

# Talking Dirty

Supercharging sex and power with nothing but your words

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Write down three words or phrases  
you might be excited to hear a partner say  
while flirting, playing or getting it on.

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- I. The Power of Words
- II. Finding Your Voice
- III. Dirty Conversation

# The Power of Words

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Eighty percent of dirty talk is about three things.

- Tell your partner that you desire them.
- Tell your partner who they are to you, and who you are to them.
- Tell your partner what you're enjoying and what you want.

What is the story behind each of your three phrases?

If you can generalize the themes behind them, it opens up more flexibility and creativity in your play.

# The Power of Words

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Some elaborations

- Fantasy projection
- Reminiscence
- Indirection

# Finding Your Voice

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- Name your inhibition.
- Encourage one another.
- Negotiate your dirty talk.
- Practice verbal warm up.
- Voice your desire.

Are some of your phrases warm up phrases?

Is there one that you only want to hear when you're good and ready?

Are there any of your three phrases that you feel hesitant about saying or asking for?

Is there anything in your head that you didn't even write down because it feels so vulnerable?

# Dirty Conversation

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- Connection
- Building Energy
- Steering
- Dirty Listening

What's a way you could respond to each phrase on your list?

What would be some ways to let your partner know that you heard and appreciated them, and to feed back to them the energy they just gave you?

# Conclusion

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- The Power of Words
- Finding Your Voice
- Dirty Conversation

What's one thing you learned today that you'll still be using in a year?