



80 Timberline Rd. Crossville, TN 38555 | 931.981.3714 | pandorasresort.com

FREQUENTLY ASKED QUESTIONS

First things, First. What Pandora's Resort Expects From You...

Pandora's Resort is a private, members only resort. It is your responsibility to present proof of membership or to purchase a membership upon being checked into the resort for a party or event. Don't make the hosts remind you or try to track you down throughout your stay.

Don't be a bedroom "cruiser". Looking into rooms, pulling back curtains, turning on lights and going into private swing areas as a stag to see if you can get involved in something are major breaches of swinging etiquette. If you become known for such behavior, you may find that swing party invitations become few and far between.

Illegal substances, including marijuana, are prohibited at responsible swing clubs and private parties and Pandora's Resort is no exception. Swinging is its own pleasure, don't dilute it and don't subject yourself and others to legal problems. With that in mind, remember that being overly drunk is also a turn off to others and makes it impossible to consent during an encounter. Also, if you drink too much, the likelihood of you being able to participate or perform is low.

Pandora's is BYOB (bring your own bottle), only drink what you bring. Never help yourself to what others have brought without their permission. This is another of the much violated rules of swinging etiquette, and one that causes anger among the party guests.

Tell the hosts if another guest causes a problem, won't take no for an answer, or is objectionable in any real way. They sincerely want to know so that they can correct the situation before it becomes a problem. Keeping problems and bad feelings to yourself only contributes tension to the situation.

You will be required to read, agree to, and sign our full rules upon arrival at our resort. A copy of these rules can be found on our website.

What are people like in the lifestyle and at Pandora's Resort?

Just like you and me! In our travels to clothing optional or nude destinations we have met all types of folks including businessmen, entrepreneurs, secretaries, doctors, professionals, office & factory workers alike. The great thing about going to a clothing optional destination is that everybody is the same. Any pretensions of class or position are usually quickly lost and everybody seems to fit together and socialize together.

Can singles become a member of your private resort?

The short answer is: YES! Although, most of our private resort members are couples. That being said, we do allow singles to obtain memberships as well. Single women are always welcome WITHOUT applying. However, single males must fill out our application form on the website in order to be considered for a membership. Please do not take offense to this. It is imperative that ALL of our members feel comfortable and safe. It has been our experience that resorts that allow an unlimited and unvetted number of single men in the door, end up having unbalanced attendance at events and sexual harassment is prevalent. This is not the vibe we want to portray. We want to ensure that only respectful single males with no expectations attend our parties so we must be selective in our process. If you are a single male and don't understand why this is important, then you probably aren't a good fit for our private resort.

Are there "cliques" in your club?

We define a clique as "a group of people that are familiar with one another." When you walk into any environment, you look immediately for a familiar face. There is comfort in seeing people you know. At Pandora's Resort, we have some of the most accepting and friendly members you'll ever meet. We like to be with people like us. We welcome kinds of people, kinks, and orientations. You will probably find someone here that is into what you're into. Kinksters hang out with other kinksters. Our established members are usually busy all night getting to know new members.

If I decide to join Pandora's Resort or enter the lifestyle, do I have to have sex with everyone?

Not at all. Everyone's policy and philosophy is "No, means NO." Also, not all of our members are swingers. There are lots of people who are members because they are nudists. If you are looking to play with others, believe it or not, it is harder to meet couples that you connect with than you probably think. Most couples have their own "rules" or situations that they personally feel comfortable in. In fact, you may go to many parties and functions before finding a couple or single you would feel comfortable with.

Here's a couple of examples... One couple might have a "rule" where safe sex is the only sex. Another couple might feel comfortable having unprotected sex. (Most clubs promote safe sex and ask its members to practice safe sex, but we are talking reality here.) Another example - one partner is interested in playing with a particular couple but the other partner is not attracted to them and as their rule - the couple doesn't play separately. Therefore, they get a veto. Also, many last minute issues arise, like a woman having her period or a man having a cold (cough, cough) that prevents them from pursuing more intimate pleasures. They still come to the dances, catch up with their friends and make new friends and enjoy the atmosphere of socializing with other like-minded people in the lifestyle.

Obviously there are as many different situations like this as you could imagine that could arise so we won't list them all here but, issues such as these examples would stop a couple from advancing. They may not tell you why they are declining and you should be accepting of their decision and not pressure them for a reason. Furthermore, it may not be a 'no' forever - they may have different circumstances another night.

It is important to note here that part of being respectful is not leading another person or couple into thinking you will have sex when that is not your plan. Again, communicate!

We've never been on a clothing-optional vacation. What's it like?

A clothing optional vacation is just like your other vacations - with one major exception - you don't have to wear clothes. A growing number of people are enjoying these types of vacations and a growing number of first class resorts are offering the option to go topless or nude. Clothing-Optional or Nude recreation has been the norm in Europe for many years, and while a bit slow to "catch on" in the US proper, it is becoming very popular. It's not at all unusual for the first timer to be a little nervous getting started, but once they get out of their clothes, any nervousness quickly disappears. Optional means exactly what it implies - you can choose to go with or without your bathing suit. That means you can keep your clothes on at first and work out of it a bit more slowly until you are comfortable. If you have already made the decision to go to a clothing optional resort you have already passed the biggest hurdle. When you get here, head out to the pool and quickly strip all the way out of your clothing, just like you have been doing it all of your life. Remember... All those other people are "nekke" too... so it's not a big thing for them to see you in your birthday suit.

My body is far from perfect. Won't I be embarrassed?

If you're going to a nudist resort expecting to see a nude version of "Baywatch" you're likely to be disappointed or relieved as the case may be. One quick look around the resort and you will soon realize that as we mentioned before, most everyone is just like you and me. You see bodies of all types, shapes and sizes - tall, short, calorically challenged (thin), calorically endowed (um... opposite of thin), black, white, brown and everything in between. Not wearing clothes is nothing to be embarrassed about. All bodies are beautiful bodies just as they are.

What are the ages of the people who go nude?

A mix of ages. The majority of people who attend our resort are between the ages of 25 and 75 with a few exceptions. The average age is around 40.

Nudist Etiquette 101

Any clothing optional or nude facility may have their own rules, but generally the following guidelines will be appropriate.

- Always keep a towel handy and put it over any furniture you sit on. No exceptions! Good hygiene is important for the safety and cleanliness of facilities.
- Don't point, stare, or "gawk" at other people who are nude. (dark sunglasses helps)
- ABSOLUTELY NO BODY SHAMING! Body positivity is expected from all members and their guests. Refrain from any crude or lewd remarks about another person's body or appearance.
- No photography. Save your picture taking for when nobody else is around and/or ask permission if anyone else is going to be included in your photographs or videos. We have a couple on property that does professional boudoir photoshoots (including hair and makeup) in our playroom or in your private accommodation by appointment. If you are interested, please reach out to Don and Alicia Archer at alicia.archer@lusciousstudios.com for more information.
- Observe the rules of the house.

What about sex?

We are very much in favor of sex!!! This is a swinger and kink friendly private resort after all. We ask that consenting members who decide to engage in sexual encounters while at our resort, not perform said acts in the pool, hot tub, or clubhouse areas. Sex acts are only permitted in your rented private accommodation or in designated areas only, such as our fully equipped Red Room play space and Dungeon. Sexual harassment is not tolerated. No means NO! - regardless of gender or sexual orientation. If someone is being too pushy, please let the owners, staff, or hosts know as soon as it happens.

What if I run into someone I know? I would be completely humiliated!

It's a small world and sooner or later you probably WILL run into someone you know. Pandora's Resort functions are for members only, so anyone you run into will be there for the same reasons as you. It would be pretty hard for them to call your neighbors and say, "I was at my private swinger friendly nudist resort last night and saw so and so..." Who knows, you may become "better friends"!

What does lifestyle mean? What is the definition of swinging?

The word "lifestyle" refers to swingers who engage in swinging as a lifestyle choice. "Engagement in sexual activity with someone other than one's spouse or primary partner, with the full knowledge and consent of that spouse/primary partner" (Friend, Pearlmuter, McGinney 1989), and "recreational social-sexual sharing among consenting adults" (McGinney 1980). In practical terms, this translates into married couples, and couples in committed and casual relationships, engaging in social-sexual activity with other couples outside of their relationship. It is very different from cheating, however, because everyone involved are mutual participants, free of guilt, dishonesty and deceit. In other words, a couple in a relationship has openly discussed and agreed that such social-sexual interactions with others is ok. Each couple has their own set of rules that they have agreed upon so it is customary to ask each person you meet what their rules are. Never assume anything without first asking. If you are new to the lifestyle, we encourage you to do your own research into swinging and communicate with your partner before coming to our resort. That being said, you do not have to be a swinger to be a member at Pandora's Resort. We have a mix of nudists and swingers that are members here. Whatever your rules are, everyone is expected to be respectful of them. The swinger's community has grown exponentially over recent years and now includes nearly 3 million people in the United States alone. For more information on swinging, keep reading!

Swinging Etiquette 101

As in any social activity, there are expected rules of conduct in swinging. Following the rules is an effective way to make yourself welcome within the swinging community.

Arrive as a couple and leave as a couple when attending a swing dance or party. It is frowned upon by most hosts and other swingers when a partner, usually the women, departs leaving her mate at the party as a single.

Good hygiene! Cleanliness and good grooming is essential for swinging participants. Be aware of your body and take care of it. Be especially aware of any body odor you may develop due to the physical nature of these activities. Even a kiss can be a turnoff if delivered with a breath heavy with the taste of cigarettes or liquor. Breath mints or gum are very helpful.

A good mental attitude and emotional health will make you popular in the swinging community. No one appreciates the negative person with nothing good to say about the party, other persons or swinging. The man or woman with the smile, ready laugh and obvious interest in others is the person others like to be around.

Everyone has the right of refusal, so you don't have to swing with a person unless you want to, and they don't have to swing with you. Be honest with your feelings and desires, and expect others to do the same. Only ask those you want to say "yes." If they say "No," take it graciously and don't try to coax, pressure or persuade them to change their mind. When you say "Yes" to others, be honest and enthusiastic. When you say "No," be tactful and courteous. But don't say "Maybe later" when you really mean "NO."

Don't take a "Ticket" to a swing party. A "ticket" is someone who has no intention of swinging, but is willing to go along to get someone else in. No one must swing at a party, of course, but if one person swings, it is expected that the other is willing and free to do the same. Don't take someone to a swing party who is not fully informed as to the nature of the party and their expected behavior.

The group room is for group swinging so if you want privacy, don't go to the Red Room. If you take your partner, or any other person to the Red Room to swing, you can expect others to ask to join you and your partner. (The right of refusal always applies, of course. Swinging in the group room doesn't automatically give others the right to join you nor you the right to join others.) Also, don't disturb the swinging enjoyment of others in the playroom or other swing area with loud or prolonged talk. Keep your voice down to help preserve the sexy, intimate environment.

If you like a club or party, say so. If it just isn't your thing, leave. To speak disparagingly of a party to the other guests is simply poor manners in any situation, swinging or not.

Does everyone swing the same way? What are the different arrangements in the lifestyle?

In swinging, there are as many different ways to swing, as there are swingers. There are three styles that fit every occasion. Choose what works best for you. This is not an exhaustive list of options but these are the most common scenarios you will encounter. No style is right or wrong, it is just a matter of whatever is preferable to each couple.

NUDISTS, VOYEURS, & EXHIBITIONISTS: No sex with others at all. They just enjoy being naked and free to express themselves. Some of them like to put on a show in the playroom.

SOFT SWAP SWINGING: Soft swinging involves teasing, foreplay and even oral sex with another couple prior to returning to your own partner for actual intercourse. Soft swingers prefer to keep actual intercourse between themselves and their primary partner, rather than sharing it with other people.

PLAYING TOGETHER, FULL SWAP SWINGING: Having sex in the same room (possibly in the same bed) with your primary partner and another couple. The male will be with the female of the other couple and the female will be with the male of the other couple. There may or may not be any sexual contact between same sexes, depending on your choice of bisexuality. This is the choice of couples who prefer to be together at all times. In same room situations, there is no question of what was said or done, because everything is done together for all the parties concerned. This is also the choice of voyeurs/exhibitionists who enjoy watching mates while experiencing sexual enjoyment themselves. It can be very erotic to look up and smile at your partner while receiving pleasure from another. This situation can quite possibly lead to some variations of group sex and techniques that are not available while playing separately.

PLAYING SEPARATELY, FULL SWAP SWINGING: Having sex in a separate room from your primary partner. The male will be with the female of the other couple in one room and the female with the other male in a different room or at a different time. This allows the freedom (or the privacy) to 'discover' the person in a deeper way without the distractions of another couple in the same room. Closed swinging also allows the freedom to act out various fantasies without feeling you are being watched.

HOW TO CHOOSE: No style is right or wrong, it is just a matter of what is preferable to each couple. A complication can arise when couples are attracted to each other and one couple prefers open, one couple prefers closed and one is a soft swing couple. Each couple has the right to choose the style of swinging that is right for them. Many swingers are willing to compromise and work around another couple's choices.

If what you want and what the other couple wants is a match, that is terrific! If not, and a compromise can not be reached, keep looking. As a couple you will have your rules. We always suggest you do not change those rules Saturday night. After a time in the lifestyle you may want to change your rules, discuss it with your partner during the light of day, not in the heat of passion. You may find new things out about yourselves and like those changes.

My husband or wife wants to try swinging. Should I do it for them?

For example: My husband wants to try swinging. I'm not comfortable with the idea, but I'm happy he feels comfortable enough to tell me these things. Now I am feeling pressured into trying it. Should I try it to make him happy?

Probably not. If you are feeling pressured, either this is not the road you should be taking or the time is not right. It can be difficult enough to feel comfortable entering this lifestyle without compounding it by trying it just to make your spouse happy. Communication is the key. Tell him how you feel.

How do I convince my husband or wife to participate?

I do hope you are interested in approaching your significant other, not talking them into swinging. As you learn about the lifestyle you will realize one partner does not talk the other partner into anything. Each decision, starting with the decision to discuss swinging involves mutual consent of both partners. Even if one partner was able to manipulate the other partner

into doing something they had not fully agreed to do, their participation in the lifestyle would quickly bring issues to the surface.

One key element of lifestyle participation is built upon the rights of each partner to freely act upon their own choices within the bounds of their relationship. Any hint that one partner is being coerced, manipulated or forced to participate would severely limit the couples' acceptance with other lifestyle couples. Not to be negative here - just honest. Please make sure that the two of you communicate with each other (before, during, and after your first experience), be clear about your boundaries as a couple, and make certain that you are both in agreement on your rules before you attend a party.

Most therapists will confirm that the most common problem couples have is communication. Add a subject as emotionally charged as sexuality, and especially sex with outside partners, to the discussion and the communication levels can deteriorate before your eyes. There are two places to start. Have her/him check out our website and join in our group chat on Facebook. She/he can get an idea of the type of club we are, the people involved in it and address her emotional and safety concerns. There are also a ton of resources available online. Please do as much research as you can to educate yourself on proper etiquette and familiarize yourself with the lifestyle as much as you can before attending a club or party. Consider listening to a lifestyle podcast or joining a lifestyle dating website. There are several links at the bottom of our website.

All that all being said...There is an old proverb "be careful what you ask for". While in most cases it is the male who introduces the idea of swinging, it is often the woman who embraces its philosophy and activities more readily than males. The liberating effects and confidence that lifestyle can evoke can be an aphrodisiac for women and the males often have a difficult time with the change of behavior. Also, the female will always have more offers for sex than the male partner will regardless of your preferences - that's just how it is. A unicorn is called a unicorn for a reason.

Non-monogamy has a wide range of unique configurations and your relationship construct is up to you. Other people should respect your rules and not push you to do anything you don't want to do - including your partner. Keep in mind, there is no such thing as one partner being a "swinger" while the other partner does not know. Such a situation would be as much a violation of trust as any other case of cheating. Always keep your partner's feelings and best interest at heart, communicate with each other, have no expectations from others, and you will have a great experience.

How do we know if swinging will be OK for us?

Communication and openness with your partner every step of the way is the most important thing to remember. Respect your partner's wishes and be sensitive to their feelings. If you can't do this, then you need to reevaluate your relationship. You may not be a good match for each other. Swinging will not fix your marriage. It can spice things up and it will definitely bring any insecurities and problems to the surface and you will have to face those head on. Be prepared to know each other even more intimately and be ready for personal emotional growth!

At this point both you and your partner are investigating this lifestyle together. You have probably done a great deal of talking about the pros and cons of this lifestyle. Now is the time

for each of you to ask yourself and your partner certain questions with regard to your own relationship and your own individual feelings. You don't know what you don't know. We do have some questions as a starting point. Answer these questions honestly. You are answering these for you, no one else. If you are misleading, it will come back to you later, with a negative impact.

1. Do you understand that romantic love and recreational sex are two different things?
2. How will you feel when you see your partner obtaining sexual satisfaction with another person? Do you want to start with soft swap first? Maybe you want to organize your starting rules based on this answer...Remember any configuration is okay and you can always change your rules later as you become more comfortable. Rules will be ever evolving as you spend more time in the lifestyle.
3. Are you doing this to please yourself or to please your partner?
4. What fantasies do you have and how would you like to go about fulfilling them? Can you fulfill them together?
5. Can you be completely honest with each other about everything even if it might be hard?
6. Are you ready to accept an honest answer to your question - even if it's not the answer you wanted or expect to hear?
7. Are you completely committed to each other?
8. Can you be ready to "come to the aid" of your partner or keep your partner's well being and feelings foremost in your thoughts (check on your mate periodically - "Are you OK, Having fun, etc.") during your party and playtime experiences?
9. Can you stop in the middle of a sexual experience, if your partner really needs you?
10. Can you honestly tell your partner you love them after you watch them engage in sexual activities with another person?
11. How do you feel about bisexuality for yourself and/or your partner?
12. Are there any kinks or BDSM aspects of the lifestyle that interest yourself and/or your partner? Do you have any fantasies you would like to fulfill?
13. Do you feel that the lifestyle could give you a chance to grow emotionally, sexually, and as a couple?
14. Can you be honest with yourself and your partner about your sexual evolution while in the lifestyle?
15. What do you desire to get out of the lifestyle?
16. Could I give the lifestyle a chance or am I too afraid to?

What if my partner is with someone who performs better than me?

This is a little tricky to answer. When asked, most people say that it's not better or worse, just different. Being a different touch, or different feel, is what makes it exciting. You are "getting some strange", afterall! Also, someone might have a technique that your partner enjoys. But without the affection and feeling of security you bring your partner, it is doubtful that another person could even compare to what you have to offer your partner. **People in this lifestyle are not in it to find another life partner.** You will still be the one that your partner goes home with at the end of the night. Some couples find that they are able to learn new techniques together from experiences with others. Further enhancing the amazing sex they already share with each other. This is another reason honesty is the best policy.

How do I tastefully tell a couple that we are not interested?

How do you handle a situation where a couple is showing interest in playing with you, but for whatever reasons, there is no attraction or interest in getting together? (You like this couple socially, but not as prospective play partners)

Not everyone is attracted to everyone else. So you need to say to them in the tone of the question that was asked above. It is stated with kindness, concern and without sounding like rejection. Everyone is afraid of hurting others feelings. No one likes rejection, from children to adults - it's human. Just say "No, Thank You". Since it appears you have a friendship with this couple it seems harder. There does not have to be an explanation for who is attracted to whom. Whatever the karma or kismet is, a polite answer is the best. There is usually no need to get into details of why.

Be honest. We are all adults here and have most definitely been in that position ourselves. Honesty is a big part of this lifestyle. Honesty between partners and among each other. If you are not interested, just tell them.

Getting two people together is tough, but four or more? WOW. Just remember "no" is not rejection, it is just a statement. There are no easy answers but follow your instincts, use common sense and be sensitive.

Also, the same goes in reverse. If someone tells you "No, Thank you.", do not take it personally. They may not give you a reason and that is okay. Also, just because someone says no tonight doesn't mean it's a no forever. Perhaps they are just not playing with others that night, or have other plans? You have no way of knowing what their reasons are and you should always respect their decision. Their body - their decision.

We are going to our first event. We're looking forward to playing with other couples or singles. Any advice?

Go with the flow. If it is your first party and you really don't know many people, it's probably not a great idea to walk in with any expectations. Work the room. Meet lots of people and flirt with the ones you like. Most people won't play within 5 minutes of meeting. Take some time to get to know people. Show an interest in them and become friends with them. If you are interested in playing with them, state that you are interested in playing with them. Then, ask them what their rules are. Remember, every couples' arrangement is different and must be respected. We all like to play, but sometimes, for many reasons, it just doesn't seem to be working out that way. Don't force yourself into a situation because you came with the expectation of playing. If you don't enjoy their company, there's a good chance that you would not enjoy anything else they have to offer. Be patient and take your time, you won't always find a good match the first night out on the hunt.

Does anyone ever feel used?

This question can be two fold. If you are feeling used by your partner, you need to get back to the communication table and talk. No one should be in this lifestyle who does not want to be there. The key element for participation is each person's right to choose freely within the bounds of their relationship. Any hint that one person is being manipulated or coerced to participate will limit the acceptance from other swingers.

If your concern is being used by other couples, then you need to define what you want from this lifestyle. Many people are looking just for the sex to bring erotic excitement to their relationship. Some people are looking for friendships even if just short term, to add spice to their relationship. Still others are looking for long term, emotional friendships, people they can add to their social schedules even after a Saturday night.

Once you have defined your swinging goals, you need to communicate that with potential partners. Recreational sex can be one time or shared again and again. If you meet a couple, share sexual activities and then they never call; it 's what they were looking for. It is not rejection. Next time, take the time you need to build the relationship you are looking for.

Just as saying "no" is not rejection, having sex only one time is not "being used".

On the other hand, if it is your kink to "feel used", discuss that with your partner before you engage in play. We welcome kinks in this lifestyle!

Do people not find us attractive?

Remember - It's not usually about you. Keep in mind that everyone's rules/arrangement is different. Some people go to the party with the intent to play with someone other than their partner every single time they attend a party. While others attend every party but only intend to meet/make like-minded friends and enjoy each other's company. Everyone's rules are OK. Never assume that you are unattractive. Quite a few people in this lifestyle only have a few experiences a year.

Perhaps you just haven't met any couples you "click with" yet? Here are a few tips:

1. Don't be a wallflower.
2. Get out there and mingle.
3. We are all here to meet new friends.
- 4. Don't overdo it with alcohol.**
5. There are few things less attractive than a drunk person or couple.
6. Don't be overbearing.
7. Many people want to develop friendships first.
8. Don't go with the expectation of having sex.

We had our first experience the other night...Aside from being strange, it felt sort of empty.

When we think of sex, we usually associate it with affection, intimacy and love. In a swinging situation, it is purely sexual, sometimes with a little chemistry thrown in. It can be a little hard to adjust to at first, to enjoy the sex without the other components mixed in. Think of it as stripping sex down to our natural, animalistic tendencies without the feelings involved in a relationship. The more experiences you have, the more comfortable and fulfilled you will be. Your perspective will evolve over time. Also, some people are polyamorous and they have a little bit different perspective than a swinger might have - but that's a whole different discussion. Do some research on polyamory if you are interested in learning more about that style of non-monogamy.

How do I dress for parties at Pandora's Resort?

Attractive or party clothes are usually best. Keep money, jewelry and other valuables to a minimum. If they're lost, it's a problem for you and an embarrassment to your hosts.

Dress to seduce! All the sexy, naughty, scantily-clad outfits, and lingerie you could imagine gets worn to Pandora's Resort. It's fun to parade around in all the daring stuff you can't wear to the grocery store or a vanilla function. Make sure to bring a robe, negligee, or other slip-on attire to slip into. You may find it more comfortable as the evening continues. Our weekend night club parties always have a fun theme and sometimes there's even a costume contest to participate in! Check our event calendar on our website for our upcoming party theme nights.

During the day in the warm season, most people sunbathe in their birthday suits on the pool deck. Both vibes are fun and have their place. That's one of the things that makes Pandora's Resort so special!

What about STDs?

Most discussions on lifestyle behavior will raise the issue of AIDS and sexually transmitted diseases (STD). We will not give a complete discussion and examination of the issue; We are not medical professionals. There are many books and references by professionals on the subject. We will however respond as it relates to the lifestyle.

It is not sexual behavior itself that leads to infection, but the manner in which this behavior is engaged. By knowing what behaviors place you at risk and restricting such behaviors, you can participate in a full and active sexual life.

This lifestyle is not about dying of a dark disease. Although we do not patrol bedrooms we encourage safe sex and encourage the use of condoms at our parties.

Performance Anxiety

Your fantasy has come true. You are exploring sexual games with another man/woman, another couple, or a group. This is so awesome; you have dreamed about this for a long time... Now you discover things can be much different in real life than in fantasy. What is going on? Ahhh!! Dear God, not now!

Every male has heard that sooner or later he will be faced with the prospect of performance anxiety. Knowing this does not make the experience less traumatic. Lifestyle situations can increase the risk as well as the frequency of performance issues. Most females in the lifestyle are familiar with male performance anxiety and are very patient and understanding and can sometimes find ways to help "handle" the situation.

What causes this? The answer is very simple - comfort. In a normal dating relationship you usually do not have sex with someone until you are comfortable with them, and only you know what that time limit is. In the swinging lifestyle you could be playing around with someone you barely (no pun) know. You may have met over the Internet or may have met just an hour ago at a social and haven't really gotten comfortable. You're naked and having sex with a stranger. The other issue for men is their competitive nature. A man now places himself into a competitive situation; he must perform to his expectations, his partner's expectations, and now expectations

that may not be realistic. The earth does not move with every sexual experience and to expect at every sexual encounter to show the ultimate expression of sexual prowess is unrealistic and unattainable. Do not place this unnecessary burden on yourself.

This competitive spirit works well for some, but for many it can deteriorate performance, cause performance anxiety and even penis envy. Sex therapists are constantly asked about penis size. The stock answer (and the truth) is that size does not matter. Women want technique. If you do not think about you and your penis but think about her and her pleasure, then size matters very little (oops). The size that does matter is the size of your heart and your desire to please. Pornography portrays women as enraptured by the penis but the truth is that most women want oral sex. Women love clitoral stimulation. Take the time to learn how each individual responds. A woman needs time. Ask your partner what they are into, what pleases them.

Performance anxiety can be found among the women also. There are different reasons and a different format but no less traumatic. Typically it is the male who approaches the idea of attending a lifestyle function. Many women then feel unattractive and inadequate. Why would her partner need to have new and different sexual partners? If her first experience is non-threatening, fun and at her speed, she will find those feelings are unfounded. A woman will realize that participation in the swinging lifestyle is more like "adding " to the primary relationship not "replacing" it. As women explore their own sexual and physical self they can become overwhelmed with the possibilities or uncomfortable with the image of their participation. Others view this as a green light to reject their self imposed restrictions and explore their sexual self. Sometimes you will see a complete personality change.

Each stage of performance anxiety needs to be addressed and talked about. Many times that is all that is needed. We each need to know our primary partner is in our corner. That is what makes this lifestyle so much fun.

Tips:

1. Avoid sex for a day or two before your planned encounter, give yourself time to get horny.
2. Keep alcohol to a minimum. A drink can help you to relax, too many drinks will make your little buddy relax also . . . not the desired result.
3. Don't 'mercy fuck' - be with someone that you're really not interested in so that your partner can be with their partner.
4. Don't date 'outside your species'. Let's face it, there are some people that you think are really hot, but that you're not comfortable with.
5. Take a little blue 'insurance pill'. (wink, wink)

I am finding it less enjoyable to be with my straight friends now that I've found friends in the lifestyle community, does that mean I am changing?

Probably, but is that necessarily a bad thing? You are entering a lifestyle where people are more free to speak their minds and to have opinions that are outside the mainstream, especially on sexual issues. It can be a very liberating and authentic experience. To then be around your straight friends can then seem a little tense, that you have to hold back a joke or opinion you have. We are not saying that you will lose your straight friends, but with a little practice, you will

find it easier to find the balance you need to walk on both sides of the fence. Chances are you "walk the fence" a bit now. Or - become a member and come hang out with us!