



Ways Women Orgasm

By Jane Thomas

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Workshop 1

Model for achieving orgasm

This workshop will explore:

- Women's sexual motivation
- Role of erotic fantasies in orgasm
- Role of romance in sexual relationships

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Workshop 2

Why does anyone pay for sex?

Men would seem to be more motivated than women:

- To have sex without needing to invest effort in a personal relationship
- To obtain a more attractive or younger partner than might otherwise be possible
- To be assured of some anonymity while participating in taboo sexual activity

A man is **aroused by any attractive woman** and, barring social obstacles, can **orgasm with a stranger** regardless of any relationship. Few women claim to orgasm with just any man. So women are usually **less attracted to promiscuity** than men are.

Sexual motivation

What motivates women to want sex:

- What is 'male sex drive'?
- What is 'female sexual desire'?
- What is the role of human biology?

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Workshop 3

(1) What is 'female sex drive' given a woman gets pregnant regardless of orgasm?

A woman has no biological reason for having casual sex. A woman has a biological drive to desire companionship and support to raise a family.

(2) A woman cannot oblige a man to have sex, so what is 'female sex drive'?

A woman does not have a biological and hormonal sex drive to orgasm with a partner. There is no reason for women to orgasm at all.

(3) Why do women not compare notes on sexual pleasure?

Women are not aroused by discussions of sex. Women engage in sex as part of a loving relationship rather than directly for the erotic rewards of arousal and orgasm.

Good luck Chuck (2007)

Dane Cook stars in this movie as Charlie a dentist who is under a magic spell that means that any woman who has sex with him will meet the man she's going to marry. Women line up in his waiting room to have sex with him and naturally he obliges by having intercourse with a stream of women. Most make little effort to hide their disinterest and one even reads a bridal magazine while Charlie is doing his business!

Role of erotic turn-ons

What mental stimuli cause women to orgasm:

- What is the role of biology in orgasm?
- What turns a woman on about her partner?
- What turns a woman on about sexual activity?

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Workshop 4

(1) Why do so few women masturbate?

Women associate sex with a relationship and male sex drive. Relatively few are motivated to enjoy their own sexual arousal and orgasm by themselves.

(2) How can women be aroused by sex when they object to portrayals of sex?

Women are not turned on by images of explicit sexual activity or by male genitals – in fact often the reverse. Many women view sex solely in terms of a loving relationship.

(3) If women are not aroused as men are, how are they aroused?

Men are aroused by erotic IMAGES and women by erotic SCENARIOS. Women need to consciously focus on fantasy scenarios that lead to orgasm only when she is alone.

The Proposal (2009)

Sandra Bullock plays a woman pretending to be engaged to a younger man. She asks him to sleep on the floor while they share a bedroom and is unenthusiastic about his early morning erection. The hen party involves attending a farcical striptease show where the women laugh at the intentionally unattractive older male stripper.

Role a loving relationship

What makes a woman amenable to intercourse:

- What is the biology of intercourse for women?
- Why does anyone pay for sex?
- What do we mean by romance?

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Workshop 5

(1) Why are women usually looking for relationship rewards from sex?

Women engage in relationships to enjoy affection and companionship. Women invest in sex to build the emotional bonds that motivate a man to support a family.

(2) Why do women almost never pay for sex?

The rewards of sex are insufficient to motivate women over the longer term without the rewards of a relationship. Men want sex regardless of any relationship.

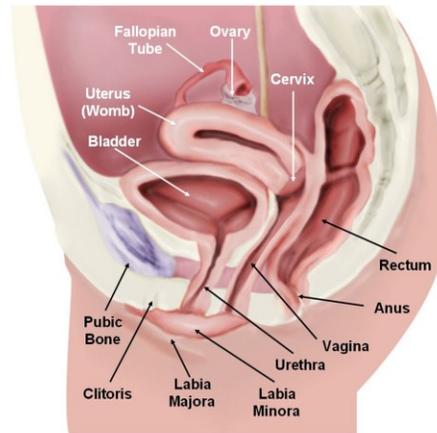
(3) In what way can a woman's relationship possibly affect her ability to orgasm?

Women who do not masturbate interpret arousal and orgasm in terms of the emotions of a loving relationship. Loving emotions do not cause orgasm.

The Tourist (2010)

Angelina Jolie asks Johnny Depp to sleep outside her bedroom even though she's apparently not had sex for a year or more. She is saving herself for a man she loves.

Female pelvic anatomy



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Workshop 6

The most natural position used for mating by other mammals is rear entry position.

The missionary position allows for a sense of 'love-making' but it is also a result of the more sophisticated emotional bonding humans have evolved over time. The position causes the female's engagement (or lack of) to be more evident to the male.

A woman, who is distracted during sex (shows a lack of engagement), risks disrupting a man's ability to fully focus on his fantasy that he needs for arousal. Women don't have to worry about a man being aroused because male arousal is rarely a problem.

Just as a woman appreciates a man who is companionable, a man appreciates a woman who responds sexually. We feel loved and appreciated when a partner makes effort in activities that are important to us because they are respecting our needs.

Given the inherent dangers of childbirth in the past why would a woman risk her life just for any man? Even the pill cannot change the emotional bonding process that has evolved over millennia that bind women to their children and men to their lovers.

Why are is a man willing to lay down his life to protect a woman? Male sex drive and the rewards of a sexual relationship help motivate a man to support a family.

Nature has no need to provide a mechanism to bond women to their lovers (by providing for female orgasm during sex). A woman already needs a man's protection and support to have a family. Women's role is to nurture long-term emotional bonding by offering intercourse and responding lovingly and sensually.