feeling horny again, at any rate.

None of this is a value-judgement against men at all. On the contrary, if more women understood what makes men tick when it comes to sex and orgasm, I think they'd get on a lot better.

In my experience and the experience of women I've spoken to about this, it takes around seven to 10 days of being denied before most men really start to show signs of being desperate to orgasm to the point where their *entire* behaviour starts to change.

I'm not talking just about them being hornier when they're around you — I mean their *entire* behaviour towards you, where they'll start to follow you around, go out of their way to touch you, and become more attentive and affectionate.

Part of the reason this doesn't happen in "real life" is he's masturbating so his desire rarely builds to the point when he simply can't resist you.

So, with all that in mind, let's talk about how often you can let him orgasm without it reducing his desire for you.

The first thing to realise is when you allow him to orgasm, you're setting yourself up for this seven to 10 day break in his attentions.

It might get shorter by a few days as time goes by, but it's not a bad rule of thumb to say for every orgasm you allow him you're also giving up a week of his undivided attention and devotion. Of course, your man might be different: it might be five days, or

three days, or 14 days.

My point is, no matter what period this is for *your man*, every time you allow him to orgasm, you're giving him a holiday.

Now, some women think this is unfair and go out of their way to make it difficult for him. Women who are rather more dominant and perhaps keep their men as true slaves or sissies often inflict extra punishments during this time.

I personally don't do this, chiefly because I'm not especially dominant. I see it as being a necessary price to pay for the times he *is* attentive and devoted (and let's face it... I get far more than my fair share of orgasms out of it on the whole).

However, it does have a huge effect on how often I allow him to orgasm.

Let's see why this is.

Some women, and many men, think allowing an orgasm a week is denial enough.

But think again about what we just said: if it takes him seven to 10 days to get to the point where he's consumed by his desire for you, then you're effectively putting a damper on it right at the time it's starting to burn.

Yes, you'll see some improvement over the natural behaviour when he can orgasm any time he pleases, but you're really putting in a lot of effort and allowing him release just when it's going to start getting interesting.

So, now imagine you allow him release once a month. That's 12 times a year... which means he's getting 12 weeks' "holiday" from his "devotions". Moreover, it means you're losing 25% of

your time to his indolence and recovery.

Considering what you are doing for him, this is, to me, unacceptable.

With John, I have in the past allowed him three or four orgasms a year.

That's all — one every three or four months.

This was never a hard and fast rule, and occasionally I'd surprise him with an unexpected one... rarely enough so he didn't get complacent, and often enough there's always hope. I find it really helped to fuel his desire.

And I do change things around from time to time.

When I started the Blog and writing this Guide he was on this three to four month schedule. Now he's in the Tollyboy, it'll be Christmas at the earliest. I then may extend it to May 9th 2011, so it will have been a full year.

And then? I might take it beyond the year, just because I can. Maybe the Solstice? Who knows? I haven't made my mind up yet.

I've talked about this with him to see how he feels about it and while it's my decision and I'll do what I want regardless⁵⁸, I'm pleased to say he finds the thought both extremely erotic and heart-stoppingly scary at the same time.

Being strict isn't always easy, though. So let's look at how you can take the pressure of decision from your lady and have some fun at the same time.

58 Although if it caused genuine problems or distress, then clearly his wellbeing and happiness comes first.

Male Chastity Games — an Alternative to a Strong Will?

We've seen how a male chastity contract can work to let the women "off the hook" for making the decision of letting her man come or not.

And male chastity games can work to the same end.

It may disappoint you to discover I don't play them any more myself, but I used to in the beginning, although for reasons I'll explain below, I stopped.

However, I *do* think they have their place, and for John and me they served a very important purpose, albeit one I felt we grew out of.

Let me explain first why I think they're probably very useful for any one beginning the life style; and then I'll talk about why we stopped.

Just so we all know what I mean when I talk about male chastity games, I'm talking about games of skill or chance where the reward for winning for the man is an immediate orgasm or one at some predetermined time in the future.

This is a very general definition and just bear in mind if you have a different definition, then more power to you.

So you might say something like:

"If the die falls on an odd number you get to come tonight, if you don't then we'll try again next week"; or "the number you roll with the die is the number of months you're going to wait for your next orgasm".

Things like that. Make your own rules up, of course — it's your game.

And there's no doubt male chastity games can be a hell of a lot of fun.

They're exciting to play (the look on your hubby's face when he loses is *priceless*), and can take the pressure off women who are new to the lifestyle and still have some trouble being strong enough to say "no" when their man is begging and pleading for release (remember, he *wants* release, but he *craves* denial).

Don't under estimate the benefit of relieving this pressure or responsibility, either.

For a woman to "enforce" denial on her man can be hard in the beginning because it flies in the face of everything we've learned over the years. Hitherto, a woman who did this would be lambasted as a "prick tease" and often verbally or even physically bullied by her man, being told it's "dangerous" for him not to orgasm once she's got him going.

Male chastity games can help us break out of that mindset — the responsibility, if you like, of allowing or denying the release is distanced from her and can be "blamed" on random chance.

The irony is, as things progress, the very thing making these games so attractive become the very reason for stopping them — at least, this is what happened with me and with other women I've corresponded with about this.

For me, the pleasure of male chastity is not just the pleasure of John's increased attention and the added intimacy but also the pleasure of *me* pleasing John.

And as with most men (or so it seems) the deepest pleasure

comes from the perceived lack of control.

And while it's true he *wants* release but *craves* denial, the meta-pleasure, if we may use the phrase, behind this is often that he not only wants no choice, but he actually wants that choice to be made by *you*.

And playing male chastity games means you, his keyholder, actually relinquish your power and put the decision in the hands of random chance.

So we found after a while the games were less enjoyable because they interfered with the power exchange — put another way, if the die says he can orgasm in two weeks' time, then perhaps there's no incentive to do anything but wait for that to come around. If you're dishing out orgasms as some kind of reward, then male chastity games might be somewhat counterproductive.

We personally prefer it when I have full control.

Typically it's three months between orgasms for John, and that's my decision.

But now he's waiting until Christmas at the earliest — and that's my decision, too.

And, it may be I'll extend Christmas until May 9th or even the Summer solstice 2011, which will make it over 13 months.

Or longer.

Even permanently.

Guess what?

Yup, that's my decision.

Experience shows our being constrained by the roll of a die or whatever else would diminish that pleasure for both of us.

Of course this is just what works for us.

Bottom line: if male chastity games work for you both short term and long term, then that's all fine and dandy — remember, the only rule is there are no rules save the ones you make for yourselves.

A Final Tip About Orgasms

Something I've found very useful in keeping him in denial long-term is giving him time off at the end of the period of denial, not just one orgasm before locking him up again.

What I'll generally do is let him out for a whole weekend, and allow him to do more or less as he wants.

This works incredibly well for us because his first orgasm after a long period of denial typically doesn't take very long unless I take pains to draw it out — which I always do because it really is quite something to see.

Imagine... he's not had an orgasm for four months and I slowly take him to the edge and keep him there for an hour or so before I allow him that exquisite release... it's like a bomb going off!

After this, he's still horny but we can then at least make love properly without him losing control and orgasming in five seconds flat!

If I was simply to allow him just the one orgasm before locking him up, I'd have to balance his pleasure against mine. I

want my cake *and* to eat it, too. Also, sometimes it's just nice to fuck like rabbits...

And I find after one of these "honeymoon weekends", I'm sore and exhausted and ready for a rest. It's bit like having three or four honeymoons every year.

You might think this is overly generous, and many women have said this to me, but there's a good reason for doing it and no real reason not to.

Primarily in its favour is it's a fantastic weekend for us both to look forward to. From John's perspective, it's something to keep in mind when he's feeling horny and he realises he's still got several months to go.

Those weekends... they're a real treat for *both* of us.

And the best bit is, it doesn't extend the length of his "holiday" afterwards, which is the main worry I get from women when I suggest this to them.

I've found, and so have the women who've tried it, the "damage" to his ardour is done with the first orgasm.

It makes no difference whether I allow him one orgasm and then lock him up again, or allow him a weekend of freedom: in both cases it takes about seven to 10 days before he starts to get his raging desire back.

So by allowing him only the one orgasm, I'm not only failing to cut his readjustment period, but I'm also missing out on a lot of pleasure myself.

And why would I want to do that?

Is Prostate Milking Necessary (And Three Ways to Do It if You Want To)

One of the presuppositions underpinning the practice of prostate milking is long-term orgasm denial can be harmful to a man because it causes problems with his prostate gland, including an increased risk of cancer.

This presupposition may or may not be correct, even though like so much else on the Forums and Blogs it's accepted as Gospel Truth — Everyone Knows you “have” to milk the prostate “at least once a month” and this is the accepted Truth even though there's: **a)** no compelling evidence to suggest milking is necessary for good prostate health; or **b)** that once a month is the ideal frequency.

But perhaps it's best to err on the side of safety, and since male chastity milking itself can be as pleasurable or humiliating as you want it to be for both of you, then regardless of the health issues you might want to do it anyway.

As always there is more than one way to skin this particular cat, so let's start simple and work our way up.

First is the easiest and most common way:

Simply Let Your Man Have an Orgasm Once a Month⁵⁹

Some couples might think this is an insufficiently-long period of orgasm denial, and you might be right.

But even if milking is necessary for prostate health, then

59 We may as well use this arbitrary yardstick for the frequency as any other.

it's unlikely once, say, every six weeks is going to represent a significantly higher risk than once every four weeks does. So you could extend it by a fairly arbitrary amount. What's the "safety margin"? I don't know. Nor does anyone else.

And if you're really unhappy with the thought of allowing or being allowed an orgasm this frequently, then there's nothing to stop your partner from making sure it's a ruined orgasm⁶⁰.

You'll get all the health benefits of male chastity milking, if there are any, and add to the frustration at the same time (but if you've never been for a month without an orgasm while "enjoying" tease and denial at the hands of your wife or girlfriend, then you probably don't understand how long that month feels).

The next way to do it, and the way I typically do it with John, is...

External Milking.

I do this by gently stroking John's perineum, the soft skin between the pubic symphysis and the anus, usually while he's pleasing me with his tongue, although occasionally I'll have him bend over a table or a chair with his legs apart⁶¹.

The first time I did this it was by accident rather than design, and John was actually locked in his CB3000 at the time; now when

60 You take him to that point of no-return and then stop all stimulation of his penis and genitals. He gets *some* pleasure of orgasm but as any man who has experienced one will tell you, they're infuriatingly and frustratingly unsatisfying.

61 I don't do it this way often, because I personally prefer to see milking as a shared pleasure rather than just a functional exercise.

I do it, I do it deliberately and usually do it with him unlocked, although I have also done it recently while he was safely locked in his Tollyboy.

It took longer, but it was well worth it. The only downside was it was incredibly messy and he had to have a shower afterwards (our power-shower means the belt never has to come off for cleaning).

John's description of external milking is:

"It's like peeing only I know it's not... I can feel my prostate emptying like I can with an orgasm, but it comes out in a flow rather than in pulses. It's very nice but it's not the same as an orgasm and there's an exquisitely torturous frustration because there's a definite 'something' missing".

A third way of male chastity milking is...

Internal Milking

This is where you massage the prostate from inside the anus, either with your finger or something like the Aneros, a purpose-made device for massaging the prostate.

I know precious little of the detailed technique of internal prostate milking and I'm not one to steal others' content.

There's more information than you'd ever want or need here:

www.prostate-massage-and-health.com

Some General Comments About Milking

Some women, especially more than a few of those whacky Dommies, believe their men shouldn't be allowed to enjoy any pleasure whatsoever, and go to great lengths to remove all sensation from milking by applying ice to the testicles and penis⁶².

Whatever floats your boat, I suppose.

Just bear in mind this probably isn't going to work for external milking because you're not milking the prostate quite so mechanically as you are with internal milking.

Another advantage you might find with internal milking is it's supposed to be quite humiliating for the man.

Again, whatever floats your boat. Invite the family, put videos on YouTube, phone your friends. It's all one to me.

Just remember it's not "necessary" to humiliate him and only the Chastity Taliban will tell you it is.

To anticipate the question of why I indulge in male chastity milking even though I'm not convinced there are any health benefits, there are two reasons.

First, it doesn't do any harm and it might do some good.

And secondly, it's fun.

It's another string of pleasure to my kinky bow.

And not only is it pleasurable for both of us, but there's the added benefit of it actually being more frustrating for John in the long run, as many a milked man will tell you.

62 And "forcing" your man to drink it afterwards is entirely optional.

Permanent Chastity and Orgasm Denial

This has to be one of the biggest questions that ever comes up and is the subject of many a thread and discussion in the online Forums: permanent chastity.

I want to be clear here: there is a difference between being “locked all the time except when allowed to orgasm” and “never, ever allowed to orgasm”.

The former is permanent *chastity* and the latter is permanent *orgasm denial*.

So given that, John is *already in* permanent chastity.

I suppose we might stop playing the game at some point in our lives, but if we do, I imagine it’s going to be many, many years hence.

And permanent male *chastity* isn’t that much of a big deal.

But permanent *orgasm denial* is a whole ‘nuther thing.

The Fantasy of Permanent Male Orgasm Denial

Most of the men who enjoy male chastity say this is their ultimate fantasy.

It leaves them breathless and shaking just thinking about it; many even say they see it as something to aim for.

Women tend to be a little more clear-headed and rational about this, not least because many, like me, enjoy it when their man does orgasm.

After all, once you’ve denied their orgasm for more than

a month or two, the level of frustration doesn't get any worse (it generally doesn't get any better, either, amusingly enough), meaning you're not likely to get increasing levels of attention, intimacy, devotion and service out of them.

Even so, I cannot deny there is *something* indefinably hot about the thought of not allowing a man to orgasm *ever*.

I freely admit the idea excites me immensely, and so I have it at the back of my mind to work towards denying his orgasm permanently, or at least indefinitely (meaning I will probably allow him to orgasm, but maybe once every year or two, or maybe even more rarely than that — the point is there will be no pattern or expectation of his orgasming again, ever).

But...

Now... the Reality

I think, on the whole, permanent chastity is desirable, fun, maybe inevitable and perhaps even perceived as *necessary* in some relationships... but permanent orgasm denial poses some very real problems, obstacles and limitations.

Let me just say at the outset, I know there are couples out there who say they practice permanent orgasm denial, so I'm not talking in absolutes here. No matter what behaviour or lifestyle you can imagine, in a planet with 6 ½ billion people on it, someone is going to be living it.

For most couples, though, I suspect permanent male orgasm denial would be almost impossible to ensure and severely limiting in what you can actually do to amuse yourself even as

the keyholder.

If a man in permanent male chastity and desperate to orgasm applies a powerful vibrator to himself, even through a belt, the chances are he'll orgasm. In fact many devices and belts allow enough stimulation to cause orgasm if you put the work in (and if you're kept in permanent orgasm denial, then you certainly have the motivation).

And, of course, there are non-genital orgasms (similar to the external milking I do with John).

Plus, and this is true for me, and I know a lot of women agree, I *like* making my man orgasm.

And why not?

Assuming you're not in a female-led relationship and you see yourself as a partnership of equals rather than one controlling the other, there's every reason we would want to give the man we love the gift of orgasm.

For me, having thought about it lots and bounced thoughts and ideas backwards and forwards, I think permanent male chastity is generally a better and more rational approach than permanent orgasm denial — meaning, you'll control your man's orgasms but there will be no explicit prohibition on your letting him orgasm again... but, equally there's no guarantee you ever will, either.

He simply won't know when, where, how or even if it's ever going to happen.

Which actually makes it all the more delicious.

Think about it: if your man knows he can *never* orgasm again,

as is the case with permanent male orgasm denial, there's no reason for him to bother, and every reason for him, eventually, to think of ways to cheat, escape or otherwise get what he wants.

After all, he has nothing to lose by trying and everything to gain.

But with permanent male chastity... for all he knows his next orgasm is just around the corner.

If he cheats now, then he'll be cheating himself. If he's caught, then who knows what the reaction will be from his loved one?

And, take it from me, man's reaction to an orgasm after a long denial is truly astonishing... and because I love John, giving him pleasure is pleasure for me, too (that's why I don't mind losing out by giving him that weekend's holiday, so long as it's not *too* often).

So you'd have to accept if you keep your man in permanent orgasm denial you'd be giving up that pleasure.

I mean... *never* having an orgasm again, no matter how horny you get?

It's probably a thrill thinking about it and that gets him horny... but if the reality was he'd *never ever* get to relieve that horniness?

I think you're limiting the fun for both of you completely unnecessarily.

Why John Might Not Enter Me Again

Finally, there's something of a twist on this topic which has come up very recently in my own life with John — forbidding

penetration.

As you know John has only relatively recently been locked in his Tollyboy, more or less 24/7. Before that, because the devices we had were by and large unsatisfactory, John was on his Honour.

Somewhat unexpectedly I've found a definite *something* in having John locked so securely in his belt, and it's taken my teasing of him to delicious new heights (see [Appendix B](#)).

What I've discovered is a delightful pleasure for us both in the idea of not allowing him inside me, or certainly limiting it severely.

Not only is he not having an orgasm before Christmas 2010, but I am 90% certain I am not even going to allow him to enter me (or I may just allow him to slide in and out once, for a count of 10 once a week just so he knows what he's missing).

A natural development of the thinking on this subject was the possibility of never allowing him to enter me again.

He would still get to orgasm by other means, but just not by that one.

It would have its drawbacks, of course, not least that I'd miss him coming inside me, but it's an exciting thought.

I can't put my finger on why it's so exciting and hot. John and I have talked it through and he finds it as exciting as I do, especially the thought of the "in and out slowly to a count of 10".

What it would mean, in effect, is John would not orgasm inside me again, although on the rare occasions he *is* allowed

to come it will be close, perhaps just by being teased by my wet pussy lips. How maddening... so close, yet so far.

From John's point of view seeing me, feeling me, kissing and licking me, and even pleasuring me with toys... and of course the promise of the "in and out"... gives him the most exquisite kind of denial he can imagine, far more potent than even permanent orgasm denial.

And of course, my new Rabbit plus the new strap-on we're looking at getting would mean I wouldn't miss out on having something... substantial... inside me.

A possible variation of this is for me to allow him inside me... but not to move. I know from experience this is incredibly intense for both of us — we get 99% of the usual pleasure but there's no possibility of him coming at all. The level of control I have is unbelievable.

So, this is still up in the air for the moment. I think I will deny him penetration until Christmas, and then, if it's working for a full year.

If that works for us... then... I think you can just imagine it for yourself, can't you?

If you're subscribed to the newsletter and read the Blog, I'm sure you'll hear more about this in the near future.

Male Chastity in the Real World

As you've perhaps already worked out from what you've read so far, the reality of male chastity is far different from both

the fantasy *and* from what you've been led to believe from other resources you might have seen.

At the risk of repeating myself too often, I'll say again much — probably most — of what you read on Forums, Blogs and elsewhere on the Internet is nonsense bordering on complete and utter delusion.

So, for the sake of your own sanity and disappointment, don't expect him to put the belt or device on, hand you the keys and his penis not see the light of day for the next six months.

He will probably harbour this as his secret fantasy and you might think it's hot, too. And, I can assure you, you'll read plenty of "real life" accounts where this has happened.

However, *they're not true.*

Because as we've seen already, not only are there some very good physiological reasons for that being quite insane, but like any new lifestyle or habit, male chastity is simply something you're going to have to get used to.

In this Section, I cover some of the main problems you're going to face as you get into it and give you some tips on how to handle them without ruining all the fun.

Prepare Yourselves for Reality

Probably the first thing to get your head around is male chastity, whether you're just going in for the play or you're going the whole hog and embracing the male chastity lifestyle in a big way and planning on 24/7 belt-wear and months-long periods of orgasm denial, is... just a game.

It's not "real life" in the sense you can opt-out and change your mind at any time.

I'll return to this topic below, but I just wanted you to have the thought in your head as you read the rest.

The reality of male chastity is... most of your life is going to be much the same as it is now.

I know the Forums and Blogs make all manner of wild claims, and if they were to be believed, you're going to be hopping in and out of bed fucking like sex-mad crazy people for the rest of your life.

And while it's true your sex-life is going to improve both in quality and quantity, it's still going to be a relatively small part of your lives.

It's Not Going to Be Non-stop Sex and Kinky Fun

Probably the best way I can prepare you for it is to get you to think back and remember how it was when you first started your relationship with your partner.

If you were like most couples when they first get together your sex-life was rumbustious, frequent and a lot more fun than it is now.

You probably dropped into bed or onto the sofa (and other places) at odd times of the day and experimented in all manner of locations, positions and Lord knows what else.

In short, you couldn't get enough of each other.

But even while that was going on, even if your thoughts

constantly returned to this wonderful new person in your life and you sat there dreamily smiling to yourself in a world of whimsy, the vast majority of your life and routine remained unchanged.

If you worked or were in college, your job or classes were still there; you had things you simply had to do like shopping, gardening, family commitments, etc.; and you probably still got headaches, period-pains and sneezes and snuffles just as before.

Newsflash: that's still going to happen.

An example from my own life: John is my second husband. When we first met⁶³, it was wonderful and he swept me off my feet.

But I still had my job and my kids, and he had his and was working to get his business off the ground. That all carried on and while we loved seeing each other, realistically it was just a few hours each week.

Then when we starting living together, and ultimately got married, we were *both* now working on and in the business and had all the existential humdrum still going on. And none of that changed when we started exploring and then embraced the male chastity lifestyle!

The business still needed (and needs) attention, the tax man has to be paid, the VAT man assuaged, kids to school, dogs to the vet, yadda yadda yadda... all that just keeps on trucking.

Your embracing the male chastity lifestyle isn't going to put the rest of your life on hold and expand your sex-life so it

63 Using Internet dating, as it happens... I thoroughly recommend it.

swallows up your entire waking existence.

I'm afraid that happens only in Hollywood and in Internet chastity-Forums.

Now, it's important you realise all this and don't go into the male chastity lifestyle with unrealistic expectations — and this applies to both of you.

Men: Prepare for Boredom and Frustration

If you're a man, you need to understand you're going to spend a lot of your time, the vast majority of it, in fact, living your life just as you do now... only you might be locked in a chastity belt and most likely unable to orgasm without your keyholder removing it or cutting it off yourself.

You're going to be horny and thinking of sex just as often as you are now (probably more so), but you won't be able to do much about it without cutting your device off, escaping from it or badgering your partner like a horny teenager until she gives in and takes pity on you.

What's more, right now the fantasy of male chastity undoubtedly gets you as horny as a rampant weasel and it's a great fantasy to masturbate to; the difference between reality and the fantasy is... your wank-fantasy always ends with your orgasm; in the reality, it won't.

Ultimately you're going spend a lot of time feeling horny, but otherwise getting through your days exactly the same as you do now.

John, as well as other men I've spoken to about this, find it's one of the attractions because they feel they're constantly half-way to orgasm.

You might like it, you might not.

The point is, while you're playing the game that's how it will be regardless of your feelings about it⁶⁴.

Also be aware that while your wife or girlfriend is probably going to be more sexually receptive to you and be so more often, she's still going to be the same woman she was before (just as you'll be the same man).

She's still going to get grouchy at the same time of the month, and you're just going to have to lump it, because there will be no nipping downstairs for a crafty wank to Internet porn while she's soaking her aching body in the bath.

Rather, she's likely to insist on a back, belly and foot rub if she has any sense.

Girls: Don't Expect Miracles

It's not realistic, reasonable or fair to suddenly expect your man to become all give and no take.

Unless you've opted for the "male enslavement" scenario, which is related to male chastity and completely outside the scope of this Guide other than to note it exists, your embracing the male chastity lifestyle is about improving things for *both* of you.

If he's been working hard all day it's not reasonable for you

64 Within reason, of course, as I expand upon later.

to expect him to come home and do all the chores plus cook the meal every day with no letup, whether you've been working as well or not.

How you sort these things out in your "normal" life is entirely up to you, but my point is even though your man is likely to become more attentive, dutiful and considerate towards you in general, he's unlikely to become a doting puppydog following you around all the time asking you if you're comfy and would you like another cup of tea (and I, for one, would find that really irritating, in any event).

In just the same way as he's going to be disappointed if he thinks male chastity is suddenly going to turn you into a permanently wet, sex-crazed nympho fuck-vixen, you're going to be disappointed if you think he's going to transform into Man Friday at the click of a padlock.

You're not Going to See a Fundamental Change in Your Partner's Character

Male chastity is sometimes touted as a panacea to fix any and all problems in your relationship.

This is another fallacy, as we've already seen.

Similarly, if your partner has what seem to you to be fundamental character flaws male chastity is unlikely to help change these.

I see male chastity as being more like exceptionally tasteful and luxury decor rather than the building's foundation and structure.

People rarely change their behaviour without a good reason,

simply because what they're doing currently is working to give them what they want or think they deserve.

I want you to read that statement again: *people rarely change their behaviour without a good reason, simply because what they're doing currently is working to give them what they want or think they deserve.*

When you see people treating each other badly and getting their own way and wonder why they don't work to change themselves and become nicer people... well, now you know. There's no incentive to change — because they're getting what they want. From that perspective, their behaviour is successful.

Now, you *could* attempt to use the promise of orgasm or the threat of its further denial to get your man to fix his flaws, but I really don't recommend it because it's likely to cause resentment and ultimately cause more troubles than it solves.

I strongly recommend you establish a firm context for your male chastity lifestyle and, if you feel you must have them, confine games, rewards and punishments to it, otherwise you can end up in having fearful arguments you could have easily avoided.

Bumps in the Road

Inevitably, you're going to come up against problems and obstacles. Sometimes they'll be physical, and at others they'll be emotional.

And some might just come down to circumstances and

miscommunication.

Problems themselves are not such a big deal, because they can be fixed; but if you ignore them and simply hope they'll go away, you're just making things harder for both of you in the long run.

A good friend of John's and some-time coaching client has a terrible record of emotional disaster in his personal life. He lurches from one disastrous relationship to another, seemingly seeking out or at least attracting women who match with their asperity and dishonesty his need to flagellate himself with his own lack of self-esteem.

The hallmark of all his relationships is arguments, lies, mutual self-loathing and a long and monotonous succession of one or the other storming-out and leaving issues unresolved.

The issue is dropped, but never picked up and dealt with — so it's left lying there for them to trip over next time things come to a head.

In my experience things are best resolved if you talk them through all the way to the end.

If one of you storms out or looks like he or she going to, then say it's fine — you're both too angry to talk now... and so you'd like to schedule a time to talk about it when you've both calmed down, because it's really important to you.

And *keep* saying this whenever you have to.

Don't allow problems to fester.

They're poison.

What Do You Do when He Complains?

No matter how much your man has asked and perhaps begged you for this, there *are* going to be those times when he's going to feel like he's bitten off more than he can chew and he's going to get grumpy when you say "no".

And I know when this happens it's easy to get sucked into his negative emotions, have a fight and before you know it the "game" is likely to be over and it all feels like one big mistake.

When this happens you're going to have to be a big girl and not let yourself stoop to his level or let him bully you.

Don't Fight!

One alternative is to snap back and have an argument.

That's always a bad idea.

You'll both end up feeling miserable and guilty, and next time you're at the point you're going to deny him... you'll both be aware of what happened *last* time and neither of you will be sure if the other one is feeling mad, pretending or whatever.

Don't go there. It's not worth it and can ruin everything.

If you feel like snapping back and blaming him, bite down on your tongue and go do something else. I know some women in female led relationships take a different view and administer a sound physical punishment and I've no doubt that works for them.

However, in many relationships where male chastity is the norm, the relationship is not female led except in that one,

specific area. In those kinds of relationships that kind of reaction isn't going to work.

Don't Give In!

Another alternative is to give in and let him orgasm.

It seems like the easiest thing to do, I know.

But I can tell you without any hesitation or fear of being proved wrong, this is perhaps even worse than arguing about it.

Why?

Well, first, why should you? At this point any real intimacy has probably evaporated and any pleasure either of you gets is going to be a poor substitute for the real thing. It'll feel like a "sympathy fuck".

Not nice.

Secondly, you can't let yourself be bullied if you want to respect yourself and for other people to respect you — and this extends well beyond the bedroom and your sex life, and even outside your relationship.

It's a general principle to apply in *all* areas of your life. People will treat you exactly how you let them.

If he does it once and you give in, he'll do it again.

And if you're prepared to let him orgasm every time he feels like it, just because he throws his toys out of the pram, then you're really just playing kinky sex games.

Absolutely nothing wrong with that at all, but it's not the male chastity lifestyle he asked for and you now want.

And finally, he really doesn't *want* you to give in.

Yes, right at that moment when he's begging... it's for real.

And he's bound to be frustrated and maybe even a little grumpy when you stop, leaving him right on the brink of orgasm and he knows it's not going to happen tonight... and perhaps not for many more nights ahead.

If you let him orgasm, I guarantee afterwards he'll say he wants you to be stronger, to be stricter with him and not let him have his way.

He'll mean it, too.

This is really what he *needs*.

Remember: he *wants* to come; but he *craves* denial.

An Easy Way to Get Back on Track

I suggest you take a more rational and less emotional response to his grumpiness.

Show a little compassion, and realise he probably can't *help* feeling grumpy at that moment in just the same way as we girls can't help feeling grumpy at certain times in our cycles, and getting all weepy over stupid films.

So when he gets grumpy... simply leave him to it.

Leave the room if you can and engage yourself elsewhere. Don't storm out, but give him a kiss and tell him you'll be back in a minute, and go and put the kettle on or get him a glass of wine or something.

If you're in bed cuddle up to him perhaps, and talk about something else, or simply remain silent and stroke him.

Or make him laugh.

Empathise with him if you can, but don't take responsibility for his feelings — they're his own feelings and he's the only one who has any control over them.

Anything... except whatever you do, don't remind him it's what he asked for, not *yet*. You can do that later.

It's most likely to be absolutely true, of course, but if you do that you're giving him a "hook" to hang the argument off.

By answering the even unspoken accusation, regardless of *how* you answer it, you're engaging him on *his* terms in an argument *he* wants.

And remember, this is an argument you can *never win* because it's not a logical argument at all — it's an emotional one and at the moment his emotions have a tight grip on him.

The time to remind him whose idea this all was is *later*, when he's in a good mood.

I promise, if you just leave him to get over it in his own way, it'll all be fine and he'll actually thank you for being strong. Most likely, he'll apologise, too. He'll even laugh about it.

When he does, tell him it's OK.

Tell him you understand and you know it's hard for him, which is why you won't argue about it with him.

And *then* and *only then* is it time to remind him, gently and with compassion and understanding, that this is what he asked for... he wanted to live the male chastity lifestyle.

It's so important to be understanding and compassionate here, but *without* being weak.

You can tell him you know how hard it is, how unbearably turned on you know he's feeling... and, if it's appropriate, remind him how it's going to feel when you do allow him release, however far away that might be.

Punishment and Reward: How Being Bitchy Can Spoil It All

Finally, I just want to make a few comments about punishment and reward, chiefly trading orgasms for favours.

One "rule" about relationships in general is if you're trading sex for favours, using it as a currency in the relationship in effect, then it's not a good sign.

It's not always that clear cut because there's always an element of fun in a healthy sexual relationship, but I think it's a good rule of thumb.

I think once a woman starts having sex with her man just to get her own way, things are probably looking pretty grim for both of them (and it usually is the woman who does this).

Often it begins as a seemingly harmless "joke" but it doesn't stay that way for long⁶⁵.

I'm aware it looks very much like this setup in a relationship where male chastity is the lifestyle, so you might think I'm contradicting myself.

65 A couple I knew, now divorced, both accept the ultimate source of their major problems and the final long, slow decline of their relationship came from her promising to give him a blow-job if she could have a dog; she got the dog, but never gave him head — it was something she found repellent even to think about.

But I think that's an incorrect view. I don't think it's correct even when it's a true female-led relationship and the man is genuinely submissive to his "Mistress" and has his sexual activity given to him as a reward, almost.

The reason I say this is those behaviours are consented to upfront. They're part of the deal, if you like.

The difference is clear when you realise a woman who's doing this in a so-called *vanilla* relationship is actually trading her *affection* more than the sex.

And this is something I think best avoided in a male chastity relationship and probably most female-led relationships, too (but, as ever, it's a matter of individual choice and consent).

I would never trade any kind of affection or sex with John.

If I want him to do DIY, for instance (he hates it), there's no question of sex or orgasm coming into it in any way whatsoever. The same is true if I want anything else from him.

My own emotional connection to John when we make love is so strong and deep, I'm unable to disassociate myself from the love and think purely in terms of "sex" (this is one of the many reasons I won't cuckold him — I have to have an emotional connection with someone to have sex with them, and it's an addition to my life which would inevitably end up being a complication).

The reason this is all so important is your man is going to be happier doing things for you just because it makes you happy rather than because he's maybe going to get an orgasm out of it.

Get into the cycle of thinking where he expects a reward,

and before long it's no longer enjoyable: you're watching him to see if he expects sexual favours and release, he's watching you to see if you're properly "grateful" of all his hard work — and you can guess how this usually ends up, can't you?

Yes, you're *both* grumpy now and spoiling for a fight.

The best way to handle this is to assert your control of his orgasms without condition.

You have control. You don't *need* to trade.

If you're in a female-led relationship, then presumably he already does as he's told.

If you're not, then you treat it the same as asking for any favour — he either does it or he doesn't. If your man wants a reward, think of something else other than sex (so you might offer to, say, clean his office or tidy his desk in exchange for him doing something special for you).

The point is to establish the principle that sex and orgasm is under your control and can't be traded.

How Do You Keep a Man in Chastity?

Until now we've talked about the practical aspects of male chastity principally in terms of your relationship and the "rules".

What we need to do now is look at how you can "enforce" the rules.

The Honour System

The easiest form of male chastity is simply the Honour system — he tells you he won't orgasm, and you believe him and leave him to it.

Now, whether or not you choose to use the Honour system in your male chastity lifestyle is a choice for you and you alone.

There are couples who use the Honour system exclusively and don't own a chastity device at all; others are at the complete opposite end of the scale and the man is not only locked in a chastity device 24/7, but on the rare occasions he's unlocked, either for play or for hygienic reasons, his hands are restrained so he cannot even touch his own penis.

Most couples, as you'd expect, fall somewhere in between these two.

In truth, the whole male chastity lifestyle ultimately depends entirely on the man's cooperation and consent, anyway, so to that extent *all* couples are using the Honour system to one degree or another⁶⁶.

Even in those relationships where they are adamant the man is never unlocked without his hands being restrained, there are some fairly common events and situations where it's very difficult to ensure he's wearing a secure device (such as air travel, sports, and medical procedures).

Some women put their man in plastic devices while they travel and at other times when wearing a full belt would be

66 For example, the man is on his honour not to cut the belt off or find the key and use it without permission.

difficult, but our experience of these plastic devices is it's easy for a man to orgasm while wearing one. Many other couples have confirmed this.

In our relationship, John is on his Honour relatively frequently because at the moment the Tollyboy comes off while he cycles.

Does he cheat?

I can't know for sure, obviously, but I don't think he does. And if he does, then ultimately he's the one who's losing out, not me.

What Stops Him Cheating?

Quite simply his desire and enjoyment of living the male chastity lifestyle.

There are times when I suspect if he could cheat, he *would* cheat — specifically those times when I've just taken him to the edge of orgasm, held him there... and then told him "no".

At those times there's a small window of time when I think if he was able to do it without my knowing, he would. So I just make sure he can't, by talking to him and reminding him of the rules.

Obviously, he *could* if he wanted to because he's stronger than I am, but it's part of the rules of the game that he doesn't.

At other times, though, even though the opportunity is there for him to cheat without my knowledge, I suspect, on balance the pleasure of the lifestyle outweighs the momentary pleasure of masturbating.

Why Your Man Might Cheat

As with most subjects, the wider “male chastity community” is divided on the subject of the Honour system, with the Chastity Taliban loudly proclaiming it’s not “proper” male chastity unless you have him locked up “against his will”.

Never mind how the whole concept of “enforced male chastity” is just a fantasy and an unrealistic one at that, the statement of “fact” put forward by these people is simply unproven.

Their claim, which effectively says “*Some men admit they cheat; and the rest lie*” is untestable because the answer is always the same: the man cheats.

And because it’s untestable, it’s not really something to take very seriously because we can never know if it’s true or not⁶⁷.

What’s more, I think their reasoning applies only to the kind of relationships they themselves are looking for — principally the female-led relationships where the man wants to be “enslaved” rather than just have his orgasms under his wife’s or lover’s control.

So, for those women and men, it’s perhaps true: he *needs* to be locked and have that *illusion* of having no control at all over his body.

And in those relationships then perhaps the Honour system is not going to work for either of you, because for your man,

67 And then there’s the thought that perhaps some people think men are a bunch of lying cheats because that’s what they’d do in their situation... food for thought, eh?

cheating becomes part of the game itself, in just the same way as you stopping him does.

Again, there's no right or wrong answer here: if it works for you, it works for you, and that's really all you need to be concerned about.

No matter which flavour of the male chastity lifestyle you decide is right for you there is *always* going to be some level of Honour involved.

It's up to you to decide how much.

Chastity Devices

The next step up from the Honour system is a chastity device.

Frankly, I was staggered at the variety of available devices from simple "chastity pants" for chastity play, to plastic devices meant for medium-term wear, all the way up to hand-crafted made-to-measure stainless steel chastity belts costing anything from \$750 to \$1,500 and probably even more.

And while it's very much a niche business, there seems to be enough business to go round to support dozens of retailers of the lower-end devices and at least six of the high-end made-to-measure workshops⁶⁸.

So, let's look at the various devices in a bit more detail.

68 Frankly, this market is wide open for anyone with marketing savvy to dominate it. I wish only John or I had the expertise to make these devices because we'd make a killing.

Chastity Tubes and Cages

Chastity tubes, while they come in hundreds of different designs are really all variations on a theme: there's a tube into which your penis fits, and it's held more-or-less secure by means of a ring going around your testicles. These are sometimes called "trapped ball" devices.

Depending on the device, the two are locked together somehow to make it secure.

At the lower end there are the plastic CB2000, CB3000 and more recently the CB6000. There are others, too, but these are the most popular ones.

Don't assume that "lower end, plastic" means "cheap". You'll pay over \$100 for a genuine product (and if you're paying a lot less, the chances are it's a "knock off" and you're going to get something that falls apart under the pressure (use your imagination to figure out where this pressure comes from).

At the higher end there are stainless steel and even titanium versions of pretty much the same thing.

As with so many things, form follows function, so don't expect to find massive variation in design, although there's lots and lots of variation in detail, quality of construction, and of course, price.

Although the primary means of securing them is a ring behind the testicles, there are some design variations which presumably add extra security.

One fairly common design has a hollow metal tube passing up the urethra; we have never tried one of these, but I have read some horrific reports of bad build quality⁶⁹; what's more, by all accounts when the tube dries out it becomes excruciatingly painful, and not in a good way.

Sometimes the construction also allows you to make them more secure if you have a piercing like a PA or a frenum.

Our first device was a CB3000 and while some people have had great success with these, even for long-term wear, John found it was not only uncomfortable and irritated the skin of his scrotum, but it also didn't stop him from masturbating while wearing it.

Cages are similar to tubes except even though they're tubular, they are, as the name suggests, barred like a cage.

Our second device was a cage, which goes by the name of "The Stallion". And that was a waste of time and money.

Not only was the ring too big (yes, we'll own up to that being our fault), but it weighed about 3 tons and fitted together so poorly it was about as secure as a chocolate moneybox (which is why we didn't bother getting a ring the right size — it would not have mitigated the complete and utter uselessness of the device as a whole).

There's one particular manufacturer of tubes and cages who I believe deserves special mention here: Lori Lancer, of www.lorilancer.com.

69 Chrome plate flaking off and lacerating the inside of the urethra, meaning a bleeding penis and a trip to the emergency room.

chastitytube.com⁷⁰

While her devices are broadly the same design as the basic chastity tube, they're hand-made in stainless steel and the vast majority of them have an additional security mechanism in the form of a pin which goes through a piercing in the penis.

We bought a Lori 12D, for which John went out and got a PA piercing especially for the purpose⁷¹.

Unfortunately, John's body never really took to the device and he got pretty bad oedema after more than a few days in it. We persevered for six months or so, but alas, it never worked out to our satisfaction.

I do want to stress this is absolutely *not* a criticism of Lori, her devices, the craftsmanship, or her service.

The device fit perfectly, was exactly the size we asked for, and it looked *beautiful*, especially when John was wearing it. If the device suits your man, then I, personally, think there's no better or sexier device.

We were *so* disappointed it didn't work out for us.

She offered to adjust some parts of the device free of charge, but while this would have made it more comfortable, it wouldn't have solved the underlying problem which is down to John's anatomy and physiology.

70 This is not a plug, by the way. I stand to get and have received nothing to list her website here.

71 There's enough in that tale alone to fill an entire Chapter. Clue: the reports you read about getting a PA being painless and blood-free were in John's case entirely not-representative of the truth.

In retrospect, we should have tried a tube for longer to see if oedema was a problem before investing \$625 in a Lori. But, live and learn.

Whether or not you can find a tube or a cage that suits your man for 24/7 wear is something you'll find out only by trial and error.

I'll come back to this in the next Section.

Chastity Belts

Chastity belts, as the name implies secure the penis by means of a waist- or hip-belt and, generally, a penis-tube.

While details differ, the basic designs are broadly similar in the same way as they are for tubes and cages (remember, *form follows function*).

At present John is in a Tollyboy belt with a dropped-front waistband and a single cable at the rear.

He's in it 23/7 — he gets time out for cycling.

The current design of the Tollyboy is not 100% secure simply because the crotch-piece is flexible and the rear cable cannot possibly be made tight enough to prevent escape without making the belt unwearable. I can't state this as an incontrovertible fact, but I find it hard to believe *anyone* has an anatomy that would render my statement invalid.

A PA attachment at the far end of the penis tube would prevent pullout, but John took his PA out and I think the likelihood of him getting it done again is similar to that of us "winning" the War on Drugs.

I wouldn't say it's a design *flaw* because every design has parameters and I don't think the Tollyboy has ever been presented as a 100% secure belt.

So, rather, it has *limitations* as a male chastity belt. John is unusually lean, but even if he wasn't, body-fat or un-tensed muscle would not be so resilient as to stop him wriggling his hand between the crotch piece and his lower belly and teasing his penis out of the tube.

So, no, without a PA I don't see how the Tollyboy could ever be 100% secure, even without tools.

Now, to extrapolate from that to other designs of male chastity belt which are similar (like the NeoSteel, LockedInSteel, MySteel, etc.), I might be wrong, but it seems to me they'd all have the same limitation: how to stop the penis being teased out of the top of the tube using a hand slid between the crotch-piece and the belly.

Again, I might be wrong, but it seems to me the only real variables are how much *pain* are you willing to endure, and how much *effort* are you determined to put into escaping?

I'm not saying it would be *easy*, not even for John in his Tollyboy, but it wouldn't be too hard and certainly wouldn't cause anything more than temporary discomfort or pain.

The only ways I can see of perhaps changing this are to make the belt more snug *and* more encompassing, almost like a pair of metal male chastity shorts – like the *Latowski*, indeed.

But even then, I'm not sure it would be possible to prevent withdrawal if you used mechanical assistance that didn't damage the belt itself (thin strips of plastic, for instance).

The bottom line is no device is 100% secure, but a belt is generally *more* secure than a trapped-ball device and really it's just a matter of deterrence and detection, not prevention.

How to Choose the Right Chastity Device

As you've seen, the variety of choice is staggering and choosing the right device is most needs going to be a process of trial and error.

I know this perhaps isn't what you want to hear because you're eager to jump right in and get him locked and start exploring this wonderful new lifestyle, but I think there are no sensible shortcuts.

Even if I could give you a tick-sheet so you could narrow your device or belt down by your requirements, the simple truth is your "perfect" device just might not be right for you for reasons you can't control — just like John and the Lori.

And it's worth bearing in mind once more that male chastity is a process to figure out and a lifestyle to enjoy rather than an event to experience and then leave behind.

So, even though I can't give you a definitive answer about which device is best for you, I can suggest five criteria you can use to guide you in your search.

These criteria are:

- **Safety**
- **Comfort**

- **Convenience**
- **Security**
- **Aesthetics**

You'll note I've not included *price* as one of the criteria. The reason for my not doing so is price is actually irrelevant because the important thing is the *value* to you both of what you're doing.

Not only that, but a \$50 chastity device you can't use represents more wasted money than a secure \$1,000 device you can comfortably wear 24/7.

So let's look at these five criteria in turn.

Safety

This is the most important criteria of all.

If the device isn't safe to wear — and by *safe* I mean you can wear it without injury or harm for the kind of time-periods you want to wear it for — then you'd be insane to wear it at all.

Full stop.

To hark back to an old and recurring theme, you'll read lots of stories out there about women who don't care if their men are in pain or not or how the device feels, but rest assured these tales are either pure invention or the people concerned are quite, quite mad.

I personally believe some designs are inherently unsafe, and others become so by poor and shoddy manufacture or the manner in which they're worn.

One style of chastity cage gets its security from a tube inserted into the urethra. I won't comment on the inherent safety of this type of design, but, imagine, if you will, what's going to happen if the wearer gets struck in the genitals, either deliberately or accidentally — I foresee a compound-fracture-like occurrence⁷².

Not only that but I have read more than one report from men who've bought these devices and suffered lacerations *inside the urethra* as a result of chrome-plate peeling from the tube and a poor standard of finish on the device as a whole.

Aside from the safety of the device itself, you also need to consider how safe it is in the context of the rest of your lifestyle.

For example, if you work around MRI scanners and their uber-powerful, magnets, you probably want to think *very* carefully indeed about having any kind of ferrous metal around your genitals.

Or imagine your man works as, say, doorman, or police-officer, or he practices martial arts or plays soccer or rugby — these are all occupations and activities where a swift kick in the testicles isn't unlikely and could do untold damage.

Finally...

72 But, hey, it's your dick, so if you want to take that risk, don't let me put you off.

A Few Boring Words About Day-to-day Health & Safety

Boring?

Well, no, not really.

But it's important not to get so wrapped up in the fantasy you forget you're living in reality.

And it's better to invest a little of your time both in the beginning and on an ongoing basis to make sure everything's working as it should be. A little time taken out of the fantasy *now* can save a *lot* of time being taken out of it further down the road.

No matter what kind of device you have, it's essential it fits correctly. If it doesn't then not only is your man likely to become uncomfortable but he can sustain real harm and injury.

It can be a close call at times, but there is a real difference between pain and *pain*. The pain of a denied orgasm is a bittersweet pain, a pain John describes as "*exquisite torture*"; but the pain of a badly fitting testicle-ring or rubbed-raw spot on his penis is just "*bloody painful*".

Make sure you check the state of his penis and testicles visually at least once a week, and *listen* to him when he says it's hurting or sore.

You might want to check using your own discretion whether it's bad enough to warrant his release, but don't simply ignore these things as being mere "whining" or "complaining".

At least check them out before you decide to leave things as they are.

Finally, hygiene.

Genitals are actually cleaner places than you might think — and they generally tend to smell bad only if there's an infection.

But, the belt or device itself can quickly become very... *aromatic*... if it's not kept clean.

For most devices a few minutes in a power-shower every day is more than enough to keep things clean and fresh (the Latowski is slightly different in that it completely encloses the penis and testicles, but the designer has incorporated special cleaning channels you can send water through with a syringe to do the job).

You may find you have to dry thoroughly to prevent soreness, in which case a hair-dryer is perfect for the job.

Now, for whatever reason you may find or decide the device has to come off occasionally or even regularly to allow for an extra cleaning. At that time, you have a decision to make.

You've basically got three choices:

1. **You let him in the shower** on his own and trust to his Honour.
2. **You let him in the shower** but supervise to make sure he's not cheating.
3. **You cuff his hands so** he can't touch himself and you do the washing for him.

For us, as I said before, it's enough for John to be on his Honour at the moment when he's in the shower, and he'll

shower both with it on and sometimes with it off.

Your own relationship and how you live your own male chastity lifestyle might require a different choice.

Fundamentally, I think it's the same as before: if your man's cheating when he can is part of the game, then you're not going to want to leave him on his Honour.

Comfort

After safety, this is the next most important criterion.

Because if your device isn't comfortable, he's not going to wear it (let's assume you're both being sane, rational and truthful about this).

Now, most devices and belts are comfortable when you put them on. But, with rare exception, they become *uncomfortable* within a few hours, at least the first time you wear them.

This is normal and you should expect it. After all, you're attaching something to or wearing on your body something new, and we've all experienced the discomfort of a new pair of shoes or even of the stiff collar of a new shirt.

So it's reasonable to expect something similar from a chastity device, which is, after all, enclosing a piece of your anatomy far more sensitive than your feet or neck.

And you can expect much the same even if you've opted for a high-end made-to-measure belt, even if you've been to have yourself measured by the manufacturer.

Often your belt is going to need bending and shaping to fit properly, and there's no way to avoid this or speed the process up.

I know you're impatient, but, please, take your time to do the groundwork first. Rushing into things is only going to slow you down in the long run (think of it like starting a new fitness routine or weight-training programme. If you dive in headlong⁷³, then you ache for days and can do yourself a mischief).

However, within a fairly short period of time things should settle down and you should be able to wear your device or belt for longer periods of time without discomfort.

Ultimately, how long you want this to be depends on your own ideas, hopes, and aspirations for your male chastity lifestyle, but it typically ranges anything from several days to months, to pretty much 24/7/365 permanent wear, with it being removed only occasionally for cleaning, health-inspection, and, of course, occasional chastity-play.

Clearly a device which causes chaffing, rubbing, sores, rashes and oedema over the long term *after* a period of acclimatisation is not going to be comfortable or safe for you.

And not only is physically going to prevent you from enjoying long-term chastity, but it's going to affect your emotional state and attitude, too.

After all, your man isn't going to look forward to being locked up and playing the orgasm-denial game if he's uncomfortable.

So, things to look out for are rough edges, shoddy workmanship

73 Like we all do, I know.

(especially on some of the plastic rip-offs of popular devices like the CBX000s) and unexpected edges and rough bits on locks, hinges and locking mechanisms (for example, John once got some small but painful and bloody cuts on his penis from the lock of the CB3000 we were using — when he became aroused in the device, the skin bulged through the vents and the corner of the padlock did the rest).

Pinching of the skin is also painful, as is getting pubic hairs caught in hinges, cracks and other parts of the device. One choice is to shave or otherwise depilate your pubic hair, but this can then present problems of its own — rashes, soreness, itching as it grows back, and just the tedium of maintenance.

I think a good rule of thumb is to aim to find a device or belt your man can wear permanently without worry or discomfort for at least a month.

And, the chances are if he can wear it for a month, he can wear it for a lot longer — just be sure to check visually once a week for any problems.

My own feeling, and you are free to agree or disagree with me, of course, is I want something for John I can lock him in and keep him there for as long as I want, whether it's a week, a month or an entire year or more.

I'm not suggesting it wouldn't ever come off in that time for cleaning, inspection and even play, but I'd like to be able to lock him and know that it has to come off only for a few minutes every once in a while under my supervision.

We find the Honour system works well for us, but I'd still like to try it the other way, so he's *totally* dependent on my

permission for his orgasms.

Convenience

The third criterion, *convenience* looks at how well the device or belt fits in with your everyday life.

And while it might be tempting to ignore this and imagine somehow that things will just “work themselves out”, I caution you to put in some time and thought before you dive in to spending a lot of money on a device only to find it just doesn’t fit with your lifestyle.

Because, and we need to be honest about this, not everyone’s lifestyle is going to lend itself to wearing *any* kind of device or belt 24/7.

What’s more, if you have a device that has to come off every day for cleaning and takes 10 minutes to get on and off, that’s perhaps 30 minutes a day you’re spending keeping it clean *and* your keyholder has to supervise you, most likely. Chances are you simply won’t keep that up more than a week.

And then, for some men it’s just not going to be possible to wear a device normally during the day — say if you’re a firefighter, or police officer or in the military; or perhaps a professional sportsman.

Similarly, you might engage in hobbies or sports which mean wearing a device might be uncomfortable, painful, dangerous or just embarrassing. Some men, for instance, regularly go to the gym and would die rather than be seen by other men wearing a chastity belt.

In our case, we're lucky on two counts: first, we both work from home and John has his own garage-gym; and secondly, he doesn't care who sees him in a chastity belt.

On the other hand, John loves cycling, and puts 10 to 25 miles a day under his wheels, come rain or shine.

He could cycle in the CB3000 and in the Lori, but he can't cycle in the Tollyboy for more than a few minutes. At the moment, we're looking at split-saddles, so we'll keep you updated on the Blog and in the Newsletter.

The point is, this is a perfect illustration of how you might find your desire for a chastity lifestyle at odds with the *rest* of your lifestyle, and sometimes you're probably going to have to compromise.

Yes, it's possible you can change your entire lifestyle if male chastity is that important to you, but that's going to come with a cost all of its own.

Are you prepared to pay it?

It's not just your daily lifestyle you need to consider, either. If you engage in air-travel, you have some thinking to do and some choices to make. If you try to board an aeroplane locked in a full steel chastity belt, there's no guarantee you'll actually be allowed on it without removing it under the watchful eyes of the security people.

And maybe not even then.

If you're travelling together, then perhaps that's not so much of a problem, assuming you're both comfortable with the idea of being searched and having your private life on view to the security people.

Again, John doesn't really care about this, because his view is once you start behaving in ways to suit other people's opinions, you've given up your freedom. And, really... why *do* you care about what they think about your sexuality and your lifestyle?

But this is a purely personal choice, and you have to decide for yourselves how you want to play it.

Finally, any time the belt has to come off, the keyholder has got to be there or your man needs to be able to get hold of the key.

There are many, many ways you can arrange this and whichever one you choose will no doubt be one that fits into your desired lifestyle. I'll talk about these more in the next Section.

The message to take away from this Section is you can't reasonably ignore this criterion because it *is* going to have an effect on how easily wearing your chastity belt fits into your lifestyle as a whole.

And if it's too much hassle or too intrusive, all good intentions notwithstanding, you just won't wear it.

Security

Many people, especially manufacturers, tout the security of a chastity device as being the most important criterion of all.

But I disagree, because if the device isn't *first* comfortable, safe and convenient, your man won't be wearing it often enough or for long enough to make its security an issue.

In other words, you don't have to worry about him escaping

from a chastity belt he isn't wearing.

But, that aside, just how secure a device can we expect to get?

There's no doubt some devices are more secure than others, both by virtue of their design and the materials they're made of.

At the one end of the scale you have the leather "play" devices you could remove with a pair of scissors; and slightly higher up the scale you have the plastic devices, such as the popular CB3000, CB2000, CB6000 and others, which most men could break with their hands or, at worst, cut with a saw, file or other basic equipment.

At the top end of the scale you have the steel belts, like the Latowski, and the Tollyboy, as well as the Lori devices. Unfortunately, these too could be removed without too much work with some basic equipment.

The point I'm making is there is *no such thing as an inescapable chastity belt*. This fact alone means the whole idea of "enforced chastity" is a fantasy at best and a bare-faced lie at worst.

However, it's important to realise you really need to be realistic about things.

If you're going away on a business trip for two weeks, it might be a really hot thought to take the keys with you and don't leave him a spare, so there's absolutely no way your man can get out of the belt unless he wants to ruin it.

That's all well and good until there's an emergency, and the only option he has is to cut it off with cutters. That could prove to be a very expensive mistake.

Probably a safer and more rational arrangement is to have the key available to him, but not casually and certainly not undetectably.

And exactly how you do that is going to depend on the rules you've decided on.

Here are some ideas, along with their upsides and downsides.

- **Put the key in** an envelope and seal it with your signature across the stuck-down flap and then seal again with sellotape. This is quick and easy, and it would be almost impossible for your man to get the key without your finding out. On the other hand, you have no control and can only deal with it after the fact.
- **Put the key in** a combination safe and keep the combination to yourself. If he needs it, he has to ask for it. If you're not actually at home, he'll have to call, text, or perhaps email you. To account for genuine emergencies, you could have the combination written down and sealed in an envelope as above. Again, this won't prevent him from cheating if he really wants to, but the two-step approach is likely to discourage him from too casual an escape. There are also several ways you can manage the process of getting the combination to him — like an email autoresponder (he sends an email to an email address and it automatically responds with an email containing the combination — again, there's no way he can cheat with this method and have you not know it).

- **Give the key or combination to the safe to a trusted girl-friend (or perhaps a neighbour) who lives close by and you can trust not to let him have it just because he asks.** This is an odd one. If you have the right person, it can work fabulously well because he's unlikely to ask for the key unless it's a dire emergency (he'd be too embarrassed). The downside is it takes some setting up and you have to have someone you feel comfortable telling your deepest, darkest secrets to. The other downside is it can be difficult to manage, for example at times when your trusted confidante is herself not available. Not only that, but some women simply won't tolerate any kind of "key-sharing". They want the one and only key. It has nothing to do with fears of infidelity, and everything to do with control-freakery. Deal with it.

Aesthetics

Aesthetics is probably the most commonly underestimated criterion — and it's so very important.

It matters in two ways: first, the woman has to enjoy the look of it (or at least not be put off by it); and the man has to feel comfortable about how he looks wearing it.

For example, the Lori was gorgeous.

Both John and I thought it was the most exquisite device we'd ever seen. If he'd been able to wear it long-term, I can easily imagine my locking him 24/7 and almost never letting him out.

When it comes to belts, though, we had a dilemma: the

Latowski is probably the most secure of them all, yet to me, and to a lesser extent to John, too, it looks ridiculous. I couldn't take John seriously in what looks to me like Cyberman beach-wear.

Of all the belts, we thought the Tollyboy looked the best and fortunately it came with a good reputation, too.

But then there was another aesthetic problem with getting a full belt: John refused even to consider wearing one until he'd got his 6-pack and muscles back — he'd rather die than be seen (even by me only) in a steel chastity belt with his old love-handles hanging over them.

Aesthetics are a very subjective and personal thing, but don't let that fool you into thinking what's OK for you is necessarily OK for someone else.

If your partner really doesn't like the look of a device, it's going to put the dampers on your male chastity game just as effectively as an ill-fitting or insecure belt will.

Your Male Chastity Lifestyle

Phew... we've come a long way these last 200 pages or more, haven't we?

We've gone from understanding the bare essential facts about male chastity, to sharing the fantasy with your loved one, selecting a device and then wearing it long term.

We've looked at the emotional changes you can expect, problems to anticipate and how to overcome them, and not least, the delightful benefits you'll almost certainly reap and

enjoy for many years to come so long as you keep a clear head and a sense of perspective.

And so, at this point, you should be comfortable and well equipped to take action on what you've learned.

Remember there's no hurry and you can and should re-read this Guide either as whole or in part whenever you feel you need to refresh your memory.

Above all, remember it *is* just a game.

It seems some people make far too big a deal of the whole thing. It's not worth falling out about and, it's OK to change your mind.

You don't have to carry on with male chastity if you don't want to. Neither of you — and if your wife or husband refuses to stop the game on pain of divorce if you do, then you really do deserve someone better, so let him or her have the divorce and find an actual feeling and loving human being to spend your life with.

I feel blessed because John has stuck by his word on the male chastity lifestyle right from the outset: I have control, and that's it. He doesn't sulk or complain or get grouchy.

If he did, I think I'd ignore it until his mood had passed, and then remind him gently "this is what you asked for, remember?" (remember, reminding a currently-grumpy man he's grumpy because of what he asked for and it's all his own fault is asking for a row). If it happened more than a couple of times, then I'd choose my moment and then sit down and have a serious talk about the whole male chastity lifestyle thing, and tell him firmly and without any animosity that it wasn't working for me... and

either that had to change or we had to stop.

And it really *does* have to work for both of you, else you're simply sacrificing your own happiness for someone else's and when that happens neither of you ends up happy.

Finally...

I love to hear your comments, feedback, stories, successes and even failures - I don't pretend to know it all, and we're all still learning.

We have an exquisite and never-ending journey ahead of us, I'm sure.

So be safe, be happy, and above all... have fun!

Sarah, August 2010.



Appendix A - Beyond Male Chastity

I pondered whether I should include this Appendix or not.

On the one hand, this Guide is specifically for women and men who want to learn about the art of male chastity, without all the hype, misinformation and related but sometimes misleading and frankly quite bizarre topics coming up.

Submission, Female Domination and Chastity

As I've already written in some detail I'm not interested in a female-led relationship, and turning John into a slave, sissy or feminised maid has no attraction for me whatsoever; and as far as I am aware, it has none for him, either.

I'm perhaps leaning a *little* towards a more dominant attitude with him, especially when it comes to sex and the bedroom, but I'm still a long way from being or wanting to be his "Mistress," and frankly it's not something I'm even thinking about exploring further in the foreseeable future.

However, this is not to say these lifestyle choices are not actually very popular, relatively speaking, and don't rub shoulders with the male chastity lifestyle.

It's certainly true male chastity, or at least chastity play and orgasm control is a common theme on many Forums and Blogs seemingly dedicated to the female-dominated world, and this is hardly surprising since the basic premise of female domination is the man is "property" to do with as his "Mistress" pleases, and this naturally extends to his sexual behaviour and activity.

So let's take a brief look at them in turn starting from plain

and simple to the more complex and, in my opinion, perhaps extreme.

I'm going to cover them all pretty quickly because they're really outside the scope of what this Guide is about.

My hope is you'll come away with some idea of what they entail as well as some ideas for further research if they pique your interest.

Female Led Relationships

Most relationships are male-led. It's as simple as that.

And there's a difference between saying they're male-led and saying he tells the woman what to do.

I'm sure we all have girl-friends with the domineering boyfriend or husband who tells her what she can wear, and whom she asks if it's OK to go out with her friends for a "girly" night out.

In my view, that's not a male *leading*... that's a male *bullying*.

When I say "male led", think James Bond.

He takes control of the situation and looks after a lady. He's mostly kind, thoughtful and a real gentleman who treats her like a lady.

But he's not a doormat and he doesn't try to placate her

at the expense of his own desires and feelings... he's his own man... and there's also that undercurrent of danger and menace lurking under the surface.

You feel thrilled and excited to be so close to such power and ferocity, yet feel totally safe because he's your man and you're his lady and he'll die protecting you.

In short, I'm talking about the *alpha male*.

Now, I like the alpha male and that's just one of the many things I love about John. He is most definitely the most alpha of alpha males and if I was pushed to choose one way or the other, I'd say ours is definitely a male-led relationship and that's exactly how I like it.

He doesn't tell me what to do, he's amazingly supportive and I know he'll love, cherish, protect and look after me no matter what. And ultimately, he's the one who makes most of the decisions.

No, he'd never decide something I wasn't happy with but I trust his judgement. He's smart, savvy, tough, determined and safe to be around⁷⁴.

With a *female* led relationship, on the other hand, the situation is somewhat reversed in that all the decisions are made by the woman.

But there must needs be a subtle twist and it cannot ever be a mirror image simply because even a "dominant female" simply

74 Plus he's got the sexiest fittest body of any man I've been with and he's 45! He's built like a lean 25 year old, has the brain of a genius and the filthy sexual morals of a tomcat. I am so so so lucky. Can you tell how much I love this amazing man of mine?

doesn't have the physical characteristics to play the part of an alpha male in all situations.

I confess (and I know this is going to annoy a lot of the so-called "dominant women" out there), I find their oft-expressed pretensions to superiority somewhat laughable.

There's an even chance they're the intellectual superior of their man, to be sure, but in physical terms she has the upper hand only because he allows it⁷⁵.

The desire to lead a relationship is rare in women, and in my experience men who let it happen with a woman who truly doesn't want it to happen⁷⁶ end up with a thoroughly miserable woman on their hands⁷⁷.

However, the desire for female-domination in men is very high although, just like the fantasy and reality of male chastity, the men are focusing on the good bits, the kinky sex sessions.

They're *not* usually thinking about being told to cut the lawn with a pair of scissors with no food, clothing or coming in out of the cold until it's done.

And the other side of the coin is best summed up in the words of a friend of mine who had a submissive boyfriend in times past, "*total obedience is so fucking boring!*".

So be aware, if you're a man who wants to turn your

75 I can hardly wait for the abuse to begin.

76 Because let's face it, we women will try it on with our men and try to push them around just to test their boundaries.

77 And that's when the poor fellow becomes ever more placatory and servile which just gets her madder... and the whole thing disintegrates into a horrible mess.

relationship into a female-led one, or you're a woman who hankers for the same, it's not the usual orientation for most people.

This is not to say (to repeat myself for the hard-of-reading) that there's anything intrinsically wrong with it, but it does mean it can be a minefield, and you might have to juggle and negotiate the boundaries of where she leads you and where you lead her.

If you're lucky you'll both have a perfect fit without any adjustment, but that's unlikely.

The obvious contextual boundary is in the bedroom — most “submissive” men are submissive sexually and only for as long as they're feeling horny (another good reason to withhold those orgasms).

Making a Slave of Your Man

The next level up, if you like, is moving on from simply being in a female-led relationship to being a “slave”.

As with male chastity, there are degrees of “slavery” from simple bedroom-play all the way up to 24/7 full time slavery and something called *Total Power Exchange* or TPE⁷⁸.

You probably won't be surprised and might well be heartened to discover the same myths, fantasy and nonsense I've revealed

78 In TPE one person makes a vow of obedience to the other and in the circles where it's practised, this vow is seen as being binding, much like a marriage vow. I don't intend to discuss TPE any further. Just be aware it exists, and if you're interested in learning more, check out the resources in the Appendices.

permeating the online Forums and Blogs dedicated to male chastity also exist in the Forums and Blogs dedicated to male slavery.

All male submission and male chastity is always consensual in a Western society. Some silly “dominant women” pretend they have the power to make their men obey, and the men play their part by pretending they have to do so, but really it’s just a game.

They have no such power and their men don’t have to obey.

They all play their part because it’s just a fun game, no matter how seriously they like to play it.

If you realise this you might find it less threatening and intimidating to consider if this is what your partner has in mind.

Whips, Canes and Spanking⁷⁹

John has mentioned before now he’d be willing to try some corporal punishment — caning, in other words — but I don’t think I’d be very good at it.

On the one hand, it sounds like a fun thing to try and I’m always up for new experiences, especially if I don’t have strong feelings *against* it and John is keen; but on the other hand, I really don’t relish the thought of causing John pain like that, and I’d almost certainly stop the moment he asked me to, which is wholly not the point of the exercise, I know.

79 I have to admit, that heading made me laugh out loud when I wrote it.

However, for some women, this kind of “punishment” can be a good way to stop your man whining and complaining about the fact he hasn’t had an orgasm for a few weeks.

From my research on this, which I admit hasn’t been too diligent, it seems the attraction from the man’s point of view is curiously similar to the attraction of male chastity *per se*.

That is, the *loss of control*. And this certainly seems to be what attracts John to the idea.

The men I’ve interviewed about this, with some insights from John, are that for it to be done “properly”⁸⁰ your man has to be restrained and helpless.

Just telling him to bend over and take it like a man without blubbing doesn’t do it for him (compare this with the majority of men who say male chastity doesn’t work for them unless they’re locked and there’s the illusion of having no control).

I strongly suspect the man’s fantasy about being tied down and caned long and hard way beyond the limits of his momentary consent is for *most* men in the same league as the fantasy of permanent orgasm denial: it’s really hot to talk about and play with in your mind, but in reality would last no longer than the first stroke of the cane.

So all I’ll say further about this is be sane, keep it safe and remember it’s just a bit of fun in your life, not your life itself (unless that’s what you want, of course).

If you’re determined to explore bondage and corporal

80 In the sense this is how it seems to work best for the people I’ve spoken to, but we’re all different, your marriage may vary and these things are more fun if you do it your own way and make it up as you go along.

punishment (and there's no reason at all not to), inform yourself about the safe ways to do it — caning and whipping can easily cross that line between pain and *pain* and can even cause injury, sometimes quite serious.

If you're truly serious about a D&S lifestyle and especially about restraint and corporal punishment, then it's probably worth asking (and paying for!) advice and instruction in this from an experienced professional Dominatrix. Seriously.

Or you could take a leaf out of one woman's book. I recall reading she had similar issues to mine when it came to caning her husband, so she sent him (locked of course, so she knew there was no chance of any sexual dalliances), to a local professional Dominatrix for punishment.

Apparently this worked well for them both because she didn't have to hurt him, and he got the "punishment" he wanted⁸¹.

It's not something I personally would want to do, but it's one solution for you to think about if the idea of doing it yourself doesn't appeal and your man is keen to experience this side of things.

Cuckolding

Another extremely common "next step", if you like, whether as a fantasy or as a hard reality for couples who embrace a male

81 Although, I also recall he complained that the Dominatrix was rather enthusiastic in her punishments. You pays your money, you take your choice. And be careful what you wish for, of course.

chastity lifestyle, and that's *cuckolding*.

While it has its roots in the Middle English *cukeweld* or "*husband of an unfaithful wife*", we use it here with a very special and distinct meaning — to describe the husband or boyfriend whose partner seeks sexual experiences outside the primary relationship *with his full knowledge and consent*.

It's not strictly part of female domination or indeed male-chastity *per se* and there is, apparently, such a thing as a *hot-wife* — a woman who does this just as part of their normal otherwise-vanilla relationship⁸².

This is very different from traditional *infidelity* or "affairs" where one partner will usually carry on behind their partner's back, and typically (although not always) has very different reasons and results.

When I was first introduced to cuckoldry and really thought about and spoke about it with my girl-friends and my male friends, keeping an open mind and attitude which was deeper and more considered than the usual knee-jerk response, I was absolutely fascinated, shocked and on occasion staggered at how common this fantasy is for men.

Practically every man I have spoken to about this has harboured a deep and usually secret fantasy of seeing his wife or partner make love to another man.

It's so common and seems to be the basis of so much pornography these days, I can't help but feel it plugs in to the male psyche in some way incomprehensible to us women!

82 You learn something new every day...

Because the opposite fantasy seems to be vanishingly rare — I haven't met or spoken to a single woman who fantasises about her man with another woman. It's true I've not done any scientific research, and people can and do lie in surveys like this, tending to give the answers they feel they "ought" to.

So, for better or for worse, I'm going to look at cuckolding in this Chapter and how it fits into the male chastity lifestyle.

The first question I get asked — and indeed the first one I asked when I came across the concept — is "*why would a woman want to do that... and why would her man let her?*".

The second part of the question we've partly answered already, if only to say we don't know the *reasons* but we do know it's a very common and very powerful fantasy. I've read all sorts of explanations for it, but they're really just hypotheses and little more than wild guesses.

So for now, let's just accept the fact it's there and make use of it!

The first part is a little easier to answer, not least because I am a woman and can relate to some of the feelings and ideas, even if I choose not to go down the cuckolding route, at least for the time being.

The most obvious benefit for a woman is she gets the best of both worlds: she gets to control her man's orgasms and reap the benefit of his increased attention and devotion, *and* she gets to experience full sexual encounters where she can let her hair down and really go for it.

Because, when you think about it, when she's making love to her man, she either avoids penetrative sex or she "makes do"

with other pleasures.

Now, I'm not knocking them for a second, and there's a lot to be said for having your man kiss and lick you to a spine-cracking multiple orgasm several nights a week for months on end... but sometimes you just want to fuck like a rabbit, don't you?

This is why I allow my husband to orgasm every few months, and give him "honeymoons" in between periods of chastity so we can both enjoy a "normal" sex life for a few brief days.

On the whole it's massively successful and well worth it because it's like having a honeymoon four times a year for me! However, that's not to say it doesn't get tough sometimes and it's a struggle not to be "weak" and let him out a few weeks early.

It's at times like this women really feel and enjoy the benefit of having a lover other than their man they can call on.

There are also other benefits which are not so immediately obvious.

For example, you get to have those "first night" sessions over and over again. There's something pretty amazing about being with someone for the first time, or even the first few times. And while it comes close with John and the "honeymoons", it's not *exactly* the same.

Some women have also reported to me a feeling of power and liberation, especially when they return home to their husbands or boyfriends and realise how horny they are, even though (or, rather *because*) she's been out making love to another man.

Obviously a natural progression of all this is for the man to be present when she's with her lover and within that there are

all manner of scenarios and degrees of involvement.

And if that's what suits you both, why not?

But there is the potential for downside, too.

What's more, because we're dealing with human emotions and relationships, it can be very dangerous, too.

First, let's look at the obvious practicalities...

Pregnancy and Disease

Yes, I know I sound like your mother.

But be clear about this: one or other or even both of these could happen and they could happen to *you*. And then, never mind the actual difficulties caused by the primary event — pregnancy or disease — how are you going to handle the inevitable emotional fallout?

This is all something you *must* think about. Remember, you're only as safe as your new lover's last partner. And while he might tell you he's clean or had a vasectomy... how do you really know?

Answer: you don't.

You can not tell if someone is "clean" by looking at them and your trusting them doesn't mean they're necessarily honest.

Emotional Turmoil

Then there's the much less predictable and much harder to guard against emotional side of things.

And it's not necessarily just your husband you have to worry about!

So let's look at you and how cuckolding might affect you emotionally.

As we've alluded to many times throughout this Guide a man's approach to sex is very different from a woman's (and before you sit down to send me an indignant email telling me *you* are different, or you know someone else who is, please understand I'm talking in general terms).

If you imagine a scale from left to right with "male" on the left and "female" on the right, we're all somewhere along that line, on the continuum.

No one's "all male" in all respects, just the same as no one is "all female" in all respects. For example, when it comes to spatial awareness, for a woman I'm pretty good, quite a way along the continuum towards the male side.

But compared to John, I'm a joke: yes, I can read a map very well for a woman; but it has to be the right way up... yet he can read it any old way and still knows where he is. Similarly he's much better at untangling knots and wires than I am, simply because he can hold a mental model of what he's looking at far better than I can.

So, in general most women tend to share similar traits in most circumstances most of the time; and the same is true for men.

And women tend to be more emotional about sex than

men are. We've all heard the one where the man gets caught with his pants down and tells his lady-love, "*but it didn't mean anything!*" and can't seem to understand that's not actually a good excuse.

But most of the time he really is telling the truth: it really *didn't* mean anything and he genuinely *can't* understand why you're chasing him around with a kitchen-knife intent on cutting his balls off.

And one reason we can't accept his statement of fact at face value (whether it's a good excuse or not is moot), is we ourselves couldn't do the same thing *unless it did mean something!*⁸³

So, herein lies part of the emotional danger for you: you might fall in love with, or at least start having very strong feelings for your new lover, above and beyond those strictly necessary to make love to him.

And I know this happens in some relationships having cuckoldry within them. How it eventually turns out depends on the emotional strength and stability of you and your partner — and the latter is of course the second emotional minefield you have to negotiate.

You see, the fantasy of your being with another man is one thing... but the reality might be something different altogether. And by the time the unpleasant truth comes to light and the full force of those feelings manifest themselves, you might be already in deeper than you wanted to be.

And once it's done, it's done.

83 When you think about it all, it's amazing we don't all end up murdering each other in our beds, isn't it?

You can't "un-fuck" someone.

More than one woman has told me she's come home after that first time to be met with tears, fury and an emotionally devastated husband who wasn't as careful about what he wished for as he might have been.

Don't underestimate the damage something like this can do to an otherwise strong, steady and successful relationship.

Just as an aside, it's perhaps a little perverse (as in "odd", not "*sexually deviant*"), but it seems the emotional trauma is *less* if the woman takes her new lover to her bed and allows or "forces" (depending on how you look at it) her partner to watch; cruelest of all, to my mind, was the woman who told me she ties her husband to the bed in the spare room and brings her lovers back, so all he can do is hear and imagine⁸⁴.

Finally there's the potential emotional danger to and from your new lover. It's not unknown for *him* to turn into a jealous, green-eyed stalking monster who brings a whole new load of problems to the relationship.

In some ways this can be easier to deal with than problems *within* the relationship, but it's also happened before now the new lover's emotional instability has rubbed off on the woman and she's now torn between the two.

For us personally, cuckoldry plays no part in our relationship, and we have no plans for that to change, even though we've explicitly allowed it in our Chastity Contract.

We have talked about it in general terms, and the subject

84 Typically, John thinks that's a really hot fantasy. Men!

comes up occasionally, usually brought up by John.

He tells me he's OK with the idea and I do believe him. In fact, I think he's one of the comparatively rare men who really is secure enough to really enjoy it.

Remember, John isn't a sissy or a slave or traditionally dominated by me, so it's not like he can hide behind that persona and pretend it's me doing something without his consent.

But the truth is that's actually one of the reasons I think I'm just not interested.

I'm a woman who really has to connect with a man before I'll have sex with him. I've never had nor ever *wanted* to have a one-night-stand.

So for me to have a lover would mean actually starting a relationship with someone.

And the problem with that is no one can even come close to John in that respect. He's intelligent, sexy, funny and in really good shape, as I've said before.

It all means I just don't *want* another man!

The other side of the coin is I'm not against the idea in principle.

So it *could* change even though I have no special desire and certainly no plans for this... and it *would* solve a lot of problems any move towards John's being in permanent orgasm denial would bring — namely, I won't be able to have penetrative sex and experience the wonderful feeling of having a man orgasm while inside me.

Cuckolding is a minefield. So tread carefully.



Appendix B - Sample Stories

In this Appendix I share with you some simple stories you can adapt for your own use when leading your partner into the male chastity lifestyle.

You're free to use them for your own use *as-is* although I strongly recommend you add your own unique flavour to them.

Not only will they then reflect your own personality and mirror your personal fantasy, but the exercise will get your mind used to thinking in this kinky way.

Have Keys, Will Tease

A couple of weeks ago now I did something I don't do very often at all — not only did I treat John to some serious tease and denial (which I actually do very frequently) but I went a little further and restrained his hands, too.

I don't usually do this for no other reason than it doesn't occur to me - at the point I'd do it I'm usually so turned on and into the zone it becomes irrelevant (there is a myth that you "have" to restrain your man's hands else he'll be unable to resist the urge to finish himself off when you stop just teasing just short of his orgasm. It might be true for some men, but it's definitely not true for all or even most. If a man enjoys male orgasm denial, then he has every reason to cooperate).

I suppose I could plan ahead and do it, and for reasons you'll read about in a moment, I think that's just what I'll end up doing.

So, why did I restrain his hands?

Because I *could*, and sometimes I can be an ornery bitch.

Besides, it was That Time Of The Month again, and while I wasn't too, um, messy, I decided it was his turn to get attention from me for a change.

But, seriously, part of the thrill of the male chastity lifestyle is the thrill of giving up control, and while it's not possible to lock a man in an inescapable chastity belt, it is possible to restrain him in a way where he is literally and absolutely helpless, at least temporarily.

There was another reason, too, although the reasoning is pretty weak. I want to get practice at taking the Tollyboy off and putting it on him again without his help — and the easiest way to get in and out of it is when he's lying down.

It just seemed like a convenient way to keep his hands out of the way. I had no ulterior motives. Cruel teasing and male orgasm denial were the furthest things from my mind.

Honest.

Oddly enough it didn't last as long as I'd intended. That was my fault — I find I'm getting hornier and hornier with him locked up like this.

So... I restrained his hands above his head, wrists crossed and bound to the wrought-iron headboard with some silk ropes we've had for a while and not used much — not too high because I didn't want to hurt his poor shoulders (he's got some shoulder pain from the weights), but I do like him to be stretched out.

It leaves him more open and has a powerful psychological effect. His ankles I pulled down and tied to the posts at the foot of the bed.

Yummy.

All mine.

I began by talking, softly telling him what I was going to do to him, making sure he knew beyond a shadow of a doubt that no matter how close I took him to the edge of orgasm... there was absolutely no way he was going to get to cross that exquisite line.

As I whispered this to him, I stroked his belly and thighs, circling the belt but getting closer each time, running my fingers lightly around the edge where the liner meets skin.

“... but... you won’t come, John, will you? Not now... not tonight... not tomorrow... not until Christmas. Understand?”

He groaned and wriggled, gasping a “Yes!”. Lordy, I’d not really even touched him yet.

He knew all this anyway, but I love telling him it. Just being told is enough to make him want it more. I slid the key into the lock on the waistband and started to turn it slowly.

I don’t know if you’re familiar with the Tollyboy locks or not, but they’re basically chunky flat metal discs you literally screw into position with the key. There are two of them — one on the waistband and one locking the penis tube to the crotch band.

The lock clicked off, and with a deft movement I un-sprung the waistband and the crotch-band from the locking pins... and out popped his dick.

Bugger.

I had to giggle. I *was* going to tease him as I slid the tube off him, but either he was hard and lubed enough to pop it off

himself, or I knocked it in some way.

But what the hell... getting the belt from under him was a bit clumsy — real-life sex isn't all perfection and nothing like they make it seem in Hollywood, after all. Next time I'll get the belt off before I secure his ankles — it'll be easier for him to lift his hips so I can get it out from under him.

I dropped the belt down the side of the bed and slid on top of him, hooking my feet under his calves, my hands above his shoulders, raising my hips above his and slowly, oh so slowly easing myself down so I was just touching the base of his cock with my wet pussy lips.

"Keep still", I said, looking at him sternly, "move and I'll just stop and lock you up again...".

"Mmmm", he groaned his assent.

Slowly I started to move, sliding my pussy up and down the length of his cock, lingering at the tip, teasing both of us... just a small movement and he'd be sliding deep into me... so, so slowly... all the way.

"Do you want to be inside me, John?", I whispered.

"Yes."

"Say please."

"Please..."

"No... you can't. Not tonight. Maybe not until Christmas. Maybe *never*. You'd like that, wouldn't you?"

"Yes!" he groaned.

"Could you stand it?", I breathed into his ear, still sliding

myself up and down. God this was maddening. I just wanted to plunge his cock inside me and ride him until we both came like trains. "Another six months not even being allowed to enter me?"

"I don't know", he moaned.

"Do you want to try? Be careful... if you say yes and I decide... then you won't get to change your mind".

"I know", he said. "You choose". He laughed. "I can't think straight.

"Nor can I!" I giggled back, wriggling against him.

He gasped sharply and caught his bottom lip with his teeth. Sexy when he does that...

"Mmm..."

"Oh yeah... can't come... can't even fuck me... fucking hell", I said.

I moved a little faster, slick and wet. He began to moan. "Don't come!" I warned through gritted teeth, "Don't you dare come! If it was forever... I'd *have* to fuck other men..."

"I know", he moaned. He loves it when I tease him with this. He knows I'd never do it for real, but when we're together like this, it's a hot fantasy.

"Would I make you watch, listen or just wait at home?" I said... instantly wetter as the words came out. "Tie you to a chair and make you watch... want you to see his cock sliding into me knowing *you* can't *ever* go there.... would you like that, mmm?".

"Yes... see him coming inside you"

Oh my... that did it... faster and faster I moved, grinding my pelvis into him harder, sinking my fingers now into his shoulders like talons... God how I wanted him inside me.

Then the burn began in my belly, those hot pulsing spasms of tension and pressure... "Oh... oh... oh Christ, yes, yes, yes..." I moaned. Fuck, if he started to come now I wouldn't be able to stop either of us. I'd lost control - this is where his own self control has to kick in to make this whole thing work for us.

I started to come, long hot, shuddering waves wracking my whole body... sweet Jesus... I felt him stiffen beneath me, and hoped he'd managed to restrain himself.

I buried my face in his neck and bit hard...

"Owww...", he moaned, deliciously. I bit harder.

Slowly the waves stopped coming, our breathing slowing. Groaning, I collapsed on him, gently teasing still, moving my hips slowly. I shuddered with orgasmic aftershocks.

"Did you come?", I said.

"Almost", he said. "But not quite. I leaked a lot."

I shuddered again with pleasure. "I'm still coming a bit" I whispered and bit him again, bumping and grinding against him.

"I know. I can feel it. Are you really not going to let me fuck you until Christmas?" he said.

"I don't know. I haven't made my mind up. I've had other things to think about. It's hot, though, isn't it?"

"Yes. But I don't know how hot it will be in 3 months' time. It's hard enough not coming. I love fucking you for the intimacy".

“I know. That’s why I’m not sure yet”. I reached up and untied his hands by touch, kissing him.

“But you’ll be the first to find out”, I promised.

My New Toy

John bought me a Rabbit. No, not the cute fluffy kind that tastes nice in a stew, but one of the plastic vibrating kind.

In the past I’ve not usually been much into “toys”, preferring instead to enjoy John whether he’s allowed to orgasm or not.

But now having him locked up so much and so fully, I’m getting much more into the idea of teasing him while he’s still confined.

Hence the toys.

So.

We had an empty house a few nights ago. We sat in the lounge savouring a nice Merlot talking, as it happens, about the Newsletter and the Blog when I looked at him over the top of my glass... and got the sudden rush of lust... as I do so often these days.

So I told John to strip while I disappeared upstairs, and then to sit in the middle of the settee and wait for me. I skipped down the stairs and handed him the Rabbit.

“Sit like this”, I said, holding the rabbit between my thighs sticking up in the air - very much like a real cock, funnily enough

;-).

He did as he was told as I slowly undressed, making sure he watched every move. John, like every man I've ever known, loves to watch a woman undress (which I find odd, because I, and most women I know, prefer to undress a man).

I didn't take my eyes off him as I stripped naked... he looked fabulous... lean, tanned, expectant and naked except for the gleaming steel of his Tollyboy. He fairly radiated animal sex appeal.

I grinned and straddled him, hands on his shoulders kissing him and nibbling his lips, holding myself just above the Rabbit.

He turned it on. I felt it vibrating through his body. I reached down and lowered myself onto it, so the tip of it was just inside me. Lord, but it felt good.

"Mmmmm...", I said, kissing him, "that feels pretty damned good". Slowly I slid down taking the whole length inside me, the clit-stimulator buzzing deliciously exactly where it belonged.

I gently began to rock my hips backwards and forwards hardly moving. I felt John moving beneath me, pushing the Rabbit deeper.

"Oh, Sarah..." he breathed into my neck "Fuck... I want you".

"I know", I whispered back through our kisses, "but you can't have me. Not until Christmas..."

"No!" he moaned, "please..."

I laughed, "I don't think so...", I circled my hips and gasped... "ooo... I think I might let you in and out just once every week so

you remember what you're missing."

"No... not fair" he said in mock horror. He grinned suddenly. He must have been playing with the switches because without warning the electrifying sensations from the buzzing tool between my legs seemed to double.

"Oh... bastard fuuuuck" I groaned, grinding my pussy hard down into his lap. I arched my back, feeling like my spine might snap. I came almost instantly in long, shuddering waves, over and over again.

I've never been a squirter but whether it was the position, the Rabbit or just the sheer level of horniness, this time I think I did. In any case, he was soaked.

We stopped to catch our breath. He turned the Rabbit down to the lowest level. It still felt delicious and I couldn't keep still.

"Naughty, naughty man!" I sighed into his ear, "naughty, naughty man. This feels so good I don't think I need you inside me any more".

He didn't say anything but I'm sure I felt his body stiffen.

"You'd like that, I know" I said. "You keep going on about it enough"

He still didn't say anything, but the buzzing became instantly more intense. He moved beneath me. "Come again, lover... we can talk about it later".

Which, in the circumstances was fine by me...

I don't know how long we were on the settee for - it was probably only half an hour or so, all told, but I must have had six or seven multiple orgasms, and the next morning I felt like I'd

been hit by a bus.

Every limb ached and my pussy was sore, something I've not felt since we were first together.

So all in all... the rabbit gets a, um, thumbs up from me.

In truth, I don't know what to do.

Orgasm denial until Christmas is a given.

The rest?

Damned if I know.

BUT the Rabbit makes the idea of not letting him enter me a lot more appealing and doable, that's for sure.

Next item on the shopping list: a decent strap on...

Ultimate Male Orgasm Denial

It drives John completely nuts and leaves him a shuddering, quivering wreck.

Beg?

You ain't heard nothing like it.

And the reason I'm writing it down here now is I'm feeling feisty, hot-weasel-horny and I want John to read it before we go to bed and know, absolutely know for sure what he's got coming to him tonight without even the faintest, remotest, highest pie-in-the-sky hope of coming.

Not tonight.

Not tomorrow.

Not next week.

Not for at least another 2 ½ weeks.

I always start with John going down on me... I love it and he's very good at it.

We're usually in a semi-69 position so I can reach through between his legs and gently draw my nails down his cock and over his scrotum, occasionally massaging his perineum (oh yeah... and sometimes I milk him that way, too. Much better than an internal milking and really quite frustrating for him even though that's pleasurable in its own way).

This gets him groaning and moaning and dripping... and I get so wonderfully, deliriously wet and horny knowing how turned on he is. In the beginning, this is what made male orgasm denial so hard: when it became too much for him, he'd turn round, enter me with a long, deep and passionate kiss... and I'd be too far gone to make him stop.

But now I know better... so I make him get onto his hands and knees, supporting his weight in exactly the same position he'd be in as he entered me.

Then he knows to stay there, stock still. He knows if he moves, I'll stop right there and then and he'll have to finish satisfying me with his hands and tongue.

Odd, really, because he knows he's never going to come like this, but still he doesn't want me to stop. Like people say: men love male orgasm denial because it's like being half-way to orgasm all the time.

Anyway, I'll open my legs wide, as wide as I can and slide my hand between us and grab his cock, and move it against my wet

pussy, just as I'd do with a dildo.

This drives him bananas, yet it's never yet been enough to make him come or even have to ask me to stop.

I don't know how far I could push it, but I do wonder if he ever could come like this (now there's a thoroughly evil thought... I could make him wait a year and then tell him he comes like this... or he doesn't come at all for another year. Would I do that? Fuck yes, right now I would. Extreme male orgasm denial on steroids).

Fast, slow, hard, soft... I use his cock for my pleasure, taking exquisite delight in his gasps and groans. I'll come like this maybe three, four times, long slow orgasms... not earth shattering like he gives me with his tongue, but deeply, deeply satisfying, warming me right to my core.

Mmmm...

And then, when I'm done, I'll warn him not to come, not to move... and I'll raise my hips and pull him towards me, taking him inside me all the way in a long, slow mental count of five.

Then I'll hold him, whispering sweet, sweet words in his ear, saying everything and nothing, telling him how long he has to wait, sharing with him how much I love it that he cannot, must not, will not come, kissing him, stroking his face... until, gently, I let him go.

Just once, slowly in and out.

That's all he gets when we do it this way.

His whole body is quivering, poised to thrust into me and come, male orgasm denial and chastity be damned.

I wouldn't stop him, and sometimes I yearn for him to take me like that, almost like a whore... just fucking me , fucking me, and fucking me hard until he fills me with his wet heat. But no. Not yet, my beloved.

Not for a few weeks yet.

Sleep usually comes quickly for me now, warm, content, and wet... and feeling his hard throbbing cock pressed against my back as we cuddle spoon-like.

Delicious!



Appendix C - Chastity Contract

Chastity Contract Between John and Sarah

Definitions

- i. Chastity** — the state of John being forbidden to enjoy sexual activity involving his penis. In general, John will be locked in a secure chastity device by Sarah, and will be unlocked at her sole discretion.
- ii. Release** — the event of John being permitted to orgasm by Sarah.
- iii. Denial** — the state of John being denied release, even if unlocked from the chastity device and permitted to engage in sexual activity involving his penis.
- iv. Permission** — the clearly and unambiguously expressed wish or desire of Sarah for John to enjoy release or enter her.
- v. Chastity and Denial** — the state of John being in chastity AND denial, OR the state of denial alone (i.e. he may be permitted to enter Sarah but not enjoy release on any number of occasions spanning any period of time).
- vi. Permanent Chastity and Denial** — the state of John being kept in chastity and denial in perpetuity, with permission for release explicitly and permanently forbidden.
- vii. Extenuating Circumstances** — circumstances which might exceptionally cause Sarah to permit a change in an established regime, including but not limited to illness,

accident, disease, and injury.

Rules

- i. Sarah will keep John in indefinite chastity and denial, up to and including permanent chastity and denial (see Permanent Chastity and Denial below).
- ii. John's duty is to please Sarah to the fullest extent possible. His ultimate aim must always be to make his chastity and denial so pleasurable for her, enacting the permanent chastity and denial clause becomes her genuine desire, even if this eventuality never arises.
- iii. John may not beg to be unlocked, to enter Sarah, for release, or for a reduction in a period of chastity and denial at any time or for any reason other than extenuating circumstances.
- iv. John may beg for an extension to the current period of chastity and denial at any time up to and including permanent chastity and denial. Sarah will either accept or reject these requests at her sole discretion.
- v. Notwithstanding Sarah's right to extend or reduce any period of chastity and denial at any time for any reason, she will not reduce a requested extension she has granted unless there are extenuating circumstances.
- vi. Sarah may make John beg for any period of extension to the current period of chastity and denial at any time up to and including permanent chastity and denial. In these circumstances, the extension begged for will be

- treated as if it was initiated by John himself with the same consequences if granted.
- vii. John may not enjoy release or enter Sarah without permission.
 - viii. Sarah may unlock John for her own pleasure, or his, or both at her sole discretion at times decided by her.
 - ix. Being unlocked does not confer permission upon John to enter Sarah.
 - x. Permission to enter Sarah does not constitute permission for John to enjoy release.
 - xi. If at *any time* John feels an orgasm approaching he must tell Sarah immediately and/or beg her to make him stop. If she does not respond with clear, unambiguous and unequivocal permission to orgasm, John must stop as soon as practicable *before* release.
 - xii. Sarah may require John to stop at any time, regardless of any permission previously given.
 - xiii. It is highly likely Sarah will deliberately and frequently tease John right to the point immediately before release. Unless Sarah has given permission for release, John is solely responsible for preventing it. There can be no mitigating circumstances, and even if Sarah has deliberately caused him to enjoy release without permission, the full punishment still applies (see Punishments below).
 - xiv. Sarah may extend or reduce any period of chastity and denial at any time by any amount for any reason. However, when considering reducing any such period imposed as

a punishment or granted on request by John, she will permit a reduction only in extenuating circumstances.

- xv. Sarah may at her sole discretion inform John of the length of any given or planned period of chastity and denial, or of the criteria she has decided must be met for it to be brought to an end.

Release

- i. Sarah has unconditional and irrevocable control of John's orgasms and can permit or deny them for any reason at any time, up to and including permanent chastity and denial (see Permanent Chastity and Denial below).
- ii. Conditions of release are at Sarah's sole discretion including but not limited to a span of time, criteria for performance (e.g. work projects, income, and weight-loss), or the result of games of chance (e.g. rolls of dice).
- iii. However, the spirit and intention of this contract are such that it is expected the typical time between permitted orgasms is likely to be measured in months rather than days or weeks.

Punishments

- i. If John begs to be unlocked, to enter Sarah, for release, or for a reduction in the current period of chastity and denial and there are no or insufficient extenuating circumstances the following schedule shall apply:

- a. First offence: ONE MONTH added to the current period of chastity and denial.
 - b. Second offence: THREE MONTHS added to the current period of chastity and denial.
 - c. Third and subsequent offences: SIX MONTHS added to the current period of chastity and denial, to run consecutively.
- ii. If John enters Sarah without permission the punishment will be a minimum of THREE MONTHS added to the current period of chastity and denial for each offence.
 - iii. If John enjoys release without permission the punishment will be a minimum of ONE YEAR added to the current period of chastity and denial for each offence.
 - iv. Sarah may add any amount of extra time to any given period of chastity and denial for any behaviour she deems unacceptable in the context of John's chastity and denial (e.g. repeatedly asking how long the current period of chastity and denial is to be if Sarah has chosen not to tell him).

Validity and Enactment

- i. This contract will be valid immediately on John and Sarah signing it.
- ii. This contract will be enacted on John handing over the keys.

Permanent Chastity and Denial

- i. With the foregoing in mind, Sarah has unrestricted and unconditional control of John's orgasms including but not limited to permanent chastity and denial.
- ii. Whilst permanent chastity and denial may become a *de-facto* condition, it may also be enacted explicitly and unilaterally at any time at Sarah's sole discretion.
- iii. At her sole discretion, Sarah may wish to inform John she is enacting this clause ahead of time and permit him one last release.
- iv. To enact this permanent chastity and denial clause, Sarah need only sign below at any time and simply inform John of this action.
- v. Once enacted, this clause comes into effect immediately.
- vi. Sarah may in principle rescind this clause once enacted, but as the intention of invoking the permanent chastity and denial clause is that it be strictly enforced, once enacted it will be rescinded only in extenuating circumstances.
- vii. By signing this contract John consents to permanent chastity and denial if Sarah enacts it.

Signed _____ Date _____

Amendments

- i. This contract may be amended and/or cancelled by Sarah

at any time.

ii. John has no right of amendment or cancellation.

Agreement

This contract is signed with full consent of both parties.

Signed _____ Date _____

Signed _____ Date _____



Appendix D - Making the Best of Yourself

This Guide was almost complete when John suggested I add this little Section to it. It hadn't occurred to me previously, but as John explained why he thought it was important, I found myself agreeing.

As I've mentioned elsewhere in this Guide and on the Blog, *aesthetics* are very important not only in choosing your chastity device, but also in how you feel about yourself, whether you're locked up or holding the key.

A common observation — and it's certainly been true for me and John, and many, many people I've corresponded with — that the more intimate and sexual the relationship becomes as male chastity becomes deeper and more intense, the more attention you start paying to your own body and appearance.

And it shouldn't come as any surprise to us since that's exactly what happens when we get into a *new* relationship with a new lover, isn't it?

You may recall one of the things John *insisted* upon before he'd even consider a full belt was losing a lot of weight and building some muscle. To *him* the thought of walking around in a full steel belt with bulging love-handles was simply too much to bear.

So he did something about it — and he was so successful I finally caved in and did it myself.

And since it was his idea and he knows far more about it than I do, I twisted his arm and got him to write it.

Becoming a Lean Mean Male Chastity Machine

I'll keep this brief.

You don't need a 300 page diet book or a complicated workout schedule to get excellent results.

It's the 80/20 rule, as always — you'll get 80% of the results you want by putting in just 20% of the effort you'd need to put in if you were a fitness model or pro-bodybuilder.

In other words, if you're just an average Joe or Josephine and you want to look and feel better than you've ever looked and felt before, and better than probably 99% of the people you'll see walking by you down the street, then you *don't* have to enrol in some bizarre fitness religion or spend your days eating rabbit food.

Proof?

First about me: I'm 45, 5'5" tall and have average genetics. I like my wine (perhaps a little *too* much) and like almost every other middle-aged man or woman out there, I tend to thicken around the middle more easily than I ever have before. Gone are the days when I could shovel anything into my face in any quantity and still look like Adonis.

And in the last 12 months or so I've gone from 12½ stone (which is 175lb) with a 39½ inch waist, to about 10¾ stone (150lb) with a 31 inch waist. And the weight-loss is net — I've put on a *lot* of muscle so my fat loss is a lot higher. I have a six-pack now, something I've not had for over 20 years.

As you know I do a lot of cycling, between 10 and 25 miles a day (most days the lower figure). Where we live it's nearly all

hills.

Now *you* don't have to do this. As long as you stick to the simple rule of eating fewer calories than you expend, you *will* lose weight.

You must. The Laws of Physics say so, and they don't lie.

I cycle because like to be physically fit, I find the time out on the bike mentally therapeutic and I wanted to lose the weight as fast as possible so I could get into that damned belt!

On top of the cycling I hit the iron three times a week, although at 45 I'm now thinking that might be too much for recovery.

No matter — twice, three times, makes no huge difference.

It's all really very simple.

Measure Everything.

First, go over to www.fitday.com and get yourself a free account.

It's worth tracking everything you eat and do.

Anything measured improves (I got Sarah doing this against massive resistance and female hissy-fits and emotional tears, and now she steals my whey powder and is in the garage with the weights as often as I am).

Then, you need to figure out your diet and exercise regime. I got all the stuff below from a really good friend of mine, a British amateur bodybuilding champ I've known for the last 15 years or so. He's a PhD at Cambridge in the UK and one of the smartest

people I know.

No, I'm not going to give you his name here, but if you're burningly sceptical and think I'm making this up, you can email me and I'll maybe tell you.

The Specifics of Your Diet

First, high protein... every day. Protein not only builds new muscle, but it also helps stop you losing the muscle you have when you're dieting. Using the schedule and diet below, I've lost fat and gained muscle at the same time. That's more common in rank beginners, but I did have a long layoff.

Nevertheless, the calorie-cycling means everyone but the leanest and most highly-trained individuals will manage to put on muscle and lose fat at the same time, at least for long enough to improve your shape dramatically.

So... high protein... for me that's 200g, about 1.5g protein for every lb of bodyweight. Sarah is taking a little less, because she's lighter.

Contrary to popular myth a high-protein diet is *not* bad for your kidneys *unless* you already have an underlying problem. At least, that's what the current research suggests.

Other than that, she works out and eats the same as I do (only lighter — and she can't do chins or dips, so does rows and press-ups instead. And she does deadlifts instead of squats. The point is she trains heavy with real weights, no pink-vinyl girly-nonsense. There's no truth to the myth women should train differently from men).

On workout days it's high-carb, low fat.

The high-carb/low-fat is important around your workout because you want insulin high to drive protein into the just-worked muscles and fat low so it doesn't get stored as body fat⁸⁵. My total calories on a workout day are about 2000.

On non-workout days it's low-carb and tends to be higher fat. Calories are about 1600.

The way to do it is fix your protein, fix your carbs (for me, 250g on a workout day, about 75 on a non-workout day), and then the rest is fat. It's easy. Ignore the rubbish you hear about "fat-burning foods" and all that.

Good sources of protein are whey protein (you can get 10kg for about £80 from www.wheyconsortium.co.uk), red-meat (probably not on workout days unless you go extra-lean), chicken, turkey, eggs, and fish.

Good sources of carbs are starchy vegetables like peas, sweet-corn and potatoes; bread; pasta, rice... all that good stuff. You don't want too much in the way of high-GI carbs except around your workouts (see below).

Your daily calorie deficit can be anything that works — meaning if you're still losing weight or you're changing shape, then it's working.

I find I can get up to 1500 calories a day deficit with cycling, but if I keep it up for too many days weight-loss stops and I feel like crap (lethargy, etc). Then I'll eat more or exercise less (I prefer to eat more and then exercise more rather than feel hungry, but

85 It's more complex than that, but that's close enough.

that’s just me — you can do it either way).

Once a week we’ll have a “free meal”. So, on a Saturday we’ll perhaps have lasagne and chips (fries, to my American friends), red wine, and then ice-cream while we watch a video. Or maybe we’ll nip to the local chip-shop and really live it up with some deep-fried death-fodder.

A Typical Day’s Food

It varies from day to day, depending on whether or not I’m working out.

On a Workout Day

Breakfast (about 90 minutes before I work out)

All told this wants to be something that gives you about 60g protein with 30 to 40g carbs, most of them complex, but with a little fructose, too.

So...

Porridge with fat-free milk, banana and a touch of honey.

Then 75g of 80%-protein whey.

Post-Workout

Then 25g of 80%-protein whey with 10g glucose

Wait about 20 minutes and then snack periodically on ham, pitta bread and a fat-free relish.

Dinner

Typically chicken curry with basmati rice, or pasta with chicken.

On a Non Workout Day:

Breakfast

Yoghurt, raspberries, with 3 scoops of 80%-protein whey.

Lunch

Pitta bread, ham, cheese, and mayonnaise. Occasionally avocado.

Snack

Piece of chicken with avocado, tomatoes and some mayonnaise.

Dinner

Chicken in mushroom sauce (with mushrooms and onions), green beans, pureed cauliflower with butter; or perhaps steak with mushrooms, onions and tomatoes with pureed cauliflower.

My Workouts

There's nothing magical about these exercises. They're chosen specifically because they all, with the exception of the biceps curls, involve many muscle groups (they're often called "compound exercises").

The only other thing of note about them is you'll see they alternate in terms of being push-pull. The reason for this is simply practical: the pushing muscles get a rest while you're doing the pulling exercises, and vice versa.

Workout A

Weighted Dips	3 x 5 ⁸⁶
Bent-Over Rows	3 x 5
Shoulder Press	3 x 3
Squats (heavy)	4 x 4
Biceps Curl	2 x 12
Bench Press	3 x 5

Workout B

Squats (heavy)	3 x 5
Squats (light)	2 x 12 ⁸⁷
Weighted Chins	4 x 4 ⁸⁸
Shoulder Press	4 x 3
Biceps Curl	2 x 12
Bench Press	4 x 5

Workout schedule

Mon A

Wed B

Fri A

86 Press-ups if you can't do dips yet

87 Should be front-squats or split-squats, but I can't do these owing to a missing toe-joint — surgically removed.

88 Rows if you can't do these.

Mon B

Wed A

Fri B

And so on. As you'll see, you're working out three times a week on alternate days, except for the weekends when you get a couple of days off.

Further Resources

Now, I realise what I've written above seems too good to be true — it's too brief. Nothing that simple can be that effective, correct?

Well, no.

It works — and by following what I've outlined, you're going to get 80% of the results you want. Yes, you might find you have to dicker with a few things here and there, but this is substantially *it*.

But some readers, I know, are going to want more.

In which case I recommend you go here:

www.malechastityblog.com/fitness

This is a great programme by a guy named Vince DelMonte and in my opinion it's worth having just for all the yummy recipes he gives you. You don't need it, but it's the kind of programme you can own and implement without having to think too much.

If you're feeling the need for something more cerebral

where you have to do a bit of thinking for yourself, I recommend anything and everything by a fellow by name of Lyle McDonald and he probably knows more than anyone else on the planet about fat loss and muscle gain.

www.malechastityblog.com/lyle

This is *real* science, not faddy popular nonsense for middle-aged women riddled with angst. It's easy to read and not hard to understand, but it's not about making you feel good — it's about educating you.

Get them all if you're feeling flush, or if not leave out "*Applied Nutrition for Sports*" and "*The Protein Book*". All the rest will be useful if you're just an amateur like me.

I warn you, though: this is *not* Mr Comfy or Dr Phil like platitudes which tell you how you can lose weight with no effort. Like Sarah's approach to male chastity it's gritty, stark and brooks no bullshit.

I have all his books save *The Protein Book*, and I *think* I'm correct in saying Lyle's work is the foundation to my bodybuilding chum's own work.



Appendix E – Further Reading and Research

Finally I have compiled a list of a few different resources you might find interesting and useful.

They're in no particular order and you take your chances with any and all of them.

Don't believe the hype!

Forums

[The Male Chastity Forum](#) - newly resurrected and slowly gaining ground. Well worth a visit. A very friendly bunch of people of all persuasions, and not a lot of hype.

[The Bound Forum](#) - mostly dedicated to BDSM but has a section dedicated to chastity. Again, friendly and welcoming.

Blogs

[The Male Chastity Blog](#) - my own Blog. What more can I say?

[The Edge of Vanilla](#) - the inimitable and eminently sensible Tom Allen. Definitely worth a visit.

[Denying Thumper](#) - a sane and sensible approach to a more D&S style of male chastity.

[Grey Owl's Haunt](#) - short, punchy and often incisive posts from the hooting one ;-)

Chastity Device Manufacturers and Retailers

In no particular order, preference, recommendation or warranty. Caveat emptor!

[Tollyboy](#) - slow service, but we got there in the end.

[Locked in Steel](#) - very slow to reply to emails. No other personal experience.

[Latowski](#) - no personal experience. The belts look hideous to me, but as far as the *crème de la crème* goes, this is *it*.

[Tickleberry](#) - retailer. Very fast service and a good reputation.

[Neosteel](#) - no personal experience, although the proprietors seem very pleasant and helpful.

[Steelworxx](#) - no personal experience.

[Lori Lancer](#) - excellent devices and great service in our experience.

[My Steel](#) - no personal experience.