

# ANAL ECSTASY

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HOW TO OPEN HER UP  
TO THE PLEASURES  
OF ANAL SEX & ANAL  
PLAY

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 **GABRIELLE  
MOORE**  
*Better Sex. Better Life.*

STUDENT   
HANDBOOK

GABRIELLE MOORE'S  
**NAKED**



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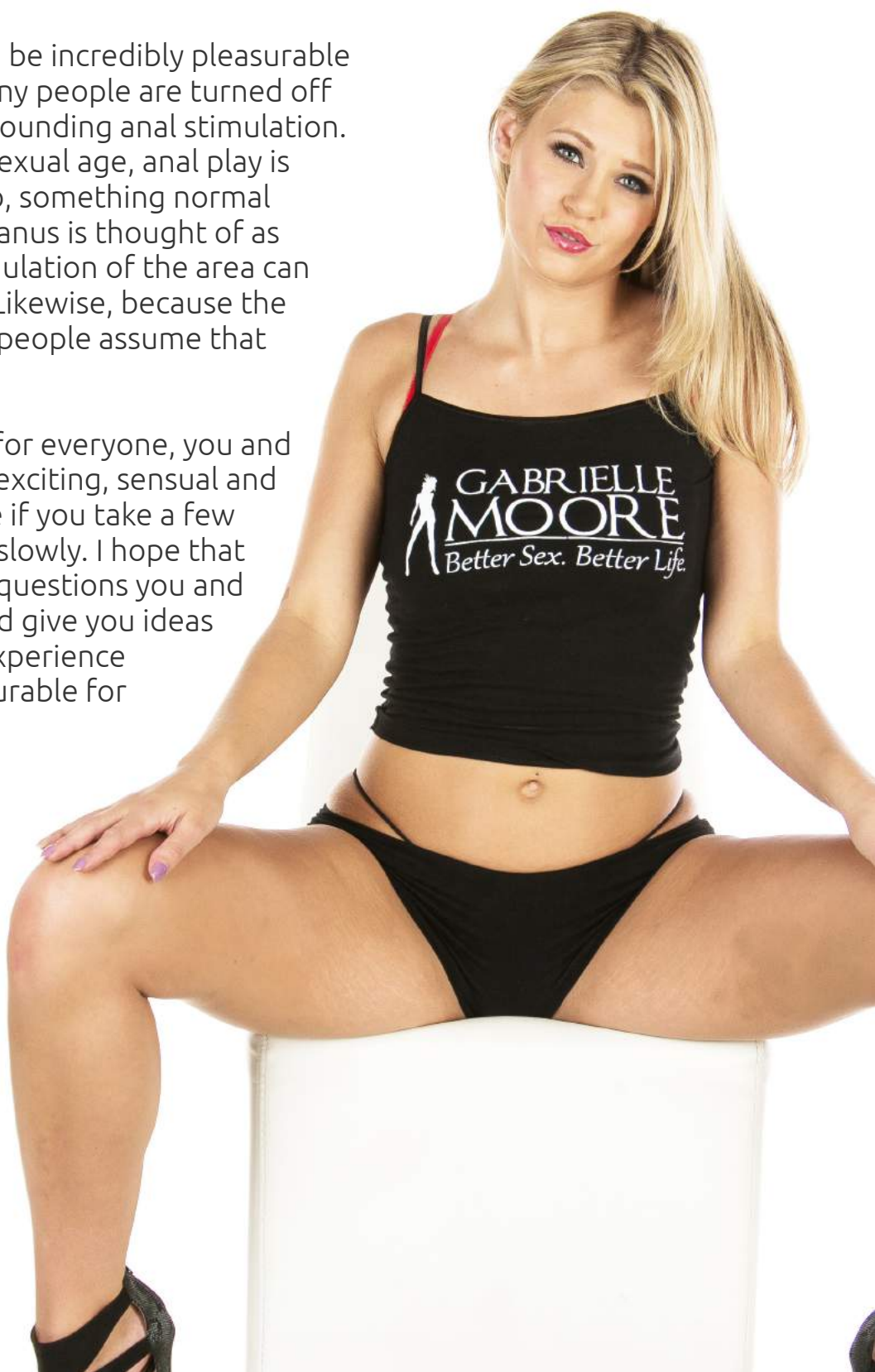
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## Introduction

Anal play and anal sex can be incredibly pleasurable for both partners, but many people are turned off by the negative ideas surrounding anal stimulation. Even in this enlightened sexual age, anal play is often thought of as taboo, something normal people just don't do. The anus is thought of as "dirty," so the idea of stimulation of the area can cause feelings of shame. Likewise, because the area is so sensitive, many people assume that penetration is painful.

Although anal play is not for everyone, you and your partner can have an exciting, sensual and very satisfying experience if you take a few precautions and proceed slowly. I hope that this book will answer the questions you and your partner may have and give you ideas about how to create an experience that is fulfilling and pleasurable for both of you.





## Who's Doing It?

If your partner thinks anal sex isn't "normal," ask her to consider these statistics: According to data the Kinsey Institute collected between 1938 and 1963, 11% of young married couples had tried anal sex.

By 1990, when the Kinsey Institute conducted another survey, they found that 24% of female and 27% of male college students had tried anal sex. In 2002, the National Survey of Family Growth (NSFG) was given to more than 12,000 men and women, with results showing that 34% of men and 30% of women said they'd had anal sex at least once.

A 2010 survey showed that since 1992, the percentage of women aged 20 to 24 who state they've tried anal sex has doubled to 40%. Twenty percent of married women said they'd tried anal in the three months preceding the survey, with 30% of unmarried, but cohabitating, women saying the same. Of the single women surveyed, 38% had tried it in the previous three months.

In other words, about a third of the sexually active women in the United States have tried anal sex or anal play of some form. About half that number say they do it at least once a year, with 21% saying they engage in anal play more often. That's a lot of women!



## It's a Sensitive Area

The reason anal stimulation can be so exciting is that the opening of the anus is covered with nerve endings that affect the pudendal nerve, the same nerve the clitoris is attached to. What this means is that the right kind of stimulation to the anal opening can produce the same type of pleasure as clitoral stimulation.

The anus contains two rings of muscle. She can control the outer ring, just past the anal opening, pushing down when she wants to open it for anal play. The inner ring, just an inch or so past the outer ring, is automatically controlled by her body. Once you have passed the tight, stretchy outer ring, the inner ring will give without further stretching.

*"The right kind of stimulation can produce the same type of pleasure as clitoral stimulation."*

Although there aren't many nerve endings past the inner ring of muscle, the rectum will respond best to the sensation of pressure or filling.



## Health and Safety Concerns

*Taboos aside, there are very real health and safety concerns when you and your partner engage in anal sex. Keep the following issues in mind before you begin with anal play.*

The bacteria found in the anus and rectum is meant to stay in the anal passage: although this bacteria will not harm the anus, it can cause health problems if it comes into contact with the vagina. Never put anything in the vagina that has already been in her anus. You can avoid this easily by using latex gloves or putting a condom over any toys you want to use in both areas.

Unlike the vagina, which terminates with the cervix and womb, a woman's anal passage, which leads to the bowel and intestines, is much longer. As a result, if you use props or toys for insertion, you must make sure that the handle is wider than the tip so that you can make sure the toy doesn't become lodged in the lower intestines.

The outer skin and inner lining of the anus is not only sensitive, but also very easy to damage. Before you engage in any kind of anal play, make sure your fingernails are clean, trimmed and filed to remove any jagged edges. Likewise, the anus doesn't produce any natural lubrication, which means you'll need to add some lest you tear or damage her sensitive flesh. Her vaginal lubrication will help, but the safest choice is to use an anal lubrication, which I'll discuss later in this book.

Although fecal matter only passes through the rectum and anus, it's possible that you may come into contact with some while stimulating the area. Although some women prefer to have an enema prior to anal play, a bowel movement before sex will take care of the problem.

Dealing with these health and safety concerns may seem like a lot of extra work, but if you and your partner find that you enjoy anal play, you'll find that the extra effort is worth it.



## Necessary Supplies for Anal Play

Ultimately, all you really need for satisfying anal play are your hands, your body and a good rapport with your partner. However, you'll find that a few extra supplies will make the experience more enjoyable for both of you.

### Anal Lube

As I mentioned earlier, the anus, unlike the vagina, does not produce its own lubrication, so you'll need to provide some for her. In fact, you'll have to provide a lot both before and possibly during anal play. The more lubrication you apply, the easier anal penetration will be and the more aroused she'll be.

Traditional lubes meant for vaginal penetration will work for anal play, but it's better to use a lubricant designed specifically for anal penetration. These lubes are thicker and last longer, which you'll need for an optimum anal experience. I recommend using a water-based anal lube, which will clean up easily.

While shopping for anal lube, you might see formulas that contain a desensitizing agent. Although this concept may make sense initially, if you think about it, these agents do the opposite of what you want: they numb her to the pleasure that you give her. Anal play shouldn't hurt, so instead of desensitizing the area to prevent pain, focus on eliminating the source of her discomfort by using lots of lube, going slow and asking her to tell you if anything hurts.



### Condoms

Protection is absolutely essential when engaging in anal play or penetration. STDs are very much an issue, especially HIV, which is easily transmitted if you



tear or otherwise damage the anus. If you are engaging in anal play with a new partner, make sure you use condoms when you penetrate her with your penis. However, condoms serve another important purpose during anal play: They help keep the bacteria in the anus from spreading to the vagina. If you are using anal dildos or other penetrative sex toys during anal play, always cover the toy with a condom. Not only will the condom keep the toy clean and prevent it from degrading, but it will make for easier cleanup when your sexual experience has concluded. When using condoms during anal play, change them before you use the same toy for vaginal penetration.

### **Latex Gloves**

Unless your partner is allergic to latex, use gloves when you manually stimulate or penetrate her anus. Not only will you keep bacteria at bay, but you'll also protect her sensitive flesh from ragged nails or cuticles, which can tear her. Use different fingers for penetrating her anus and vagina, and never reuse gloves.

### **Dental Dams**

Dental dams are rectangular pieces of thin, protective latex that you can place over the anal opening before you give her anilingus, also known as "rimming" or a "trip around the world" and other euphemisms for tonguing her anus. Often used when giving oral sex to a new partner, dental dams serve as a layer of protection during lingual play.

### **Pillows**

Try having her lie over a couple of stacked pillows, which will elevate her buttocks and make anal penetration easier for both of you. Wedge pillows for sexual play can be expensive, but they are designed to prop her body in the right position for rear penetration and play.

### **Sex Toy Cleaner**

Most sex toys designed for vaginal penetration can be cleaned with soap and water, but you should take extra care when cleaning anal toys, as the bacteria can multiply and cause health problems or infection if left on the toy. The safest thing to do is buy and use a cleaner specifically meant for cleaning sex toys.

## Talking About Anal Play

The first step you need to take toward anal play is broaching the subject with your partner. Never engage in any kind of anal play unless you have her permission to do so. Many women may find the idea of anal stimulation unsavory, so take the time to discuss anal play with her first and only proceed once she tells you she's okay with this kind of experimentation.

Once your partner has indicated she's open to anal stimulation, go slowly and proceed with care so you don't accidentally hurt her. Although anal sex, like any new form of sexual play, might take a few tries to perfect, her first experience will set the tone for future play. Be gentle, and check in with your partner often to make sure she's comfortable.





## STEP-BY-STEP TECHNIQUES

*The following techniques are meant to build on each other. Once you have mastered the basics of anal play, as described in Technique #1, move onto the next two techniques, which are more advanced. Regardless of which technique you use, you'll want to read through each technique carefully to see what you might want to incorporate.*

### **Technique #1 Anal Play**

Many people think that anal play is all about penetrative anal sex. This isn't true! You and your partner may find that even though she loves having the area stimulated and even penetrated, anal sex with your penis might be too much for her. In this case, anal play with your fingers or tongue will give you and your partner a great deal of satisfaction.



If you're new to anal stimulation, start slowly by using this technique to interest her in anal play and show her how exciting it can be. Even if you decide anal sex is your partner's and your preferred form of anal play, work toward that goal by first using the following techniques to ease her into anal penetration. Take things very, very slowly, only moving to the next step when she's relaxed and enjoying herself.

Make sure your partner is physically comfortable. She may prefer to be on all fours, with you stimulating her anus, vagina and clitoris from behind. But the easiest position, that will give you the greatest access, and her the most relaxing experience, is if she's on her back with her legs spread.

Don't start with her bottom. She won't respond well to anal play if you lead with it, so take a long time to work her into a passionate state. Give her lots and lots of foreplay; my book *Turn Her On Faster* ([www.turnheronfaster.com](http://www.turnheronfaster.com)) will give you lots of ideas about how to do this.

Once she's fully aroused, start by pleasuring her vagina and clitoris with your fingers or tongue. For tips on manual stimulation, check out my book *Naughty Fingers* ([www.mynaughtyfingers.com](http://www.mynaughtyfingers.com)). Don't bring her to climax with oral or fingering; perform one or both activities until she's at a heightened state of arousal.

When you're ready to move on to anal play, begin by caressing your partner's buttocks and the back part of her thighs. Use a light touch to arouse the erogenous zones on her backside. Then use a firmer touch to massage her buttocks. If you'd like to incorporate a few techniques for erotic massage, read my book *Erotic Massage for Better Sex* ([www.eroticismassage mastery.com](http://www.eroticismassage mastery.com)). Pay attention to the kind of touch that arouses her.

If you haven't already done so, put on latex gloves and get the



lube ready. Trace the outline of the crack between her buttocks, starting at the top and working your way down to the area where her thighs meet her cheeks. Spend some time caressing her “sit spot,” the lower curve of her buttocks, especially the area just outside the anus.

Check in with her to make sure she’s still comfortable. If she starts to tense up, move back to Steps 3 and 4.

Gently part her buttocks and blow lightly on her anus, which will ready her for anal play. If she’d like, she can hold her buttocks apart while you stimulate her.

*“Be sure to always pay attention to her body’s response”*

With your fingers still dry and free of lube, gently touch her anus with one finger, paying attention to her body’s response. Trace the outline of it, and then apply lube to your finger. With a moist fingertip, trace the outline of her anus again, using very gentle pressure with your middle finger right in the middle of her anal opening.

While you’re stimulating her anus, use your other hand to play with her vulva, making sure she stays in a heightened state of arousal. Incorporate vaginal and clitoral stimulation throughout your anal play.

Next, try inserting just the tip of your middle finger into her anus, again paying attention to her body’s response. When she’s accommodated the tip of your finger, insert it to the full knuckle. If her body won’t let your finger penetrate her, stroke her back with your free hand and ask her to bear down, which will relax the anus and allow you to open it further. She should breathe slowly during this phase, which will also help her relax.

With your finger inside her just to the first knuckle, begin rotating your finger in a circular motion just a little bit to stimulate the nerves just inside her anus. Move your finger in and out very, very gently, keeping your fingertip inside her anus.

Check in with her again to make sure she’s having a good time. If she tenses up, take another step back and stimulate her vulva or clitoris with your free hand.

Once her body is accustomed to your fingertip, start inserting the rest of your finger, going very slowly and moving gently in an in-and-out motion. Each time you move your finger deeper, use a small thrusting motion to insert it deeper, until your whole finger is comfortably inside her.

When she's relaxed, start moving your finger in and out more firmly. Build up to stronger thrusting, remembering to be gentle at the same time. Add more lube if she needs it.

At first, her body may only accommodate one finger comfortably. Don't rush her. One finger will do the job nicely. However, if she's enjoying the sensation of fullness, try inserting two fingers. It may be too much for her at first, so check with her. Eventually, she may find that three or more fingers are pleasurable. With your finger or fingers inside her, increase the thrusting motion, pushing deeper and more quickly. You should still be moving gently and making sure she's relaxed and experiencing pleasure. If she seems uncomfortable at any point, remove your finger or fingers and return to stimulating the outer part of her anus with a gentle touch.





With your middle and/or index finger inside her, use your thumb or your other hand to stimulate her clitoris. Insert a finger or two inside her vagina and massage her G spot. For more information about how to stimulate her G spot, read my book *Mastering Her G Spot* ([www.masteringhergspot.com](http://www.masteringhergspot.com)). At this point, she should be flushed, moaning, writhing and fully aroused. Continuing to penetrate her anus with your finger(s), stimulate her clitoris more directly until you sense her starting to move towards orgasm.

Although it's possible for her to climax from anal stimulation and penetration alone, the first few times you try anal play, she may not achieve this goal. In fact, she might never have a powerful anal orgasm. It doesn't really matter—if she needs vaginal stimulation to come, give it to her. A finger or two in the anus can intensify her orgasm exponentially.

If she's finding it difficult to climax with finger penetration of her anus, don't worry too much. It's a new experience for her, and she may need a while to get used to it. For the time being, focus on giving her anal pleasure, bringing her to climax with a more traditional form of sexual play, like intercourse or oral sex.

After she's climaxed, spend a long time holding her and caressing her body. A woman's first anal experience can be very powerful, emotionally and physically, so she may need more time to come back to earth. As you're holding her, ask her how she felt about the experience. Give her time to work through her

*"Have in mind that on the first times it might be hard for your partner to climax"*



feelings. Ask her what she did and didn't like, and incorporate her feedback into your next round of anal play.

## Anilingus

Also known as "rimming," anilingus involves kissing and licking the anus. Not everyone is comfortable giving or receiving this kind of stimulation, so you and your partner may never try this step. If you're adventurous, I strongly recommend trying anilingus. The sensitive nerve endings around and just inside the anus respond extremely well to the soft, gentle, moist, warm sensation of your tongue stimulating the area. You can insert your tongue and thrust it in and out, as you did with your finger, or you can simply lick and kiss the outside of her anus.

If you would like to experiment with it, you may find that it drives your partner wild. You can use a dental dam between your tongue and her anus if you are worried about taste or bacteria, but at the very least, make sure she's clean before you stimulate her anus with your tongue. A good time to try anilingus is right after she's showered and cleaned herself thoroughly.



## Technique #2 Anal Play with Sex Toys

When used correctly, sex toys can make anal play incredible for her. You might be surprised at the vast selection of different toys made for anal pleasure, so take some time to shop around for toys you and your partner both find interesting. If you don't know if anal play with toys is right for your partner, start with inexpensive toys and work your way up to the more expensive ones, which are often designed for maximum anal pleasure.

Don't start using anal toys right off the bat. Many of them are made for more advanced play. Instead, follow the directions in Technique #1, Anal Play, to introduce her to the idea of anal stimulation. Only when she's totally comfortable and excited should you introduce the idea of toys. Remember to follow the same safety guidelines: cleanliness, lots of lube, a gentle progression to more intense anal pleasure and lots of conversation about how she's feeling.

1. Have her lie on her back on the bed. As I said in Technique #1, she can be on all fours for anal toy play, but she'll be most comfortable on her back, and you'll have full access to her vulva, clitoris, vagina and anus.
2. Follow my guidelines in Technique #1, Anal Play, to get her comfortable with the next phase of your play: using anal toys. Don't start using toys until she's ready—which might be the next play session. Even if you were looking forward to using anal toys with her, if she isn't ready when you play to do it, postpone it for another time.
3. When she's ready, it's time to get out the toy box. There are a number of different kinds of toys you can use, and just as many ways to use them. Try a small plug at first, and then work up to a size she enjoys most. Here are a few ideas about how to use the toys she finds exciting:

### a. Anal Plugs

Also known as “butt plugs,” anal plugs are usually two to four inches long, with a much wider base and a handle or flange attached to keep the toy from fully entering her. Toys can actually get lost in there, so if you are using an anal plug, make sure it's one that's designed specifically for this purpose. If you use an anal plug, follow these steps for maximum pleasure.





- After applying lube to her anal passage, cover the toy with it. It's very important that she's thoroughly lubricated. If you're using a condom on the toy, lube it after the condom is on.
- *Hold the tip of the toy to her anus and press very gently, paying close attention to her body's response. Move the tip in a gentle circular motion to stimulate the nerve endings on the anus.*
- As she begins to respond to the gentle stimulation, apply more pressure as you're circling the toy on her anus. If she tenses up or indicates she's in pain, take more time and move more gently.
- Continue to increase the pressure, pulsing the toy in and out of her anal opening until it starts to gain entry. If her body won't let you move the toy past the first ring of her sphincter, ask her to bear down, which will open her up.
- As you continue to insert the toy, you'll be moving the widest part of it inside her, so go very, very slowly. Start with a very small anal plug and work your way up to larger ones over repeated sessions of anal play.
- When the anal plug is fully inside her, tap on the base to make sure it's firmly inserted. You may find that she climaxes immediately, especially during your first few sessions with an anal plug.
- You can apply pressure to the base of the anal plug during the remainder of your sexual play. If you're fingering her, use your other hand to tap the base of the anal plug. You can use the same move if you're giving her oral sex or combining the anal plug with intercourse.



## b. Anal Beads

Anal beads are comprised of a long plastic string or connector with three to five beads attached. Some anal beads are all the same size, whereas others are graduated in size. Anal beads are meant to be inserted at the beginning of anal play, and then pulled out slowly. Follow these steps:

- After applying lots of lube and stimulating her anus, gently insert the first bead, giving her time to get used to the sensation before inserting the next one, especially if you're using toys that are graduated in size.
- Push gently to insert the next bead, stimulating her vulva and clitoris while you're doing so. You can also run your finger around her anal rim to give her more stimulation.
- Once all the beads are in—or all that she can accommodate at the time—continue to stimulate her orally or manually. You can use anal beads in conjunction with penetration, but the logistics can be a little trickier. Do what feels best and is most comfortable for you.
- While you're pleasuring her, pay attention to her body language. When you sense she is getting close to orgasm, pull on the handle of the toy to pop out a bead. Because it will be passing back through the sensitive outer ring of muscle, the sensation of having the beads pulled out of her can bring her to an intense orgasm. At the very least, it will be extremely pleasurable for her.



### c. Anal Dildos

Like dildos used for vaginal penetration, anal dildos are generally used for in-and-out penetration. There's no right or wrong way to use an anal dildo; just make sure you're using one designed for this kind of stimulation. It should have a wider end, just like an anal plug.

- Select an anal dildo that your partner thinks will be comfortable and exciting. The first few times, you'll want to use something very small.
- I have found that anal dildos are easiest to use and most enjoyable for her if she's on all fours; however, she can also enjoy an anal dildo while lying on her back. Position her so that she's completely comfortable.
- Cover the dildo with a condom before you start your anal encounter. This way, if you want to use the toy on her vagina later, you can quickly remove the condom to keep the toy clean and free of bacteria. A condom will also protect the toy and make cleanup a lot easier and more palatable. Coat the condom-covered dildo with lubricant before you move onto using it to stimulate her.
- Using the same gentle approach I described in the anal plug section above, place the tip of the anal dildo on her anus, circling the rim in a small motion.





- When you see her beginning to respond, apply a little gentle pressure with the toy, using the same circular motion as you did on the outer rim of her anus.
- As her body begins to accommodate the introduction of the dildo, apply more pressure until the toy has passed the outer ring of muscle, holding her completely open. Pause a little so she can relax more, caressing her back and buttocks with your other hand. You may also want to give her clitoris a little manual stimulation to keep her aroused. If she expresses any kind of discomfort, stop immediately.
- Once the first inch or so of the dildo is inside her, begin to use very small thrusting motions to penetrate her further. You can interchange thrusting with circling the toy inside her. Pause every half inch or so to allow her to adjust to deeper penetration.
- You don't have to insert the dildo all the way; in fact, for your first few times using an anal dildo, she may only want a few inches inside her. Do what feels best for her.
- Some women will climax when they experience the onset of fullness in their anal passage, especially their first few times. If she doesn't come



right away, increase the depth and speed of your thrusting, increasing the pace as she becomes more aroused.

- It's possible for her to have an anal orgasm from the dildo's thrusting, but most women will climax when you add manual or oral stimulation to her vulva, vagina and clitoris. You can add vaginal penetration if she's comfortable being on top.

#### d. Anal Vibrators

You'll find a huge selection of anal vibrators, but the good news is that vaginal or clitoral vibrators work well for anal play, too. Just remember the cardinal rule: never insert something completely into the anus. A handheld vibrator is fine, but if you're using a small clitoral vibrator, be very careful not to insert it past the ring of muscle. Try one of these toys; if you're using a dildo-shaped toy, follow the techniques for using anal dildos and plugs, making sure you also incorporate my instructions for cleanliness, lubrication and condom use.

- **Rocket Vibrator**

This is the most common kind of "regular" vibrator, a handheld rocket or phallus-shaped vibrator meant for insertion into the vagina. When you use a traditional vibrator for anal stimulation, you may want to insert it to the hilt, but you will probably find that your partner enjoys it best when you focus the vibrations on her anus and the first inch or so inside her. You can even use toys meant for G spot vibration. Just make sure her anus is lubricated before you use a vibrator on it.

- **Sex Toys with Anal Vibrators**

If your partner likes using anal plugs, dildos, beads and other toys meant for anal insertion, she'll probably love the vibrating versions of those toys. Many anal vibrators incorporate a small vibrating bullet into the design of these toys, which means that the toy will amplify the sensation normally produced by that toy. Use these types of anal vibrators as you would use the non-vibrating counterparts, whether it's a plug, beads or a dildo.

- **Insertable Anal Vibrators**

These toys are meant to be inserted at the beginning of anal play and kept inside until your partner climaxes, whether it's an anal orgasm or through clitoral or vaginal play. Insertable anal vibrators come in a large range of sizes, styles and shapes and usually involve a plastic vibrating unit that can be removed from the outer layer of the toy for easy cleaning. Use the same insertion techniques as you would for a plug or dildo.



*Once you and your partner have explored the different kinds of anal toys available and found one or more that you both really like, invest in upgraded versions of the toys. They'll last longer and deliver even better stimulation.*



## Technique #3 Anal Sex

It's very important that you work her into a state of total arousal before you begin anal sex. Give her lots and lots of foreplay; my book *Turn Her On Faster* ([www.turnheronfaster.com](http://www.turnheronfaster.com)) will give you lots of ideas about how to do this. You might also add anal sex after you perform Techniques #1 and #2: Anal Play and Anal Play with Sex Toys. Only when she's fully aroused should you begin anal sex.

## The Best Positions for Anal Sex

Over time, you and your partner will discover your preferences for anal sex positioning. To get started, try one of these positions. If you find that one isn't working for you or causes your partner pain, stop immediately and try something else. Sometimes it's as simple as using more pillows.



### From Behind

This position is hands-down the easiest and most comfortable position for anal sex. Have her get in the “doggie style” position, on her hands and knees, propping up her belly and pelvis with pillows or a sex wedge. Insert your penis from behind while you spread her buttocks open with your hands, and then hold her by her hips when you thrust. This position will also allow you good access to

her vulva, so you can tease her with your fingers while anally penetrating her.

### **From the Front**

In this position, she'll be lying on her back on the bed, holding her legs up and widely separated. You'll lie or lean on top of her, inserting your penis into her anus from the front. She'll be most comfortable in this position if she's able to rest her legs on your shoulders. In this position, you won't be able to use your hands on her vagina during anal penetration, but you'll be able to grind your pelvis into her clitoris.

### **Flat On Her Stomach**

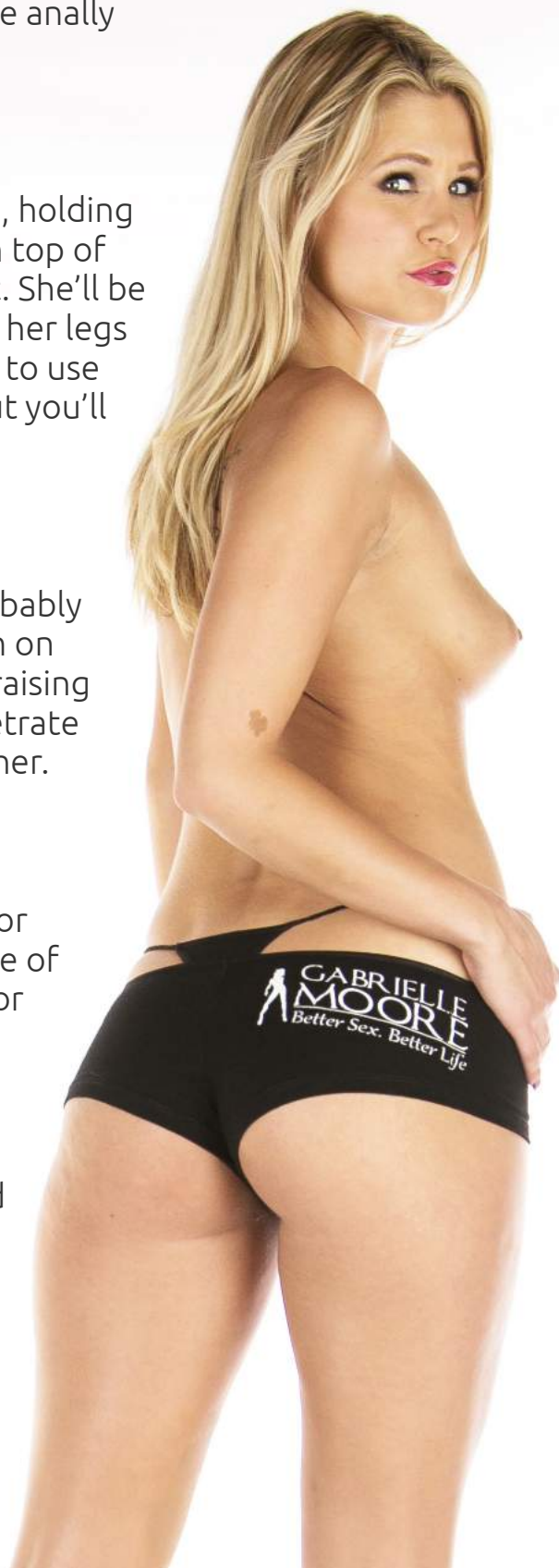
This position isn't as comfortable for you, but it's probably the most comfortable for her. Have her lie face down on the bed and prop up her pelvis with a pillow or two, raising her from the bed just high enough that you can penetrate her from behind while squatting or kneeling behind her.

### **Standing While Bending**

This is another easy position for anal sex, especially for the beginners. Have her stand in front of a chair, table of the bed, whichever is the most comfortable height for her to bend over and prop herself on. She'll be most comfortable if you place a pillow or folded blanket under her stomach, between her and the surface on which she's resting. In this position, you'll stand behind her and use the same technique as you would with the "From Behind" position.

### **Side by Side**

Facing the same direction, lie on the bed behind her, with both of you on your right or left sides. Raise her leg as much as is comfortable for her and



move it forward from the hip until you are in the right position to penetrate her anus. In this position, your bodies will both be very relaxed and you will be able to penetrate her deeper, but you may not be able to thrust as fast.

## Step-By-Step Anal Sex

*The first rule of anal sex is GO SLOW. Never force yourself inside her or move deeper or faster than she's comfortable with. Because of the narrowness of her anal passage and the multitude of nerve endings in and around it, initial penetration can be painful if not done correctly.*

I recommend that for your first few times experimenting with anal sex, you first incorporate the instructions in Technique #1, Anal Play, to get her fully aroused. You can also play with anal sex toys a little if she wants. Do whatever she needs you to do so that she is as comfortable and aroused as possible before you anally penetrate her.

1. Talk to your partner about which position she'd like to try, and then follow the instructions above to make her comfortable.





2. Always wear a condom during anal sex, not only to prevent against the transmission of disease, but also to make cleanup more sanitary. Apply a generous amount of lube to your penis, her anus and her anal opening.
3. Holding her buttocks apart, press the tip of your penis gently against her anus and gently rotate your pelvis to stimulate her anal opening. If she begins to tense up, use your fingers or a sex toy to stimulate her vagina and clitoris.
4. As she relaxes, press into her anus more firmly with very small thrusting motions, until the head of your penis has passed through the outer ring of muscle in her sphincter. This part may take several minutes. Be gentle and move very slowly, allowing her body to accommodate your penis a fraction of an inch at a time.
5. Once just the head of your penis is completely inside her, hold still for a few moments—or minutes—until she is totally comfortable with the feeling of pressure and fullness. Continue to stimulate her vulva area until she's relaxed and breathing normally.
6. Begin to push your penis further into her, stopping every inch or so to allow her to accommodate you. Hold your penis in place for a few moments, giving her the chance to absorb the feelings of fullness and pressure, until she begins to feel pleasure from the sensations.



7. Once your penis is completely inside her, stop again and hold it there without moving. Allow her to feel the full amount of fullness and pressure. Have her breathe deeply to relax and stroke her back and hips, kissing her back and neck and/or using your hands to stimulate her breasts, clitoris and vaginal opening.
8. When she's ready, begin thrusting with shallow, gentle motions. Don't pull out completely—penetrating her again will take time—but move in and out just a little at a time, increasing the depth and speed of your thrusting gradually.
9. Check in with her verbally and visually. Pay attention to how she is holding her body. Is she moaning and writhing? You're doing it right! If she's tense, hunched or looking like she's in pain, stop immediately and go back to Step 6. Ask her how she's doing, and respect whatever she tells you she needs you to do just then, even if it's stopping.
10. When you're both comfortable and she's feeling very aroused, experiment with different kinds of thrusting motions. In addition to in-and-out thrusting, rotate your hips a little or move them from side to side or up and down.



11. After you find a rhythm and style that you both enjoy, increase the depth and speed of your penetration, being mindful not to be too rough. You can slow or increase the speed during your penetration. If you are worried that you will climax too quickly, simply hold still for a moment or two.
12. She may not climax from anal sex by itself, so continue to pleasure her in other ways until she has an orgasm, stimulating her clitoris more intensely as she nears orgasm. You can use your hands or a vibrating sex toy to make her climax.

When you have both climaxed, spend a long time holding her, kissing her and stroking her back and hair. Anal sex can be a very intense experience, so she may need to spend a little longer than usual in the “afterglow” part of your sexual play. She might even cry a little from the emotional intensity associated with anal sex. Tell her how beautiful she is and how much you enjoyed the experience. When she’s relaxed and back to herself again, ask her if there’s anything you can do to make the experience even more pleasurable next time, and incorporate that feedback.

If after trying anal sex once or more, she might decide that she just doesn’t like it. She might enjoy anal play and anal sex toys, but that doesn’t mean she’ll like anal intercourse. Accept her decision and respect her feelings. After all, there are a lot of wonderful ways to experience sexual intimacy that don’t involve anal sex.





## In Conclusion

I hope that after reading this book, you and your partner will learn how to have great anal sex and thoroughly enjoy anal play, but I have to repeat this one last time: anal play and anal sex are not for everyone. Even the most open-minded person may still be embarrassed or ashamed to try—or admit they enjoy—anal play. If your partner doesn't want to try it, or if she tries it and doesn't like it, don't force the issue. Respect her wishes, and enjoy other forms of intimacy.



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