

Sample 1

40 Articles about How to Satisfy Women in Bed

ARTICLE 1

My Girlfriend Never Wants Sex – What Do I Do?

This seems to be common in many long term relationships. And it's sad, because it simply isn't true.

Although I don't know your girlfriend, I can tell you with certainty that she wants sex. Everyone wants sex. And your girlfriend isn't an exception.

She doesn't suffer from low libido, and she doesn't need some "alone time".

The problem lies with *you*.

We guys need to learn how female sexuality works. And we need to learn how women want to be treated.

But it's difficult for us guys:

We don't learn about this stuff in school.

Women don't tell us how they want to be treated. And if they do, they talk in a language we don't understand.

So called "sex experts" or "relationship experts" often have idealistic views about sex and romance. And they tell us how sex and relationships ought to be.

And most of us have parents who are as clueless as ourselves.

Well, I didn't learn this stuff in school either. And I didn't have parents who taught me how to treat women.

But, I figured things out by trial and error.

And I'm not a "sex expert", who wants sex and love to be a certain way. I don't care what sex is supposed to be. I don't care if it's good or bad, dirty or romantic.

Reality is my only guideline. I only care about what works and what doesn't.

And you don't even have to agree or disagree with my opinions on sex, because you don't have to. Test out my advice for yourself. Either it works, or it doesn't.

So, your girlfriend doesn't want sex? Here are 9 things to consider:

1. Your Girlfriend Doesn't NEED Sex - But She WANTS Sex

Your girlfriend can go years without sex – and it isn't a big deal for her. She can be happy without it.

That doesn't mean that she doesn't want to have sex, though. I believe women like sex more than us guys. (I really do...)

But women don't want to have sex just to have sex. The situation has to be right, and the guy has to behave in a certain way.

For us guys it's different. When we're horny, we want sex no matter what. It doesn't matter if we're in a bad relationship, because we can separate sex and the relationship we're in.

Women can't do this.

And this is where you come in. You have to understand that your girlfriend's interest in sex depends on how you treat her.

And if you start to treat her the way women wants to be treated, then things change rapidly.

The rest of this article will give you some clues about how to treat your girlfriend right, so she'll start wanting sex as much as you do.

2. Your Girlfriend Doesn't Know How to Initiate Sex

Women have no idea how to initiate sex.

Sometimes they think they're so seductive and know how to get things started. But this isn't the case.

If your girlfriend's never in the mood for sex, and you start having this "I'll wait until she makes the first move" attitude, then it's really game over.

Because she'll never make the first move. Even when she's horny and *do* want sex, she'll still not make the first move.

She doesn't know what to do. And also, she doesn't *want to* make the first move. Taking the initiative is a turn off for women.

She wants *you* to make the first move. (As long as you do it the right way of course. Read on...)

3. Your Girlfriend has to Be Turned on BEFORE Having Sex

It's amazing how we guys often forget this part.

Sex is impossible without arousal. Your girlfriend will never have sex with you if she isn't horny.

This is the key thing you have to understand, so read it several times if you have to. Here it is:

Your girlfriend gets turned on when you take control and do whatever you feel like doing.

That includes having sex with her whenever *you* feel like it. (More on this below.)

4. Your Girlfriend Needs to “Test” You

Now I can hear you protesting:

“But Tom, you don’t understand. I try to have sex with my girlfriend all the time. But she shoots me down every time. It doesn’t work just doing whatever I feel like doing.”

Doing whatever you feel like, including having sex with your girlfriend, is part of your masculinity – and it’s what turns women on.

But it’s only half of your masculinity. The other part is your **patience**. Or let us call it: “My girlfriend doesn’t want to have sex today... No big deal... It’s cool.”

You see, a big part of seduction (including foreplay) is what I call “testing”.

When you want sex, your girl will start to test you. She doesn’t have any choice. It’s an automatic response to your advances. She’s not being mean - she doesn’t even know she’s doing it.

When your girlfriend tests you, she’s testing your **patience**. And if you’re needy and impatient, she will lose interest, because you’re just half a man. You need to be patient as well as going for what you want. **That’s the only way to break the rejection cycle.**

As soon as you start to play it cool when your girlfriend rejects you (or tests you), she’ll start wanting sex. Maybe not today, but the next time

you make your move, she'll remember that you played it cool the last time.

This is how it usually goes: (Simplified)

You: "I want sex!"

Your girl: "No!" (This is the test.)

You: "It's cool." (No anger, resentment or disappointment.)

Your girl: "Now I want sex!"

First you make your advances. Then your girlfriend tests you. And if you DON'T have to have sex, then your girl wants sex.

This is at the core of all pick-up, seduction, foreplay and sex. It's the male and female roles during sexual interaction.

It's simply what I call 'leading and testing'. The man has to 'lead', and the girl has to 'test'. When the girl has said no enough times, and you have played it cool every time, then she's ready for sex.

In other words, if you're not desperate for sex, then you'll pass your girlfriend's test(s). And she'll be turned on.

Note 1:

It's important to understand that when your girlfriend says no to sex, you have to be totally cool about it. You can't show any resentment or disappointment what so ever. It's the only way to pass her tests.

Note 2:

*Women will not have sex with needy men. Neediness is a huge turn off for women, because it's feminine behavior. **Wanting** sex and **needing** sex are to completely different things. **Wanting** sex is always okay for a woman, but if you **need** sex, it's a turn off.*

Going for what you want is masculinity. Being needy and controlled by your own emotions is femininity. Thus, wanting is a turn on, and needing is a turn off.

5. Your Girlfriend Doesn't Want to Feel any Responsibility

Here's where women, including your girlfriend, starts getting complicated – and irrational.

There's this strange duality within women. On the one side, they want to be beautiful and respectable women. And on the other side, they want to be wild and dirty sluts.

In your girlfriend's daily life she *is* and wants to be that beautiful and respectable woman. That part of her doesn't want anything to do with being sexual. And that part of her doesn't want any **responsibility** for turning into a wild, dirty slut.

The only acceptable way for your girlfriend to become sexual is if you take the responsibility for it.

It makes no rational sense, but women want to feel like they have no part of turning sexual. They want to think and feel: "There was nothing I could do about it. My boyfriend made me do it. That bad boy made me horny, and it's all his fault."

It's a psychological excuse. The beautiful and respectable part of your girlfriend justifies her actions by playing a helpless victim. It was *you* who turned her into a slut, and there was nothing she could do about it.

Again, this makes no sense for any rational being (meaning: us guys). Your girlfriend both wants to be a slut – and she doesn't want to be a slut.

So, how can we guys deal with this “female logic”?

We do exactly what turn women on in the first place: **We do whatever we feel like doing.** (Always remember this. It’s the only way to behave around women.)

Meaning: Don’t ever ask your girlfriend whether she wants sex. The respectable part of her never wants sex. And don’t ask her what she wants to do in bed. She doesn’t have an answer. She doesn’t want the responsibility for doing anything sexual.

Whatever happens in bed, it’s YOUR responsibility. YOU made her do it.

You’re the “bad boy” who makes her do crazy shit in bed. And she will love you for it... But she will of course never admit it.

6. Your Girlfriend Wants Things to Just Happen (Naturally)

This is another irrational thing about women. They have this romantic notion that stuff just happens by themselves. ‘Girl meets boy – and then they lived happily ever after.’

Let me tell you, man to man: **Stuff never just happen by themselves. If you want something to happen, then someone have to do something.**

And since women like living in this romantic fairytale, that *someone* is YOU.

Either you have to have a game plan for what you want to do, or you have to come up with things as you go along.

Now we’re back to what we’ve already talked about - **leading.** (Or doing whatever you feel like doing.)

You make **every** decision when you’re being sexual with a woman. And when you do that, **the woman feels like things just happen.**

But even that isn't enough. Women want to feel like things happen "naturally" as well.

"Naturally" means that everything you do have to fit into the context of the situation you're in.

For instance, you can't use dirty talk when you're enjoying a romantic dinner. That's out of context. And you can't tell your girl how much you love her while you're fucking her. That's out of context as well.

When you keep things in context, then women feel more at ease, because it feels "natural" to them.

But, I want to remind you: Never be afraid to do things that are out of context. The greatest mistake you can do when being sexual with a woman is to NOT do whatever you feel like doing.

Taking action is always better than indecision. Even when you're out of context.

7. Your Girlfriend Needs You to Objectify Her

Or to be more precise: **you need to objectify her body.**

Your girlfriend's body is a major part of her femininity – and therefore also her sexuality. You have to see her body for what it is - an object.

And an object exists to be enjoyed. Use all your senses to give your girlfriend's body the attention it deserves.

In the bedroom, **touch** is by far the most important and most powerful of your senses. And it's the touch of your hands which usually bring a woman's arousal level to a point where it's impossible for her to say no to sex.

Some guys don't objectify women because they've learned that women want to be "respected". But there is nothing respectful about ignoring your girlfriend's beautiful body.

Women don't only want this kind of attention – they **need** it. It's a huge part of sex.

8. Your Girlfriend Wants to Please You

The 'need to please' is another part of your girl's femininity – and therefore, also a part of sex.

But this can be difficult for your girlfriend. If she wants to please you, she has to take the initiative – and as you know, women don't like to take the initiative.

What you have to do is to make it easy for your girl to please you. Don't wait for her to please you. Instead, tell her what you want.

Again we're back to **leading**.

When you take control and tell your girlfriend what you want her to do, you're not only making it easy for her to please you, you're turning her on as well.

When you're honest about your feelings, and tell a woman what you feel like doing in bed, she's much more likely to accept it.

My experience is that women are surprisingly open-minded when it comes to sex – as long as you're honest about what you want to do. Women rarely judge your feelings.

9. Your Girlfriend Doesn't Want You to Care about whether She Wants Sex

This is counterintuitive – and important.

When you're horny and want sex, it's beside the point whether your girlfriend is in the mood for sex. Because she ISN'T in the mood for sex.

Think about it. How likely is it that your girlfriend is horny and wants sex at the exact same time that *you're* horny and want sex?

Most women don't go around being horny. And as I mentioned earlier, you can't wait for your girl to get horny, because she won't even tell you when she is.

So, what's the solution?

Once again we're back to **leading**.

It's your actions that turn your girlfriend on. When you do whatever you feel like doing, you're behaving masculine. This is the only thing that makes women horny.

In other words, when you're horny and go for sex (without caring about whether your girl is in the mood for sex) you're making her horny, too.

But if you have this attitude, "I wonder if she wants sex today?" then nothing will happen, simply because you won't take action.

Are you with me here?

You have to take it for granted that your girl wants sex. And when you take it for granted, you'll take action without even thinking about it.

And that "selfishness" is seductive to women. That's what they respond to.

And of course, when you make your move (**leading**), then your girl will automatically do what she's genetically programmed to do - she starts **testing** you.

And as I mentioned earlier, **leading** and **testing** is at the core of any sexual interaction between men and women.

In other words, when you lead, and when your girl starts to test you, then you've already started foreplay.

And if your girl really doesn't want to start foreplay (for whatever reason), then she'll let you know. It's no big deal - you can't always get what you want. You just have to try again the next time you want sex.

But if you don't go for sex in the first place, you'll never find out. And after a while you start thinking that your girlfriend never wants sex.

Which simply isn't true.

-Tom

End of sample 1