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Speaker 1

All right, now on to a note of what it's like to have breasts. And this is really important because this is setting the stage in the background that most men will never, ever have. This is going to help you to become the best at providing and understanding how this experience works, because I fully believe that if your relationship to breasts has mostly been one of like admiring and appreciating and like loving and squeezing impinging on breasts, you haven't necessarily considered what it's actually like from the recipient's end to have breasts to have them touched and poked and prodded and looked at and loved on and all of that and certainly massaged.

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Speaker 1

And the reason that this is so important is that having breasts is a very unique experience. It is different. It's different for all women, and it is very different from the experience of being a man. And just like with all things, if we're going to provide something for someone else, we really need to come from their experience in order to understand how to provide it.

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Speaker 1

Like, I would not want to provide any sort of touch to another person before I understood what it was like to be them, where they wanted to be touch, what kind of touches they've experienced in the past. If they have

trauma related to that part of their body, that's going to help me to touch them the best way possible.

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Speaker 1

And breasts are very, very much in that category of things that can be traumatized, that can have rough histories. That might be a bit we're going to get into it right now, actually. So let's just talk about what it's like to have breasts.

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Speaker 1

Number one, a percentage of women experience numbness inside of their breasts and their nipples.

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Speaker 1

They do not experience a lot of sensation, sometimes even just thinking about the fact that they are numb can be quite emotionally painful or vulnerable for them, because we have the story that breasts are supposed to feel a certain kind of way. So if your partner is experiencing numbness, the bonus video on how to rewire the nipples for pleasure is going to be really beneficial for your both, and understand that there's nothing wrong.

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Speaker 1

And through breast massage and through orgasmic nipple touch, she might be able to experience a lot more really pleasant sensation and move away from numbness into feeling and into pleasure.

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Speaker 1

It is also true that a number of women experience pain in their breasts, and that pain could be the result of extreme sensitivity, almost.

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Speaker 1

So like it feels like too much just to have her breasts touched. It can feel painful, certain touches can feel painful. Maybe the nipples feel painful.

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Speaker 1

I talked to one woman in preparing for this course, who experienced a lot of nausea and queasiness from just having her breasts touched because they were so sensitive, so remember that women's breasts can run the entire gamut between numb to so sensitive that it is actually painful.

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Speaker 1

And not all people are necessarily wired to experience pleasure right out the gate. As soon as their breasts and nipples are being touched.

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Speaker 1

All right. Let's talk about the breasts role in body image and objectification. Because breasts are one of the things that signify that we have a female body. And for many of us, our breasts develop. Like, for me, I had boobs when I was like 14 years old before I was interested in having sex.

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Speaker 1

Before I was all the way through puberty. I had breast before I got my period. I didn't feel like a woman when my body started looking like a woman. And depending on where you lived in the culture there and how people treated you, some of us came into breast and we started getting hit on or started attracting attention from men.

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Speaker 1

That was very inappropriate and it caused us to want to hide them or they became a part of shame. It's certainly also true that they can be a big piece of our pride. You know, later on, having breasts made me feel really powerful and improved my self-esteem. It made me feel like a woman when I was ready to feel like an adult woman.

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Speaker 1

And, you know, putting them up in a halter top and showing off my cleavage made me feel really good at one point, right? So our relationship to our breasts can change over time.

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Speaker 1

What's most important for you to know is that every woman's experience of her body, how her breasts make her feel, if they make her feel good about herself, if they negatively impact her body image, it's going to be different for her lived experience.

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Speaker 1

Society places a lot of emphasis on breast size and shape, which is one of the reasons that

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Speaker 1

Breast enlargement surgeries have taken off,

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Speaker 1

and breast reduction surgeries as well. You know, it's our relationship to our breasts is something that many of us can struggle with.

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Speaker 1

And part of that struggle is informed by how the world around us and society at large makes us feel about our boobs, whether they're too big or too small or not right in one way or another. So

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Speaker 1

imagine if you yourself, as a man, had a part of your body that people frequently commented on or noticed or told you should be bigger or smaller or better.

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Speaker 1

And I'm not talking about your penis because obviously not everybody can see that. These are hard to hide, okay?

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Speaker 1

How would that affect your confidence and your self-consciousness? Right? If there is a part of your body that was being sexualized both by people who you wanted to be sexual with and people who you did not, that would have you feel objectified and it could be disempowering—or it might be empowering, too.

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Speaker 1

So remember that breasts play a role in how we feel about ourselves. They play a role in how we feel as a sexual person, and our sexual attraction and our pleasure, but they also can lead to unwanted attention. And that is one of the reasons I believe that a lot of women experience numbness in their breasts, is because feeling here is too painful.

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Speaker 1

If they especially were sexualized early in life as a teenager, they can start to feel like these things are dangerous. These things are the reason that people look at them or approach them, and we can kind of cut ourselves off from that as well. So these are all kinds of ways that our breasts shape our experience as women.

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Speaker 1

And

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Speaker 1

even just having listened to that is going to help you to be a better partner, a better lover, a better massage giver, and generally a better man to the women in your life.

Need Help or Have Questions?

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