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Speaker 1

All right, in order to begin the massage, we're going to talk about our boundaries, our intentions, and our desires. Now we can have this conversation prior to even getting in the room, but we also want to make sure that we have a conversation right before the massage starts to make sure that we're on the same page. So boundaries are: any boundaries that she has for the massage.

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Speaker 1

She might have super sensitive nipples and her boundary is like, "I only want to breast massage no nipple play." Another boundary might be like "no teeth." Another boundary might be like "no penetration afterward, I just want to focus on giving you this massage or receiving this massage. And we're not going to go immediately into sex afterward."

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Speaker 1

Boundaries can always change during the massage, meaning that something we said yes to, like, I'm open to having penetration could become a no.

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Speaker 1

"Actually, I changed my mind. I don't want to have sex in intercourse right after the massage,"

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Speaker 1

but a no cannot become a yes. So if I said no penetration and then later, you know, like really turned on and that felt really good. And I do want to have penetration. Make sure that you step away

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Speaker 1

from the super-aroused space and have a check-in from a sober place and say, "Is it that you really want that?"

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Speaker 1

Or is it just that you got really turned on and in the moment it felt like a good idea?" I would way rather be safe and do less, than, you know, when someone wants to change their boundaries mid-massage without checking in. I never, ever, ever am willing to go there because we can experience regret later. "I was really turned on, so that sounded like a good idea, but I actually didn't want it."

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Speaker 1

So avoiding that is really, really beneficial for all involved.

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Speaker 1

Next up, intentions. Intentions are desires without attachment. So my intention for this massage is to experience pleasure, to be present, to stay in the moment, to read your body, to feel closer to you at the end.

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Speaker 1

And then finally, desires; specific desires. So like I really desire that you experiment with temperature play in this massage.

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Speaker 1

I really desire that we go really far, and I desire that we put a lot of intensity and time and energy into my nipples. Or I desire for you to experience all of the pleasure that is possible for you, or I desire that you don't give back to me at any time during the massage, and you just allow me to hold space for you.

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Speaker 1

So boundaries, intentions, or desires. I like to call that the BID system. I didn't invent that. I just think it's brilliant.

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Speaker 1

Also, remember that there may be insecurities. We talked a lot earlier about what it's like to have breasts. So as the person who's holding space for her body, also holding space for anything that she needs to say, like I'm afraid that I might not reach orgasm.

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Speaker 1

I'm afraid that my body's not gonna respond the way that we want it to, and just holding those insecurities lovingly.

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Speaker 1

That's having a conversation about how she likes to have her breasts and nipples touched. Especially if you're not super familiar. Ask her if she knows for herself what already feels good, what kind of touch she likes to give to her breasts and nipples, and what kinds of touch she doesn't like.

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Speaker 1

A lot of women like a lot of intensity, a lot don't. Some like teeth, some don't. Some like temperature, some don't. So just having a conversation with the woman who is in front of you that time, no matter what it is that she liked last time, and engaging her so that you know what it's going to feel best for her.

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Speaker 1

And then I have a super bonus pro tip for you, which is asking her how she likes to have her clitoris touched because like we said earlier, the relationship between the nipples and the clitoris is very strong. So it can be very instructive and help you to know how to touch her nipples, if she can describe to you how she likes to have her clit touched.

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Speaker 1

Most importantly though, take the pressure off. Remind her that the goal is pleasure, not orgasms. And no matter what happens, everything is going to be absolutely perfect.

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Speaker 1

Now, one more piece that is very important when we're talking about the actual verbal communication around the massage, is knowing how to do what's called A/B Testing. A/B Testing means giving her touch A, making a small tweak and calling that touch B, and asking her which one she likes more.

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Speaker 1

So you could say this is touch A (up and down on the nipple), this is touch B (up and sideways across the nipple, left or right). Which one did you like more?

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Speaker 1

And if she says "I liked B more," Okay, great. Now we know that she likes the back to forth. Now maybe then go slow and go, okay, this is now touch A and this is touch B.

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Speaker 1

Which one did you like more? And maybe she says "touch A, the slower one." Great.

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Speaker 1

Now we know that that is her preferred touch at this moment. The reason that A/B Testing is so powerful is that it avoids having to think too much, having to verbalize and come up with what is it that I liked about that touch, and how could it be better? Because that gets us out of our pleasure brain and into our thinking brain.

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Speaker 1

So just saying, did you like A or did you like B? And sometimes she's going to say both. Sometimes she'll say neither. But that is a really fantastic tool for you to use, not just in this

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Speaker 1

but in your sex life, all together.

Need Help or Have Questions?

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