

☞ TABLE OF CONTENTS ☞

☞ FORWARD	7
☞ INTRODUCTION	10
WHAT'S IN THIS BOOK?	11
WHAT'S NOT IN THIS BOOK	12
A NOTE ABOUT THOSE PESKY PRONOUNS	14
☞ CHAPTER 1 WANTING IT	15
"WHAT'S WRONG WITH ME?" (ANSWER: NOTHING!)	16
FANTASY VS. REALITY	20
THE VIRTUE OF PATIENCE	25
TAKING RESPONSIBILITY FOR YOUR PART	27
SPANKING & CHILDHOOD ABUSE	28
☞ CHAPTER 2 ASKING FOR IT	34
IF YOU DON'T HAVE A PARTNER	34
WHY MOST ADVICE ABOUT GETTING YOUR PARTNER TO SPANK YOU WON'T WORK	39
HOW TO ASK YOUR PARTNER TO SPANK YOU	45
WHY YOUR PARTNER MIGHT HESITATE TO SPANK YOU	75
☞ CHAPTER 3 GETTING IT	87
PREPARING FOR YOUR FIRST SPANKING TOGETHER	88
THE SPANKING	96
HOW TO TAKE A SPANKING	101
"OKAY, BUT WHAT IF I LOSE MY NERVE?"	114
☞ CHAPTER 4 MAKING IT BETTER	120
7 STEPS TO MORE SATISFYING SPANKINGS	120
SPICING UP YOUR SPANKING LIFE	126

FORWARD ∞

It took me a long time to come to terms with my desire to be spanked, and even longer to feel comfortable confessing it to my partner. But I did. Those of you who read my blog, *The Disciplined Feminist* know that along the way, I've made just about every mistake possible, many of which were the inspiration for this book. Some of them were little and some of them were huge.

All of my mistakes taught me a great deal about how to accept and appreciate my need to be spanked – and an awful lot about what to do and what not to do when making spanking a part of a relationship.

By day, I'm a respectable professional woman with a regular life and a regular career and regular friends who have no idea that I'm turned on by spanking or that I want and need (and for the most part, get) spanked by my partner on a regular basis.

I love my life as an independent career woman, but my spanking life is also a big part of who I am. Like most of you, I wouldn't feel like a whole, balanced person if I didn't express this side of my personality, too.

During the three years since *The Disciplined Feminist* was launched, I've received many honest and passionate emails from women (and some men!) all over the world who are struggling to

figure out how their need to be spanked fits into the rest of their lives. Many of these emails –perhaps even most of them – come from people who would like to be spanked by their partners but don't know how to ask, or people who are spanked but are disappointed that their real-life spankings aren't as satisfying as their fantasies.

Even when the person writing doesn't come out and say it, it's easy to read between the lines and feel the pain, frustration and deep longing in these emails. I know all-too-well what that longing feels like – the soul-deep craving for an experience that the rest of the world doesn't necessarily understand or even allow us to admit that we feel.

My heart aches for all of us struggling with this issue. And unfortunately, because my email time is fairly limited, I'm often not able to give these emails the time and attention they deserve. So one day it occurred to me that there was a need for a resource like this book, and that writing it would be an opportunity to help ease at least some of the pain and confusion surrounding the problem of how to get the spankings that so many of us need and want so badly.

And so, this book.

This book is not, of course, perfect or complete, regardless of what the title on the cover suggests. The world of consensual adult spanking is a complicated one and no one who seriously wants to explore it would ever be so arrogant as to claim to have covered the topic completely.

But I do believe that this guide contains the best and most responsible advice available on how to get those real-life spankings that you've been longing for.

Enjoy!

Warmest,

Viv

INTRODUCTION

Have you spent years fantasizing about being spanked, but never experienced a real-life spanking?

Have you been in relationships where you desperately wanted to ask your partner to spank you, but lacked the courage? Or have you worked up the courage to ask, only to be rejected?

Or have you been spanked in real life, but the experience was disappointing and so different from the way you imagined it would be that you've pretty much given up on making your spanking fantasies a reality?

Or are you currently being spanked in real life and it's working out okay, but you have a feeling it could be a richer, more satisfying experience for you and your partner?

This guide is for you.

Every day, on spanking websites and forums all over the world, the question gets asked over and over again: "How do I get my partner to spank me?" And those who have successfully convinced their partners to spank them are often disappointed in their real-life spanking experiences and post questions wanting to know what went wrong.

This book is an attempt to answer those questions by giving the best advice available on what to do to get the spankings you long for.

❧ WHAT'S IN THIS BOOK?

In this book, you will find all the best advice available (and some that's not available anywhere else) on how to make your spanking experience all you want it to be.

The heart of the book is a step-by-step guide for how to ask your partner to spank you – which seems by far the most common question asked by people interested in adult spanking.

You will also find sections on:

- ❖ What to do if you don't currently have a partner, but want to be spanked
- ❖ How to use the secrets of male psychology to convince your partner to spank you
- ❖ How to take a spanking (yes, this is a "learned" skill!)
- ❖ The important differences between fantasy spankings and real ones
- ❖ How to communicate with your partner to make your spankings better for both of you
- ❖ How to make the spankings you're getting now more exciting and satisfying
- ❖ And more!

Fair warning: there are things in this book that might challenge some of your beliefs about spanking, men and women. When you read them, keep in mind that my priority here is to give you the information you need to get spanked, not to tell you

what you want to hear just because it's easier or safer or more comfortable to swallow.

If it helps, think of the times when I share something you might not be comfortable with as one of those delicious scoldings that you might fantasize about getting before your spanking. In this case, that's literally true – if you're going to get the spanking you want and deserve, you may need to get scolded out of some of the obstacles you're putting in your way first!

☞ WHAT'S NOT IN THIS BOOK

There are as many different kinds of spankings as there are people who want them. This book is intended to offer the best available advice on how to get the spanking you want. What's offered here are suggestions that work for many and even most people who try them, and that have a high probability of working for you. I do not in any way intend to suggest that there is one right or wrong way to do anything with regard to spanking.

In addition, it's important to keep in mind as read that this book covers the specific topic of spanking only, and is not in any way a guide to broader topics that include spanking, like domestic discipline, S&M, B&D, master/slave relationships, etc. Much of the advice in this book will apply to these lifestyles, but the special dynamics of these particular kinds of relationships may mean that you'll need to modify some the approaches in this guide to suit your unique situation.

That said, because *The Disciplined Feminist* deals mostly with “domestic discipline” and real-life punishment spankings, the

advice in this guide probably tends a little more toward genuine disciplinary spankings than the sexy, for play kind or the ultra-hard-core S&M kind.

This book is also not a “how to” manual for giving spankings. You won’t find specific instructions on how to use a cane or a paddle, or on how to avoid (or create) bruises and marks or tie someone up or other technical advice. Instead, this book focuses specifically what you need to know to get those spankings.

And finally, this book does not deal with, nor does it take a position for or against, the spanking of children. It’s very important to emphasize here that the advice in this book is intended only for consenting adults and not for anyone under the age of 18. In fact, much of the advice in this book would be unsafe for use with children, regardless of whether or not you approve of spanking them.

8 A NOTE ABOUT THOSE PESKY PRONOUNS

When it comes to spanking, the issue of “he” or “she” is, of course, problematic. As we all know, both men and women spank and both men and women desire to receive spankings.

However, in the interests of clarity, I’ve chosen to refer to the one doing the spanking as “he” and the one receiving the spanking as “she.” This is due in part to the fact that, despite much crossover, the fact remains that most of the people who want to be spanked tend to be female and most of the people called upon to spank tend to be male.

It's also a choice that was made to make reading the book easier. If you read assuming that "she" or "her" means the person getting the spanking and "he" or "him" means the person giving the spanking, it becomes much easier to keep the "who's doing what to whom" part of all this straight.

None of this talk about pronouns, however, should, in any way at all, indicate any sort of judgment on my part as to how things "should" be when it comes to who's getting and giving spankings.

Since much of the book uses on the secrets of male psychology to get you the spankings you want, the techniques will apply equally well if you are a man looking for spankings from a male partner. And although some of the advice in this book is specific to males giving spankings, the majority of it will also work very well if you are a man or woman who wants to be spanked by a female partner.

So let's get assume the position and get started, shall we?

Don't stop now! To find out exactly how to get those spankings you want and need, go to:

www.HowtoGetASpanking.com

for your full 160-page copy of "How to Get the Spanking You Want: The Complete Guide to Asking for It, Getting It & Making It Better"