

erotic role play  
a guide for couples

by violet blue



# **Erotic Role Play: A Guide for Couples**

## **Chapter 1**

### **Adventures and Predicaments**

This is a free sample chapter from *Erotic Role Play: A Guide for Couples* by Violet Blue. The entire book, with several short explicit erotic role-play stories throughout, is available for purchase at [DigitaPub.com](http://DigitaPub.com). It is available as a multi-format e-book (\$10) and also as an audio book (\$10), all DRM-free and usable on any device.

Surely you've fantasized about a sexy scenario, such as a naughty doctor visit, pretending to be a stranger with your lover, or even an after-hours office seduction. If you or your lover has ever fantasized about pretending to be anything other than who you are in your daily, ordinary life, then you're ready for the world of erotic role-play fantasies. You're not alone, as these are among the most popular fantasies shared by couples, period.

Erotic role-play is when you and your lover play roles and act out sexual fantasies. Role-play makes hot sex even hotter, spices up your love life when it falls into a routine, and adds playfulness and passionate intensity. When you try out fantasy scenarios, you're essentially playing a sexually explicit version of "make believe."

Some couples use role-play occasionally for a little bit of kinky fun. Many others enjoy it as part of their regular sex lives, whether it's one reliably hot scenario, or a variety of roles and predicaments. Let the erotic fantasies you already have shape your fantasy role-play scenarios.

## Scenarios, Roles and Predicaments

In erotic role-play, a couple agrees on a scenario that sounds arousing, and plays around with the scenario in whatever ways turn them on the most. A scenario is simply an erotic encounter where one or both of you are behaving differently than usual. This means you are not behaving in your typical sexual roles, and may include introducing an entirely new situation to your regular lovemaking routine. It can be as simple as adding a different detail to certain sex acts, thus making them into scenarios. This detail might be a blindfold, a pair of restraints, high heels or a business suit.

Simply adding a little something extra is great if you're nervous about role-play. Shy lovers who think being in character is more nerve-racking than arousing might prefer a single prop much more than the pressure of wearing an outfit and behaving differently. One of you will find one role or another more erotically interesting, and you might find that one person takes the lead in a particular scenario. For instance, at the mention of a school scenario he might say, "My suit looks like a teacher's outfit on me," indicating his interest in playing the teacher role.

Some fantasies that turn you on might be about roles such as police, firemen, schoolgirls, teachers or even roles taken from everyday situations. Your fantasies might revolve around sexy uniforms. Do you both linger over the overly sexy uniforms at Halloween? Role-play would be when one or both of you put those uniforms on, and see where your lust leads you. How far you go with setting, costumes, props and character is up to you.

Most role-play fantasies will have dominance and submission themes, ranging from barely there to deciding that power play is the whole point of the sexual encounter. For instance, you might notice that one of you

finds authority figures a turn-on, and the other one gets excited about being punished or ordered around.

It could be the idea of being caught, or catching someone in a compromising position that does the trick -- this is a predicament. You might find catching your boyfriend sniffing your panties an exciting predicament, or your ideal predicament might be getting in trouble for not doing the dishes.

Taken further, a bad "boy" might get spanked for not doing his chores, or a sexy secretary might have to perform oral penance for not doing her boss' filing correctly. You may find that you want to live out scenes that are as realistic as possible, or are totally impossible (such as space travel), or might even be dangerous if they were to happen in real life (such as "forced" sex).

There is no "right" way to role-play; you don't need to wear a costume, have fake accents, stay in character or play by anyone's rules except your own. But if wearing the perfect outfit makes it all that much hotter, or a fake French accent makes it funnier (and humor is a turn-on), then don't hesitate to pull out all the stops.

## **How to Bring It Up**

Often, role play is one person's idea, or one of you decide that you want to take your shared fantasies about that TV show with the superheroes into the bedroom. Asking outright is always a good idea if you already have open sexual communication, but asking doesn't always mean you'll be met with enthusiasm. Also, you might have some pretty specific ideas about what you want to do in your role-play scenario, and it might be hard enough just to get out the words, "I want to..."

Our role-playing fantasies come from different parts of ourselves, sometimes deep parts and sometimes not. When a couple shares these fantasies, they're being allowed into each other's private sexual worlds. Often, our role playing ideas come from private masturbation fantasies, so it's easy for the person doing the asking (or sharing) to feel vulnerable.

If it's not you doing the asking, be sympathetic about how revealing this is, and have a loving, supportive response. It's important to have trust when you talk about trying role-play, especially for the first time, because one partner may not understand why the other one has these fantasies. If you have fears or doubts about where this is all coming from, ask. If you're the one bringing it up, tell your lover that this is a fun new sex toy for both of you to share, not a replacement or a fix for an unsatisfying situation.

Not everyone is going to feel vulnerable openly stating his or her role-playing adventures. Most couples will feel finally free to truly express themselves sexually and enjoy sharing playful fantasy sex as part of life's grand sexual buffet shared by two (or more). Being able to let your fantasies run wild together is an experience that makes your relationship strong, vibrant and alive.

Role play provides a unique intimacy that is incredibly arousing for many couples. People in long-term relationships will discover that adding role play to their sexual routine opens up a whole new universe of satisfying sex, deep connection and renews their relationship's energy. Pretending that you're strangers and meeting in a public place such as a hotel bar is one supercharged way to feel like you just met, all over again.

Asking for what you want in bed is scary, and meeting with shock, surprise, or distaste is even scarier. Mentally prepare yourself for the

best reactions, and the worst. If you feel shy about a face-to-face conversation, begin with an email or text exchange, or a telephone conversation. Talking about role-play is also easier when you read a book (out loud or hand the juicy parts to your lover) that has elements of your role-play scenario in it. You can suggest that you enact the sexy details.

Another great way to introduce the idea is to watch movies together that contain your role play fantasy elements, and bring them up after the movie. You can say, "I *really* liked that scene with the nun. What did you think?" Also, you get the delight and arousal that comes from sharing your fantasy with your sweetie -- or watching their face as they watch (or read) your number one turn-on.

## **Get Started**

Role play can be spontaneous and simple -- such as a dirty talk scenario -- or can be a detailed, carefully planned and negotiated event. It's up to you!

For your first role play encounter, start simple. See if playing around with verbalizing during sex is even for you; if it's not, then now you know. Role play doesn't have to involve talking, but many scenarios might require that you interact with your lover verbally during sex, so ease into it with a little dirty talk. Describe a setting or your clothing (imaginary, or what's actually happening). Tell your lover how you feel.

Turn up the heat: tell the point of view of your character or role, such as "I'm a really angry police officer. I've had a really tough day, and your speeding ticket is the last thing I want to deal with. I want you to make it worth my while." Or you can even use your true feelings at that very moment to make your role play authentic, "I've never done this before. Will you show me how to pleasure you?"

You can describe (or exaggerate) what you're both currently doing, in the context of a role-play scenario. While having sex you can say, "As a patient, you're responding very well to this treatment. I'll need to perform a few tests. Lay down on your back. Now I'm examining your penis."

Pay careful attention to what your sweetie responds to. If he gets riled up (in a good way) when you call him a "naughty boy," and ask him *how* he's been naughty. Develop his perspective by egging him on and asking questions, and fit your persona into his erotic world.

Nervous about dirty talk? Practice on your own and talk dirty to a mirror. Don't worry about feeling silly; remember that he will be your captive audience and you can distract him with pleasure. Some people find that it's easier to start dirty talk face-to-face when they close their eyes. When you get talking, focus on describing details, such as the way the dog collar looks and how it feels on, and how the buckles look shiny in the light.

It's tough to role-play unless you know what role you're supposed to play. For example, if you're to play a police officer, it might be easier to come up with things to say during the "arrest" once you start pretending to put on the handcuffs. One of you will be in the active role and can direct the scenario, though the less active person can give direction, too. Role-playing is just like acting (remember the school play?), and your role will give you clues about how to behave and what to say.

When you begin to take role play beyond dirty talk and start to add details, events for your scenario and costumes, it's important to make sure you're both clear about each other's expectations. He might want to be a male prostitute, hoping to be roughly arrested for being

sexually promiscuous by a sexy policewoman, while you may think he wants to romantically seduce an officer -- two very different perspectives and outcomes.

Talk about it, and plan it. Talking about it won't ruin it or give it away, because you'll never know how the scenario will turn out, or how aroused you'll get once you start playing. But take steps to get the outcome you really want by telling your lover specifically what turns you on the most in the scenario. You may find it helpful to write down your role play fantasies before talking, and some couples find that writing them down and sharing or exchanging their ideas make their role play experiences more rewarding.

## **Who, What, Where and How: Take the Test**

Make two copies of the following multiple-choice questions, fill them out, and then exchange your hot homework. Check as many answers as you like, and feel free to fill in anything you feel is missing. In chapter 2, you'll find a plethora of specific roles and scenarios, but it's important to have an idea of where you'd like to start. Feel free to fill these out again at a different time, or for new scenarios.

### **I'd like to be:**

- \* In charge
- \* Helpless
- \* Someone who gets overpowered
- \* A submissive that turns the tables
- \* Equal

### **My ideal predicament includes:**

- \* Punishment
- \* Humiliation
- \* Teasing
- \* Conflict with authority
- \* Getting caught
- \* Being made to do something naughty
- \* Sex!

### **In a scenario, I hope to:**

- \* Be sexually "used" by you
- \* Get spanked or whipped
- \* Have my way with you

- \* Spank or whip you
- \* Have you take total control in bed
- \* Call all the shots when it comes to sex

**The dirtiest sex act I'd like to try is:**

- \* Oral sex
- \* Doggie style
- \* Anal sex
- \* All tied up
- \* Kinky sex (specify)

I want our role-play to happen:

- \* In the bedroom
- \* In our imaginations
- \* In public, such as a bar, restaurant, dance club
- \* A different room in the house (specify)
- \* A hotel room
- \* A sex club

**Ideally, I'd like us to wear:**

- \* Uniforms, at least one of us
- \* Regular clothes
- \* Clothing like our roles would wear
- \* Realistic costumes
- \* Nothing!
- \* Sexy lingerie
- \* Very fancy clothing
- \* Bondage gear
- \* Fetish clothing
- \* A very specific item (state)

**For me, the most important thing in the scenario will be:**

- \* Outfits (specify)
- \* Believability
- \* Being seen in public
- \* Getting in your pants
- \* Being in charge
- \* Your submission
- \* You fighting against me
- \* Not being in control
- \* You being forceful
- \* Having the tables turned on me (or you)
- \* A particular sex act (specify)
- \* Spanking, whipping
- \* Sensory deprivation, such as blindfolding
- \* Restraint
- \* Your fake French accent

**All of this makes me feel:**

- \* Nervous
- \* Incredibly turned on
- \* Silly!
- \* Excited, but still unsure
- \* Very close to you
- \* Like we're going to have a lot of fun

**The worst thing that could happen is:**

- \* One of us will chicken out
- \* We'll laugh too hard
- \* We'll have a clothing malfunction
- \* We'll decide that we don't like it
- \* It might be emotionally intense

- \* I'll disappoint you (specify)
- \* You'll think I look/sound/act like a dork
- \* We like it so much we do it again
- \* We give up and just have really hot sex instead
- \* We really make each other's fantasies come true
- \* The neighbors hear us/we frighten the pets

## **General Tips for Sex Toys**

Like having basics like salt and oil in your kitchen, adventurous couples will want to have a few basic adult playthings on hand for general use. Especially if you're planning a role play adventure, which often requires a little improvisation for even the most well-moneyed and well-stocked pleasure seekers. Always get your toys from a trusted seller, and do not pay too much. Shop around, and if you order online read the privacy policy carefully. Recommended toys to have on hand are:

- \* A vibrator good for internal and external use, with a variable speed.
- \* A fingertip vibrator.
- \* Couples should have a vibrating cock ring, for clitoral stimulation during penis-vagina penetration (OMG, sex).
- \* Lubricant, without additives: avoid Nonoxynol-9, glycerin, artificial colors or flavors, and never use Anal Eze or numbing creams.
- \* Anal toys that are made especially for anal use. I recommend having at least one small butt plug made of silicone, which can be sterilized.
- \* A blindfold for surprise, erotic massage, power play, or just to take the pressure off the dominant role.
- \* Restraints of good quality. Scarves are sexy, but can hurt, tighten accidentally or slip off. Get some decent cuffs or buckling bonds.