

## FIERA BLOG

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### STEP BY STEP: WHAT A WRITER CAN TEACH YOU ABOUT SEX

Kristy Lin Billuni, 3/4/16



I love writing about sex, but I also have a day job. As the [Sexy Grammarian](#), I help other writers finish big projects. It's a teaching job and a collaborator-for-hire job. I work in a wide range of genres, from poetry and fiction to marketing copy and dissertations. There's one lesson I teach almost every writer I meet, and that's to slow down and separate the steps of writing. It's hard to be wildly creative and buttoned-up polished at the same time. You have to do one first and then the other.

If you're like me, the only steps you learned about sex during early experimentation employed a euphemistic baseball metaphor, but I've got news for you: first base, second base, and third base are not the steps you go through to reach a satisfying and exciting sexual experience.

And just like with writing, slowing down and getting to know what works for you in each step of your own sexual experiences will make you more skillful, more likely to finish with satisfaction more often, and more likely to want to have sex in the first place.

## The Sexual Response Cycle

There are several versions of the medical model, first developed by [Masters and Johnson](#) in the late '60s, but I usually teach it to writers as a metaphor for plot. You can think of the steps in your sexual response cycle as chapters in a juicy romance novel.

### Arousal and Hook

Can you tell whether you're going to like a book by reading the first page, maybe even the first line? That's because the author hooked you. In sex, the first phase feels a lot like that rush you feel when a first line really captures your attention. Physical arousal can lead to responsive desire, a sense of sexual hunger.

### Desire and Rising Action

You know when a great book starts getting hard to put down? Maybe you've fallen in love with the author's voice, or maybe it's her hunky hero. The story gets under your skin, and you're devoted. During the sexual desire step, your body responds to physical arousal with increased heart rate and breathing. Because your genitals feel swollen and excited, they self-lubricate, devoting your whole body to the sexual experience.

### Climax

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✕ of stopping is out of my control. I just don't know what happens. Sexual desire turns back, and it's the phase of arousal in orgasm.

For many women, early sexual exploration can focus on social motivation more than physical. We get involved in the vital and engaging emotional aspects of sexuality and overlook the complex physical ones. It's no wonder so many of us don't really learn how to slow down and enjoy each physical step of our own sexual experiences.

## Try This:

For each step of the sexual response cycle, treat yourself to a gift that will help you slow down and enjoy it more.

A steamy romance novel might be great for increasing desire if it gets you thinking about sex more often. Looking for a juicy romance novel? I recommend *The Sun and the Moon*, a recent Watty winner, written by [Leslie McAdam](#), a writer I adore.

Invest in extra fancy sheets for snuggling up in the resolution phase. Sex toys like vibrators are great for adding intensity to your climaxes.

And of course, [Fiera](#) 's the best treat you can buy for your arousal phase. Designed specifically for arousal, Fiera's combination of suction and stimulation gives your clitoris just the stimulation you need to get aroused or deepen the experience of your arousal phase.



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