

# HOW TO HAVE A THREESOME



EXPLORE YOUR FANTASY,  
EXPERIENCE THE  
ULTIMATE THREESOME  
& STRENGTHEN YOUR TWOSOME

[PLEASUREMECHANICS.COM](http://PLEASUREMECHANICS.COM)

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## Welcome!

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Do you fantasize about threesomes? You are not alone! Threesomes are by far the most common sexual fantasy, for both men and women of all sexual orientations. But while the fantasy of a threesome might be incredibly arousing, the reality can be a bit more tricky. Here is your ultimate guide to threesomes, designed to help you avoid emotional fallout and risk to your primary relationship. After all, no amount of pleasure is worth months of drama. Follow this guide, and you'll know how to have a hot, successful threesome. Or you may discover that you should just keep the idea as a hot fantasy!

This guide is designed for couples exploring the fantasy and possibility of having a threesome with a third person. If you are single and want to find a couple to explore with, much of this guidance will still be valuable to you!

Most of the language in this guide assumes that you are part of a heterosexual couple. Yet threesomes are an equal opportunity fantasy - so if you are in a gay or lesbian relationship, almost everything in this guide is relevant to you as well. Simply adjust the language in your head as you need!

This course is presented in two parts. First, we help you explore your threesome fantasy and determine if making your fantasy a reality is a wise idea or not. Then, if you do choose to explore having a threesome in real life, we guide you step by step in making it a successful sexual experience. We offer options to take "baby steps" into a threesome so you can minimize risk while figuring out if this sexual experience is right for you and your relationship.

You'll also find two tools to help you determine if you want to have a threesome. First, you'll find an interactive quiz designed to highlight potential challenges you may encounter if you have a threesome. We recommend you both take the quiz and then share your scores. Then, a big list of conversation starters will help you have intimate and useful conversations about threesomes - talking about threesomes is the first big step towards having one! These are essential conversations to make sure

you are on the same page, have established what will and will not happen, and set yourself up for a successful threesome that keeps your twosome intact! Even if you decide not to have a threesome you'll learn a lot of valuable information about your lover in the process!

Remember, we are here for you every step of the way. If at any point you have a question or need outside advice, get in touch and [Ask Us Anything!](#)

## **Your Resident Sex Experts, The Pleasure Mechanics**

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We, [The Pleasure Mechanics](#), are a two woman team of sex educators and touch experts. Our actual names are Chris and Charlotte, but for simplicity you can just think about us as The Pleasure Mechanics. We are dedicated to providing men, women and couples around the world with the tools and strategies they need to experience maximum sexual pleasure. Our video guides on foreplay mastery and couples massage are bestsellers on Amazon and have sold to folks in over 60 countries around the world.

We are both trained in massage therapy and sex education, and we bring together our thousands of hours of training to create practical, down-to-earth resources that are effective and efficient. We know you are busy and don't have four hours a day to devote to your erotic life. We believe in bringing you the most straightforward, effective techniques to get maximum results.

For over ten years, we've worked with men, women and couples to optimize their sexual experience. We've been students of the leaders in the sexuality field, read hundreds of sex books, and studied techniques from all around the world. We have taught workshops all across the United States, from couples massage classes to graduate level sexology courses. Our books and videos gather the best of the best, time-tested strategies that work because they are based on human anatomy, psychology and an understanding of the social nature of human sexuality.

Our video guides are available on DVD exclusively through Amazon.com and as streaming and download-to-own at [PleasureMechanics.com](#) - we have a video guide to teach you how to touch every square inch of the body with more skill and confidence, so be sure to check out both the [Foreplay Mastery](#) series and the [Couples Massage](#) series.

Also on our website, you can [join our newsletter](#), for free weekly sex advice, exclusive giveaways and more. We'd love to have you join us as a member of our growing, worldwide community!

We are so honored that you have brought us into your bedroom, so to speak. Please feel free to be in touch with us and let us know how your journey goes. We love to hear your success stories and are always happy to answer questions to help you along your erotic journey.

# Why Threesomes Are So Hot

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In this section, we will explore why threesomes are such a hot fantasy for so many men and women.

We'll also look at how threesomes are different from other common fantasies involving three or more people.

We invite you to start getting specific about why threesomes turn you on - the more specific you can get about your fantasy, the hotter the potential reality will be!

Ready? Read on!

## **The Most Popular Fantasy**

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In survey after survey, threesomes emerge as the most popular fantasy for both men and women.

This guide is all about exploring the possibility of making your threesome fantasy a reality. We'll guide you in determining whether or not it is a good fit for your relationship, and how to have an amazing threesome if you choose to go for it.

First, we want to make the clear distinction between a fantasy and a desire. This distinction is crucial so you can freely explore your fantasy and authentically choose what you want to make happen in your real life.

We strongly urge you to maintain a very clear distinction between these terms, according to their dictionary definitions:

**Fantasy: the faculty or activity of imagining things, esp. things that are impossible or improbable**

Fantasy is the realm where anything is possible, where you are free to imagine wild scenarios, extraordinary circumstances and superhuman powers.

**Desire: a strong feeling of wanting to have something or wishing for something to happen.**

Desires are those experiences that you find pleasurable and want more of in your actual life. Desires are specific elements from the world of fantasy and reality that you find fulfilling.

In Fantasy, anything is possible. The limits of reality do not apply. Your bank account is endless, your health and safety are guaranteed. You are dropped into the blank slate of possibility, and the only limit is your imagination. In the realm of Fantasy, you can privately explore the outer limits without having to justify your thoughts to anyone, without any risk.

Something changes from a Fantasy to a Desire as soon as you want to make it real. Fantasies are not fulfilled - Desires are. Fantasies live in our imagination alone, Desires are part of our real physical lives. Pleasures may change from one category to the other over your lifetime, moving across the boundary as dictated by your life circumstance, physical abilities and your emotional and physical needs.

The difference between Fantasy and Desire is incredibly important to establish and maintain. Establishing this difference will give you more freedom to explore Fantasy and more confidence in naming your Desires. You'll be more likely to know what you authentically want, and much more likely to make those Desires a reality.

Next, let's explore why threesomes are so hot for so many people. As we do, start getting specific about what turns YOU on when you think about having a threesome! Then, you can start sharing your specific fantasies with your partner.

Sharing your threesome fantasies with your partner can be incredibly gratifying. These conversations can create a lot of arousal, trust and intimacy with your partner. You can benefit from sharing your fantasies without ever having to go through with an actual threesome. Sharing fantasies will help you get to know one another's erotic landscape and add fuel to your erotic fire.

Keep in mind that threesome fantasies are very common, and don't usually mean that your partner wants to cheat on you. Most threesome fantasies are about adding to the existing sex life, not replacing it. According to The Normal Bar, the largest survey of relationships ever conducted, most people's fantasies include their current lover. As you go through this course with your lover, savor the opportunity to get to know them as a sexual being, and trust that their threesome fantasies are not about replacing you, but rather adding another dimension to the sex life you already share.

Before we dive into exploring exactly why threesomes are so hot for so many people, let's take a moment to explore the difference between threesomes and other common fantasies involving more than one lover!



## **Distinctions: Threesome vs. Cuckolding vs. Group Sex vs. Polyamory**

As you think about bringing your fantasies into your reality, it is important to be specific about what you want. Threesomes are a particular type of experience: three people erotically engaged with one another. The three people can be of any gender and sexual orientation combination. In this guide, we focus primarily on MMF and FFM threesomes, but MMM and FFF are also possibilities, and of course we know that there are many fabulous people who don't neatly fit into either M or F designations! The important thing for you is that you are mutually attracted and trust everyone involved, since threesomes are all about all three people being pleased and included in the sexual experience. We'll explore more about how to find a perfect third person for your threesome later on in this course.

It may be useful to contrast a threesome against three very different fantasies: cuckolding, swinging and group sex.

Cuckolding (also called hot wifing) is the very common fantasy of a husband watching his wife have sex with another man. Often, the husband is demeaned and shamed by the wife, who tells him that her new lover is hotter and better in bed than he ever was. The psychological distress of being "cheated on" is central to this fantasy. Everyone gets off on this dynamic. It may be surprising, but this is actually one of the most common fantasies for married men. And while there may be three people involved, cuckolding is not a threesome. The married man doesn't participate actively in bed - often he sits on the side, squirming in his complex feelings of excitement and disgrace. He may engage verbally and visually, but doesn't join in the sex or touch the other man. Cuckolding and threesomes both offer the chance to watch your partner be sexual with another person - a very arousing idea for many people. But that is really where the similarities end.

The swinger's community is a large sexual subculture where couples meet up to swap partners and have sex with multiple people over the course of an evening or weekend. Swingers communities tend to focus on heterosexual pairings with new partners rather than group sex dynamics, though of course there is plenty of diversity within the countless swinger communities

around the world. Swinging offers the opportunity for couples to have sex with other people, sometimes while watching their partner be with others at the same time. For many swingers, the opportunity to be in a large group of people, be sexual and celebrate sexuality together is life-changing.

Sex becomes “group sex” or “orgies” at four or more participants. There are many communities that gather to enjoy group sex. Some of these communities have core groups of people who have been playing together for decades! Often safe sex rules and other boundaries will be established ahead of time to allow for easier negotiation and participation at the event itself. Group sex offers the “getting lost in a sea of flesh” experience, where the sheer number of hands, mouths and genitals can offer an overwhelm of stimulation. Some people love group sex experiences, while others find it hard to focus on sensation with so much going on at once.

Threesomes most often involve a couple plus a guest of honor, getting intimate in the privacy of a home or hotel room. For most couples, threesomes are a once in awhile treat. Most threesomes happen without the expectation of an ongoing romantic relationship with the third person. For some, however, a third partner becomes a permanent “girlfriend” or “boyfriend” and the intimacy becomes an ongoing relationship. In these cases of a more “open relationship” or “polyamory” there are countless profound emotional challenges to work through, and a full exploration of polyamory is beyond the scope of this book. If you are considering opening your relationship to ongoing intimacy with other people, be sure to seek support from the many books and online resources available for the poly community.

Now that we’ve explored what a threesome is and is not, let’s get on with exploring exactly why so many couples are interested in having a threesome! Why are threesomes such a hot fantasy for so many people? And how can you make this fantasy part of your sexual reality? Read on!

## Top 5 Reasons Threesomes Are So Hot

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There is not a whole lot of mystery to it: if sex with one person is exciting, why not double the pleasure? Many people fantasize about the excitement of adding someone new to a longterm relationship, but novelty alone is usually not at the heart of the threesome fantasy. Threesomes are very much about the experience of multiple lovers at once. Here are some of the most common reasons the threesome is such a popular sexual fantasy:

**Endless Variety:** Three mouths, six hands and three sets of genitals offer an endless array of combinations. Specific combinations depend on the genitals involved and the boundaries of each particular threesome. Many people have specific combinations that they find especially thrilling.

For example, many men fantasize about having intercourse with one woman while another sits on his face. Many women fantasize about being fucked while giving a blowjob. Or you may fantasize about having sex while being touched and kissed by another person.

**More of a Good Thing:** Like breasts? How about four at a time? Love the sensation of stroking a hard cock? Try two at once, each hand filled with an erection. Many people love the idea of doubling their pleasure with multiples of a body part they are particularly fond of.

**Being Desired Doubled Down:** If having sex with one delicious lover is confirmation of your desirability and sexiness, being sexual with two people can make you feel like a sex god or goddess. It can be very thrilling to turn on not one but two lovers at once!

**Seeing Your Lover Anew:** Threesomes give you the opportunity to see your lover with someone else, and this encourages you to take a step back and witness your lover with fresh eyes. Many report seeing their lover with all new appreciation and heightened desire. While not a solution for a relationship that has gone stale, threesomes can reinvigorate a relationship (if successful, or of course, destroy a relationship) and renew your love for one another.

**Same Sex Experiences:** For many people, a threesome is a very safe way to explore what it is like to share erotic energy with someone of the same sex (or opposite sex if you are mostly gay!) For many straight people, a threesome is the first place they experience same-sex erotic contact. This can be incredibly thrilling and liberating. Many people who think they won't have much charge with a same-sex lover discover that there is actually a lot of potential for pleasure where before they had seen none.

As you explore your threesome fantasy, notice what YOU find arousing about threesomes, and get curious about what your lover is most interested in. By getting specific about what you find most arousing, you'll be much more likely to have a successful and fulfilling threesome experience.

# Is A Threesome Right For You?

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We are going to do our best to guide you in exploring this essential question: Should You Have A Threesome?

Ultimately, this is a question only you can answer.

There are two parts to this question:

First: Is a threesome something you really want to experience?

Then: If your threesome causes hurt feelings, awkwardness or embarrassment, is your relationship strong enough to recover?

This is the most crucial section to focus on before taking the plunge and having a threesome. Be honest and curious, and you'll strengthen your relationship (whether or not you ever have a threesome!)

## Should You Have a Threesome?

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This guide will help you explore your threesome fantasy and get specific about what you might want to experience in real life. We'll also give you tons of strategies to have an amazing threesome.

But threesomes are risky - that is one of the reasons this fantasy is so exciting!

No matter how much you plan and communicate, you never can control the exact outcome of a threesome. You may experience surprising reactions and feelings. Your partner may react in unexpected ways. The third person may have a meltdown, get too clingy, or be less exciting than you want. Bottom line: just like dating, just like having sex with someone for the first time, having a threesome is very unpredictable.

If you decide to go forward and have a threesome (of any kind, make sure to check out the Baby Steps chapter to explore all the lower-risk possibilities!) you need to trust that your relationship will be able to handle whatever happens. You need to acknowledge that you are putting your relationship at risk. If you have kids together, are married, own a home or a business - there could be quite a lot at stake. You have to be really honest with yourself and one another about how resilient you are in times of conflict.

Resilience in relationships is a quality worth cultivating, whether or not you ever have a threesome. Take a moment and think about some of the harder times in your relationship - times where you were vulnerable, ashamed, embarrassed, jealous or hurt. How did you recover? How long did it take? Did you truly resolve the issues or did you just bury them? How much old resentment do you have towards your partner? How good are you at supporting one another when things don't go right?

Some relationships are very fragile, some of us are not very experienced at recovering once we are hurt by those we love. This may be the single most important factor in predicting successful outcomes for a threesome: and also one of the hardest to honestly measure. You may like to think that your

relationship is strong and durable, but appearances don't matter when conflict is real! Go to great lengths to honestly examine the resilience and trust in your relationship before you risk turning it upside down with a threesome gone wrong!

In the Conversation Starters document in this course, you'll find a ton of questions to help guide you in conversation. We encourage you to have lots of conversation before going forward with a threesome. These conversations will help you get the truth out on the table, explore possible outcomes, and think about how you might react if something goes less than perfectly. Trust us, it is a lot easier to recover from a heated conversation than a messy threesome! If you don't think your relationship is as resilient as it needs to be to withstand the potential drama of a threesome, you can spend time working on this aspect of your relationship before taking big risks together.

Also included in this course is a quiz, designed to assess how ready you are to have a threesome. Again, this is a tool and not a diagnostic - only you will know when you are ready. The quiz will reveal the areas of potential concern so you can fully explore these areas and make sure you are authentically excited about having a threesome before you jump in bed.

## **Reasons NOT To Have A Threesome**

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There is no quicker way to sabotage a threesome than doing it for the wrong reasons. So before you proceed, make sure you are being honest about why you want to explore having a threesome with your partner. Here are a few common reasons that people want to have a threesome - and all of them are a quick path to relationship meltdown!

### **A Threesome Will Save Our Relationship!**

If your relationship is going through challenges and struggles, having a threesome will only add to your misery. A threesome will never save a failing relationship! Don't try to distract yourself from your issues by having a fun romp with a third person. All of the issues you have will come up, often magnified, and you will drag an innocent person into your drama!

### **Having A Threesome Will Make Me Sexier**

Being sexy is about how you feel about yourself and how you express your sexuality - not about what activities you do or don't do. If you want to feel sexier, tap into your most authentic desires. Don't try to do something you aren't authentically excited about in order to earn a sexy badge! You'll only end up feeling awkward and disengaged - the opposite of sexy!

### **I'm Worried My Partner Will Cheat, So I'll Have A Threesome**

Cheating is all about escaping the confines of a relationship. A threesome can only work if the relationship is strong and healthy to begin with. If you feel like your partner has a wandering eye, and you try to have a threesome to provide them with variety, you'll only end up jealous.

### **I Really Want To Have Sex With A Specific Person, But I Don't Want To Cheat, So....**

Never use a threesome as an excuse to have sex with someone you are attracted to and would be in a relationship with given the opportunity. Having a threesome means sharing a specific sexual experience within specific boundaries - it is not a temporary romance. If you go in with the expectations of more, or are dishonest about your feelings for the third person, you'll end up miserable. If you are really falling for someone else,

you need to be honest with yourself and figure out if the relationship you are currently in is the right one for you.

### **I Want To Give My Partner A Memorable Gift**

A threesome can be a sexy treat for a birthday, anniversary or another important life occasion - but only if you are both authentically interested. You can't "give" someone a gift that is not yours to give - so showing up for a threesome that you aren't into, just to give your lover an experience, isn't generous - it is a set-up for resentment. If you want to lavish your lover with an erotic gift, search within for something you authentically are turned on by. Your enthusiasm and realness will make it way hotter!

## **Jealousy & Confidence**

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In our countless conversations with men, women and couples about threesomes, the biggest question that comes up is a simple one: Will I Get Jealous?

Jealousy is a natural emotion, and doesn't have to be a deal breaker when you are considering having a threesome. Erotic jealousy is part of being human. We have never met someone who can honestly say that they never get jealous!

When it comes to threesomes, the best prevention for jealousy is making sure it is something you BOTH want to experience, and that you are BOTH attracted to the person you share this intimate adventure with! Then, be sure to make sure everyone feels included. We cover how to find the right person and how to triangulate your erotic energy in the coming chapters of this book. Also be sure to try all the Baby Steps we suggest, so you can gradually amp up the intensity of your explorations and see if and when your jealousy starts to really kick in.

One of the things that makes erotic jealousy so common is the myth of sexual possession in our culture. People tend to believe that if you are in a relationship with someone, you own their sexuality. This ownership model of monogamy tells us that “our man” shouldn’t be looking at other women. It tells us that sexual energy is a limited resource, and being sexual with other people robs us of what is rightfully ours.

An alternative to the ownership mindset is focusing on the devotion expressed through monogamy. We now live in a culture where most of us actively choose who we are in romantic relationships with! We can legally end marriages and start new relationships. So if you are in a long-term relationship, remember that you are both choosing it every day. There is a lot of power and beauty in that! Of all the human beings on the planet, you have chosen one another. If you can fully own that, and choose to devote yourself fully to your partner, you can create an incredible, magical relationship together. You can choose to create a relationship where

monogamy doesn't feel like a cage, but rather a vessel for your highest fulfillment.

We have a ton to say on this issue - if you are curious about undoing this myth in your own relationship, be sure to listen to our free podcast episode [How To Prevent Cheating](#). For now, remember that if you are truly choosing one another, and you both are authentically aroused by the idea of a threesome, you can choose to go on that adventure together without compromising or threatening your primary relationship. With that understanding, any momentary blips of jealousy you may experience will be weak in comparison to the trust and confidence you have in your partnership.

Speaking of confidence, to have a successful threesome you must cultivate your own confidence in yourself as a sexual being. You are sexy. We say this without ever having met you, because we are convinced that being sexy is a state of mind, not a body type or hair color. Being sexy is about tapping into your authentic sexuality and expressing who you are as a sexual being. Being sexy is about allowing sexual energy to run through you, fueling your life and bringing you pleasure and joy.

Many people worry they will feel insecure when they find themselves in bed with a new person. Will her breasts be better than mine? Will she be better at giving him a blowjob? Will his penis be bigger? Will my lover be more attracted to him than me? These kinds of comparisons stem from your personal insecurities and can only lead you astray. Instead, adopt an attitude of curiosity: Her breasts look different from mine, I wonder how they'll respond to my touch? He has a great body, I can't wait to touch his muscular shoulders. These are very different ways of emotionally approaching the newness of being erotic with a third person. We recommend only having a threesome if you authentically believe that your partner is attracted to you. You can request that your partner affirms their attraction with verbal praise during your threesome, but ultimately you need to affirm yourself and believe that you are a sexy being!

We know there is no magic cure for body shame and insecurity. But if you go into a threesome worrying about your cellulite or penis size, you are

setting yourself up for anxiety. Work on loving and accepting your body and focusing on the pleasure your body can both give and receive, rather than comparing yourself to some mythical ideal! Have sex with the lights on, walk around the house naked, shower one another with compliments, find physical activities that make you feel joyful, sexy and powerful. Once you've fallen more in love with yourself as an erotic being, you'll be much more ready to share your body with another person, and then you'll be ready to unlock all the incredible sensual pleasures of a threesome!

# How To Have An Amazing Threesome

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If you and your lover have decided to go ahead and have a threesome, this section guides you in making it a hot, fulfilling sexual experience.

You'll learn how to pick the right person to join you in your threesome adventure, how to decide where and when to have your threesome and how to ease into your threesome with gradual baby steps so you can explore the pleasures of threesome sex without going all the way all at once.

You'll also discover how to approach threesome sex so everyone feels included! Read on for the erotic essentials of a successful threesome.

## **Finding Your Third**

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### **Your Third Is Not A Sex Toy**

Remember, when you are having a threesome you are bringing another human being into your bedroom.

All too often, couples treat the third person like an accessory, a sex toy, a disposable novelty. By minimizing the humanity of the third person, couples pretend like they are less of an emotional threat to their relationship. Ultimately, this is an illusion and is insulting to the person you are trying to share intimacy and pleasure with.

The best mindset to approach a third person with is the “friends with benefits” philosophy. Ideally, you will genuinely like the third person and want to spend time with them, in and out of bed. This is especially true if you are looking for someone to have an ongoing arrangement with. Many couples find this kind of ongoing threesome to be especially rewarding.

Even if you are looking for a one time threesome with a stranger who you never plan to see again, remember that they are a real person with emotions. Treat them like you would want to be treated - with dignity, respect and honesty! Take time to get to know them, understand what they want out of the threesome, what their desires and boundaries are!

Remember, a threesome is hot because it pools the erotic energy of three people. If one of you is disconnected, the result will be less than ideal. So make sure all three of you are participating fully and feel totally respected as part of the threeway!

### **Choose Your Third Wisely**

In thinking about bringing your threesome fantasy to life, it is essential to consider who you might want to bring into bed with you!

Many people wonder if they should have a threesome with a friend or a stranger. There are benefits and risks to both. Strangers provide less risk for longterm emotional fallout, but higher risk for personal safety. Inviting a friend into a threesome is more emotionally charged, but can feel safer. Plus, if it is successful, you may be able to repeat the fun over the years! Don't have a threesome with an ex-lover or your best friend: the emotional risks are far too great. For most people, the best choice is someone you know and trust but who doesn't play a pivotal role in your life.

You may also want to consider your privacy. If you have a threesome with someone in your circle of friends, word could get out and people may gossip about you. Does that bother you or not? If it does, you may want to lean towards choosing a stranger, maybe even in another city. For similar reasons, think twice before inviting a coworker into your threesome!

Also avoid using a threesome to be sexual with someone you have long had a crush on. This can feel like cheating with your partner present and lead to very confusing emotions. If you do want to have a threesome with a long standing crush (or even an ex!) then you must have long conversations with your partner, be totally honest about what you are feeling and be realistic about your expectations!

Especially for your first threesome, the option of choosing a stranger in a distant city may be a good one. A new city creates a blank slate, separates your threesome from your everyday life, and allows you to leave it behind when you return home.

Even if you stay in your home city, consider hosting the threesome in a hotel room. Hotels are neutral ground, and allow you to have the threesome somewhere other than your marital bed! It is also safer to meet someone new in a hotel rather than have them in your home or go to their home.

## Where To Find Your Third

Ultimately, finding a third is a lot like finding someone to date. You may have to meet a lot of people before you find "the one." Allow this process

to be part of the fun, an opportunity to get to know what turns you both on!

You may want to start by placing an ad on dating sites - this allows you to be really specific about what you are looking for and give you the chance to sort through responses without taking the time to go on lots of dates!

You can also cruise for a third at dance clubs, bars and social events. If you identify a person you are attracted to, be bold enough to strike up conversation. Flirt enough to send strong signals that you are interested, and then ask if they'd be interested in joining the two of you for a drink or meal sometime.

In general, it is wise to allow the woman in your relationship to initiate flirtation and seduction. This communicates to the third person that she is in charge, not being unwillingly dragged in by the man. Ultimately, though, it is essential that you are a unified front as a couple. Don't play games - be confident enough to slowly communicate the message that "we are a happy couple, looking for an adventure, might that adventure include you?"

We strongly recommend you go on a "date" with your third before jumping into bed. This gives you the chance to get to know the person, see if there is authentic chemistry and build some trust between the three of you. After the date, you can talk to one another about how it went, if you want to follow up and go on another "date" or propose the threesome. If one of you felt jealousy or felt ignored during the date, you can deal with those emotions on a small scale before they get any more intense. Consider a threeway date to be a first step into a full blown threesome!

There are, of course, times when you'll go straight into a sexual encounter. This is a more advanced sexual skill - communicating and staying safe with a total stranger, without any pre-arranged intentions, is challenging. Spontaneous threesomes require much more practice and experience as a couple.

## **Be Excited About Everyone Involved**

Make sure everyone involved is erotically excited by everyone else in the threesome. This is especially important if orientation is an issue. The same-sex contact in any given threesome can range from very little physical contact to full lovemaking and penetration. But the “no-touch between us guys, we are just here for the woman” threesomes tend to fail miserably - if you are so invested in not touching someone, you probably shouldn’t do a threesome together. But that doesn’t mean everyone has to penetrate or have direct genital contact with everyone else. Many men who participate in MMF threesomes enjoy the erotic camaraderie of being with another guy, the thrill of sharing a woman, the energy of the other man’s arousal, without wanting direct genital contact or penetration. The success of your threesome depends on your attitudes, so make sure everyone has an open mind and open heart.

Ideally, all participants in a threesome are attracted to one another and excited to be sharing an erotic experience together. This is an essential component for a successful threesome.

Discuss all of this ahead of time so expectations are clear and boundaries are firmly established before you dive in.

## **Baby Steps To A Threesome: From Fantasy To Desire To Reality**

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So should you have a threesome? Or just keep fantasizing about it? For many people, the fantasy of a threesome is enough. Other folks name threesomes as an intense desire, and want to make it a reality. Here is how to explore threesomes, from fantasy alone to variations on creating a real experience of a threesome. Only you (and your lover) can determine if this is best left as a fantasy alone, or if you want to explore it in the flesh.

Here is a series of baby steps you can take to explore your threesome fantasy!

- Read threesome erotica (may we suggest our own short story, *T is for Threesome?* Grab your copy as our gift to you! [www.PleasureMechanics.com/threesomebonus](http://www.PleasureMechanics.com/threesomebonus) ) and notice what turns you on. Share your favorite passages with your lover and ask them to share their favorite parts with you.
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- Fantasize about threesomes while masturbating. Allow yourself the opportunity to explore a range of sexual acts, positions, and erotic energies that excite you. Switch up the characters and notice what changes.
- Look through the Conversation Starters in this course, pick a few questions, and then discuss them with your partner over a delicious dinner. Be willing to talk about every element of the threesome, and commit to being both honest and open-minded.
- Check in with your partner to make sure they feel ok about it, and then fantasize about threesomes while having sex with your partner. Imagine a third person in bed with you - what would they be doing?

How would they complement the excitement you are generating with your lover?

- Talk about a third person while having sex with your partner, sharing the fantasy with them. Paint the picture together - what would you like this third person to do with you?
- Add a sex toy to sex with your partner, fantasizing about the toy being a third person's touch. You can use a dildo or vibrator, for example, to create sensations of double penetration, or being penetrated while you go down on your lover.
- Go to a bar and split up. Then watch one another flirt with other people. What emotions come up? Arousal? Jealousy? Loneliness? After awhile, get back together and talk about the experience. Consider this essential threesome training!
- Invite a desirable third person out on a dinner date. Flirt, enjoy one another's company and see how it feels to share your intimate "couple space" with a third person!
- Use online chat rooms or even video chat to include a third person in your lovemaking virtually. Let them watch you and your lover, talk dirty to you, or tell you what they'd like to do. This is the lowest risk way of including a live third person in your lovemaking.

- Try a “threesome light” Invite a third person into your bedroom, with the agreement that they will touch and kiss (or whatever other boundaries you want to establish) but not make genital contact with either you or your lover.
- Expand Your Definition of Sex! It can be incredibly thrilling to have a threesome that doesn’t include intercourse. You don’t need to go “all the way” to enjoy all of the benefits of a threesome. Try a threesome where you exchange lots of erotic touch but choose not to have intercourse. Sex without penetration is safer both physically and emotionally. Consider starting your threesome explorations with agreeing to stick to non-penetrative sex. Using your hands to give one another pleasure is both super hot and safe. You can still explore the intense sensations and erotic potential of three naked bodies in bed together, but without all the emotional and physical risk of intercourse. This “starter” threesome can be a good way to explore at first, and if it works for you emotionally and physically, you can always go further next time.

Remember, most women don’t reach orgasm through intercourse alone! Women need focused clitoral and g-spot stimulation to get highly aroused and have orgasms. The best way to stimulate these areas is with your hands and mouth. Equally, men can reach high levels of arousal and have phenomenal erotic experiences through manual stimulation alone (if done with skill!) So [master foreplay techniques with our video guides](#) and you can have incredibly hot, fulfilling threesome experiences without including intercourse. Non-penetrative sex is much safer than intercourse, and for many people is less emotionally loaded. So you’ll get all the benefits with less emotional and physical risk!

- Have an all-out threesome! Establish whatever boundaries are needed for you to feel safe and protected, both emotionally and physically. Use safe sex protocol and common sense to protect both yourself, your lover, and your third. Then go for it! Give yourself permission to fully

enjoy the experience, and then communicate clearly afterwards to figure out what worked, what could have been better, and if there will be a next time!

## Keep It Safe

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If you are in a long term relationship, you may not use condoms and other safe sex tools anymore. If you are bringing a new partner into an established relationship, you'll want to refresh your commitment to safe sex practices. You won't be able to relax and enjoy yourself if you are worried about contracting a disease or an unwanted pregnancy. Make sure all three of you are on the same page about safe sex, and buy extra condoms, dams and gloves: you may go through a lot during a successful threesome!

- It is best if you establish safer sex guidelines for the threesome and then all follow the same guidelines. For example, you may want to use condoms with your spouse AND the third partner. This makes it easier to stay consistent and doesn't make the third person feel like the odd one out.
- Learn how to use condoms and buy plenty in advance of your threesome
- Change condoms when you go from one partner to the other and between every sex act.
- Wear gloves or wash hands, or dedicate one hand for each woman and don't get them mixed up. Change gloves or wash hands when moving in between vaginal and anal touch.
- Wash toys or use condoms to cover them if using them on more than one person!

- Oral sex is a medium risk activity - to be ultra safe use condoms and dental dams.
- Don't get drunk before your threesome - be sober enough to enjoy it and to keep yourself safe!
- For complete safe sex information, go to [Planned Parenthood's Ultimate Guide on Safer Sex](#)

Another note on safety: go slowly when exploring intense sexual activities that may be really hot in fantasy and much more challenging in real life. Specifically, think twice about trying Double Penetration (being penetrated in some combination of the mouth, vagina and/or anus) This is an area where for many people the fantasy is way hotter than the reality - very few people can handle double penetration and still be in tune with their own pleasure. Vaginal/Anal is an especially difficult fantasy to make a reality, and done without proper warm-up and excellent technique this kind of large penetration can lead to serious injury. Proceed very slowly if you fantasize about double penetration - perhaps one lover uses just a fingertip while the other uses a cock, vibrator or toy. Remember to never endure discomfort in the name of pleasure! Serious injury can result!

## **Getting Your Threesome Started**

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Once you've fully planned your threesome, found the right person, gone on a trial date, talked about safe sex and established boundaries, you are finally ready for your hot threesome. . . Now what?

You will probably be nervous as you start your evening together. Choose to go slowly and enjoy each phase rather than get drunk and rush into it. Here are a few ways to initiate intimacy in your threeway.

**Make Out:** Start on the couch, and focus on making out like teenagers to start. Start with the couple kissing one another, letting the third watch. Then stop the kiss, turn to the third, and make eye contact. Usually that is enough to initiate kissing. Take turns kissing one another, or even try a threeway kiss! Don't forget the erogenous power of the neck: two people leaning into the third and kissing up and down the neck can be incredibly hot. Or, one person can explore kissing the neck and shoulder as the others kiss on the lips.

**Shower Together:** If you have a big enough shower, pile in together and let the water heat things up. Showering together, or getting in a hot tub together, is a great excuse to get naked for the first time. Plus, it freshens you up and relaxes the tension.

**Massage:** Sharing massage as a threesome can be a very gentle, slow way to build trust and intimacy between the three of you. Take turns doing "two on one" massage: one person gets naked (or mostly naked) and relaxes on the bed or a blanket on the floor. The other two people can enjoy massaging together. This builds communication, gets you familiar with one another's bodies and is a beautiful intimate experience, whether or not you move on to more sexual activities together! If you want to learn how to give massage like a pro, check out our [Pleasure Mechanics Couples Massage Video Guides](#).

**Three Minute Game:** Grab a kitchen timer or load up the timer app on your phone and head to the bedroom. Everyone gets a turn asking for exactly what they want for three minutes. For example: "I want you to

touch me lightly over my entire body and kiss me up and down my spine” or “I want to watch you two make out while I touch myself”

When the timer goes off, switch it up. This game forces everyone to get specific about what their body is craving and also keeps things moving. After a few rounds, you can ditch the timer and start playing more freeform, with active communication in place so you all get what you really want!

## **Triangulate Your Erotic Energy**

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A great threesome is something more than sex with two people - it creates a triangle formation of erotic energy, amplifying every part of the experience.

A good threesome is not “first you, then the other.” It is all three people engaging together, pooling their three sources of erotic energy into a common experience. When this works, it can be incredibly powerful and an experience that you can not reach any other way.

The caveat: when the energy isn’t flowing between all three people, the connection between any two is compromised. If two people are on the bed consumed with one another, and the third is sitting there feeling left out, the net experience will be less than the two people could create alone. As a general guideline, if you are going to have a threesome make sure to include the participation of all three people.

Go to great lengths to make sure no one feels “left out.” Taking breaks and watching can be fun - but check in with one another often, make sure everyone is happy. Choosing to sit back and watch, or take a break for a breather is really different than being actively left out. Taking a break is a choice rather than being excluded. If one person takes a break, the others can continue while still being open to the third joining back in again!

Triangulating erotic energy is a learned skill. Let’s face it: most of the sex you have had in your life has been either with yourself, or with one other person. Think about how new the experience of being with a partner was after years of masturbating. Being with two people at once is a big change!

Involving all three people at once can look many different ways. Keeping the image of a triangle in your head will help you understand how to have a successful threesome. Triangles come in lots of different forms: they are not all equilateral, but at all times the three points are connected.

Here are a few specific tips to help triangulate the erotic energy!

- Kiss one person while touching the other. Allow your lips to connect with one lover and your hands with the other.
- Come up for air once in awhile and pay full attention to what is happening. Take in your two lovers visually, tell them how sexy they are and encourage them to pleasure one another. By pulling back every once in awhile you help create space for the other two people to engage and it can lessen the chance of total overwhelm.
- One person can try erotic narration. Sit to the side and watch the other two, tell them how sexy they are, describe what you are seeing in vivid detail, make suggestions on what they could do next, stay involved with your voice!
- In a FFM threesome, you may want to focus on giving both women orgasms first - be aware that his arousal might be intense so it might not last that long! Don't interpret this as a performance problem - just allow it, enjoy it, and then rest up and enjoy the full body sensuality of the threesome experience!
- Try giving erotic touch to two women at once! Position yourself in front of both women and then use one hand on each of them to lavish them with pleasure! Put them in charge of touching their own clitoris if you want to focus on internal stimulation. Being inside two people at once with your hands can be an incredible experience!
- If leaving the room to use the bathroom or get water, tell the others where you are going and encourage them to keep going, so they aren't

worried. If you want them to take a time out, ask for them to take a break until you return.

- Ask lots of questions as you pleasure one another. Simple questions like: “Do you like this?” “Does this feel good?” “Is this all right?” work double duty for you. They’ll get responses that help you give your lover even more pleasure and also maintain consent along the way!

As with all sex, the quality of the experience depends less on what you are doing than how you are doing it. The energy and presence you bring to the exchange is the most important factor for a successful outcome. Enthusiasm, confidence and kindness will go a long way to make your threesome a delicious success.

## **How To Have An Amazing Threesome**

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Bad experiences in threesomes can cause oceans of resentment and regret. Great threesomes can be absolutely amazing. Here's how to have a successful threesome and avoid any hurt feelings.

In the precious chapters we covered everything you need to know to have an amazing threesome: from easing into a full threesome to triangulating erotic energy. To summarize this section, here are the ground rules that must be established before even considering diving into your threesome:

- Make sure you are both excited about the threesome and no one is just “going along” with it to please the other.
- Set clear boundaries about what will and will not happen, remembering that anyone can stop anything at any time. It is important to think about boundaries for all dimensions of your threesome: sexual activities, safe sex practices, and emotional intimacy.
- Don't break your own boundaries - feel your desire, stick to your agreements and then check in afterwards! You can always choose to change your boundaries and try something new next time. It is much better to finish the threesome wanting more than do too much and regret it or develop resentment with your partner!
- Talk about who will be the erotic focus of the threesome. Is one person going to receive more of the attention? Or are you all going to take turns?

- Make sure you are not planning the threesome as a fix for a boring sex life or being disconnected from one another. Threesomes can make a strong relationship even hotter - but won't fix a failing relationship.
- Triangulate your erotic energy, making sure everyone feels included, desired and honored as a participant in the threesome.

## After the Threesome

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What happens after the threesome? Once you have basked in the afterglow, caught your breath, and kissed the third person goodbye, what then? The goal of follow-up is to build trust together, celebrate your shared experience and minimize resentment.

The essential thing is to stay connected as a couple in the days and weeks following the threesome. You have expanded as a couple - with care and kindness you can stay expanded. Or, you may contract and snap back, finding yourselves fighting and arguing more. You are vulnerable with one another after a threesome, so be gentle with each other.

Shower one another with compliments, expressing how attracted you are to one another, how sexy you find each other and how much you care for one another. You may also want to share memories of specific moments from the threesome that were particularly hot for you.

When it feels right, reach out to your third and ask them how they are doing. You may want to schedule a dinner date for a few days or a week after your threesome so you can check in. This is especially important if you want to make your threesome an ongoing thing. But even if your threesome was a one time only experience, it is polite to reach out to your third, express gratitude and have friendly conversation.

A few days after the threesome, sit down with your partner and open up a conversation about how it went for both of you. Start with what worked: talk about what turned you on before, during and after the threesome. Then, ask one another this simple question: "Should we do it again sometime?" If you both agree you desire another threesome, then you can ask the question "What could make it better next time?" Try to hear this kind of feedback with an open mind. You can also go through the Conversation Starters again to see if anything has changed now that you have more experience under your belts. If you can learn how to share feedback with one another without getting defensive or offended, you will be able to constantly improve your sex life together!

Maybe one of you wants more threesomes, but the other doesn't. What then? Go to great lengths to understand both perspectives, and then choose to continue exploring and expanding your erotic life together in other ways. Give yourselves credit for having explored together. Remember there are countless ways to enjoy your sex life and to continue to discover what is possible! We have also learned that when it comes to sex, "never say never!" Your needs, appetites and desires will constantly change over the course of your life. What you need to be fulfilled right now is not the same as it will be in five years. So just be present with one another right here, right now, have lots of compassion for one another and choose to share lots of pleasure, in whatever ways you are most excited about right now. An open and accepting attitude is what relationships need to thrive - in and out of the bedroom.

We hope your explorations of having a threesome - whether or not you actually ever have a threesome - are a fun and thrilling experiment in intimacy. The truth is, our human sexuality is much bigger and complex than the standard scripts we are given. Choosing to break these scripts and ask the question of what would be pleasurable and fulfilling for you is a radical experiment. We applaud your courage and hope these explorations bring more trust, more pleasure and more joy into your life.

## Be In Touch!

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If you follow the advice in this guide, you will know if having a threesome is right for you. If you do have a threesome, you'll be able to create the erotic experience you want while avoiding the emotional pitfalls.

Threesomes can be incredibly hot, memorable and arousing when they are successful. But remember, for many people, the threesome is best as a fantasy alone. Only you can know if you are ready to take the plunge!

Remember to grab your bonuses at  
[www.PleasureMechanics.com/threesomebonus](http://www.PleasureMechanics.com/threesomebonus)

If you have any questions, we offer free personal sex advice at  
[PleasureMechanics.com](http://PleasureMechanics.com). Whether you keep it as a hot fantasy or take the risk and try it out, enjoy exploring the thrilling erotic experience of a threesome!

## **Quiz: Should You Have A Threesome?**

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This quiz is intended as an interactive tool to determine if having a threesome is right for you. Ultimately, only you can make the choice to have a threesome or not. Use this quiz as a helpful tool to figure out where you might run into challenges if you choose to make your threesome fantasy part of your reality!

1. How often do you experience jealousy?
  - A) All the time.
  - B) Once in awhile, but it doesn't last long
  - C) Very rarely
  
2. How many shared life commitments do you and your partner have together? (Shared Home, Pets, Marriage, Kids, Owning a Business)
  - A) Three or more.
  - B) One or two
  - C) We don't have any major shared life commitments.
  
3. Does the idea of seeing your partner being intimate with another person turn you on?
  - A) Not really.
  - B) A little bit.
  - C) Yes!
  
4. How much do you desire same sex erotic experiences?
  - A) Not at all
  - B) I am very curious!
  - C) Oh so much!
  
5. Do you believe your partner finds you attractive and desirable?
  - A) Not really.

B) Somewhat (but I think I used to be much more attractive or am even more attractive when I make an effort!)

C) Yes!

6. Have you and your partner ever explored other fantasies together before? (Bondage, Blindfolds, Erotic Spanking)

A) No, we've never really explored anything new together.

B) We've tried a few new things, but nothing too intense.

C) Yes, we've explored lots of fantasies together.

7. Are you comfortable using safe sex techniques?

A) Not really, the last time I used a condom was years ago!

B) Pretty comfortable, I'll be able to keep everything under wraps

C) I'm a pro at changing condoms, using gloves and have safe oral sex

8. Can you and your partner communicate clearly in times of conflict?

A) No, when we fight we tend to not communicate very well

B) We communicate pretty well during conflict.

C) Yes, our fights are generally resolved quickly and we communicate well.

9. Are both you and your partner equally excited about the idea of a threesome?

A) No, only one of us is truly excited.

B) One of us is more excited than the other.

C) Yes, we are both equally excited about the idea.

10. How arousing is fantasizing about a threesome?

A) Not all that arousing

B) Very arousing, and I fantasize about it often!

C) Intensely arousing! One of my favorite fantasies!

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### **Now, tally up your score.**

Every A = 1 point

Every B= 3 points

Every C = 5 points

### **10-20 points: Keep It A Fantasy**

You may want to keep your threesome fantasy in your imagination for now. Factors like jealousy, inability to manage conflict, or too many commitments and not enough trust may make a threesome simply too risky to be worth it. Keep talking to your partner, try amping up the intensity in your sex life by exploring other fantasies and build the trust between you. Remember, you have a lifetime to explore your sexuality, so don't feel pressured or rushed into anything you aren't authentically ready for!

### **20-35 points: Proceed With Caution**

Go over your answers and notice where you picked response "A" These are the areas that you may want to talk about with your partner, as they may be areas of potential risk to your relationship if you go ahead with a threesome. If you can get on the same page as your partner, establish strong boundaries and clear communication, you may be able to successfully have a threesome. Don't rush into anything, and remember that all of these conversations are strengthening your relationship! Be sure to read the Baby Steps section to get some ideas on how to explore your threesome fantasy without going all the way!

### **35-50 points: If You Want A Threesome, Go For It**

It sounds like your relationship is strong enough to have a successful threesome, and that you are pursuing it for all the right reasons. Go back and check in on any questions you answered with either "A" or "B" and make sure you don't have any unexpressed feelings in these arenas. Make sure you and your partner both go over all the materials in this guide, discussing anything that comes up along the way!

Any questions? You can always be in touch with us and [Ask Us Anything!](#)

## Conversation Starters

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If you can't have an honest and open conversation about a threesome, you probably shouldn't have one! The more you communicate ahead of time, the more likely you are to have a positive experience, avoid hurt feelings and keep your relationship happy and intact!

You can approach these questions in a few ways. You can both take time to reflect on these questions, make notes and then have a long conversation with one another. Or, you can just jump into conversation and share your most immediate responses. Use these questions to get your conversation going, then allow your dialogue to flow in whatever direction makes the most sense for you as a couple. Remember, you don't have to cover it all at once, you can have multiple conversations over time! Ideally, these conversations are fun, flirtatious and exciting. Pay attention to what subjects create any stress or anxiety: these are red flags about what might trigger more drama if you actually go through with a threesome!

If your partner says anything that shocks or upsets you, take a moment to absorb it and ask a follow up question rather than react right away. Often, by learning more about what your partner is thinking you'll discover more about them as a sexual being and grow together as partners. Don't shut this process down with judgmental reactions. Choose to be open hearted and curious instead.

Sometimes, new sexual information about our lover can take awhile to sink in. Especially in long term relationships, when you *think* you know your lover so well, suddenly hearing something new about their sexual fantasies and desires can be shocking. Often, once this shock wears off it is easier to process and understand how this new disclosure fits into your idea of your lover. If you find yourself simply shocked, it may be smart to let it sink in for a few days before you discuss it in more detail. Try to approach these disclosures with compassion and patience.

It is also essential to remember that adding new pleasures to the mix doesn't mean anything is broken or anything is being taken away. Our sexual repertoires can always benefit from expanding, and we all have the capacity

to be more erotically creative! Your husband's Desire to be submissive and be spanked doesn't take away his ability to be dominant - it just means you might take turns once in awhile, and gives you the opportunity to explore a new side of yourself. If you find yourself stuck in the shock of your lover's confessed Desire, take time to discuss specifics and get clear about what it means to them - don't let your own imagination run away with *their* fantasy!

## **Why Do You Want To Have A Threesome?**

What specifically about the idea of a threesome is exciting to you?

What specific activities, positions or dynamics excite you the most?

What kind of person do you want to experience this with?

What do you hope to get out of the threesome?

How do you think this might effect our relationship?

## **Planning Your Ideal Threesome**

Would you be more comfortable with a stranger or a friend?

Who will be the focus of threesome? Will we all take turns?

Who do you want to have a threesome with?

What are the benefits and risks of choosing this specific person?

Where will the threesome take place?

What kind of date will we go on to test the chemistry?

Should we plan an exit strategy if one of us changes our mind?

How could we start so we both feel safe?

What safe sex precautions do we want to take?

### **What Are Your Fears and Concerns?**

Are you worried you might feel left out?

Are you worried I would desire the other person more than I desire you?

What could I do to make you feel more desired in the moment?

Are you concerned one of us might fall in love with someone else?

Are you concerned that sex with just the two of us will feel boring in the future?

What boundaries should we put in place to minimize risk?

Are there any specific sex acts that you would like to be off limits during the threesome?

How do we plan on protecting ourselves from infection or unwanted pregnancy?

### **What Happens After The Threesome?**

Will the third person be sleeping over?

What communication will we have with the third person be afterwards?

Would you want to stay in touch with the third partner as a potential friend? Or cut all ties?

Do you imagine this happening more than once?

How would we handle it if one of us enjoys it and the other does not?

How would we handle jealousy or insecurity?

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