



Everything You Need to Know About Orgasm Denial

What's your definition of amazing sex? Does it include mind-blowing orgasms? What if I told you that you could have better sex by trying *not* to have an orgasm? Although it seems counter-intuitive, [orgasm denial](#) can make your climaxes more powerful than you thought possible. But how?

You've probably heard people say that the biggest sexual organ is the brain. It's true, and it's also why orgasm denial works; it psychologically ramps up desire to higher than average levels. It's simple - when someone tells you that you can't have something, that denial makes you want it more. Let's say that something is a slice of moist, tasty cake your friend says you aren't allowed to touch. Imagine they playfully tease you with it. They wave it right under your nose, brush it against your lips, and eat it slowly right in front of you. They moan with delight and tell you how delicious it is.

Thanks to a little denial and teasing, that piece of cake becomes your world. You're unable to think of anything else but how wonderful it would be to taste it. Your longing becomes unbearable. Your mouth waters. When you are finally allowed to take a bite, it tastes like the best cake in the universe. Now, imagine that the cake is the biggest, best orgasm you can possibly have and you're holding off having it for just a little longer. That's orgasm denial.

Orgasm Denial, Edging and Sweet Release

Most of the time, orgasm denial isn't the straight-out denial of climax. It's more like extreme [edging](#), which refers to the practice of coming close to orgasm, then backing off only to do it again and again. Most of the time an edging session ends in orgasm, although it doesn't have to. Edging is usually done in one session, whereas orgasm denial can be done over longer periods. It's sort of like edging on overdrive.

Orgasm denial isn't simply banning yourself from all things erotic, though. It usually has a strong sexual component. With orgasm denial, carefully controlled anticipation is used to heighten sexual feelings. The longing this creates is actually an extended form of [foreplay](#). It can also be helpful for those who have

low libido or erectile issues. Using orgasm denial in your sex play is a creative way to be sexual without relying on climax. It can even help premature ejaculators learn to last a little longer.

Most types of orgasm denial require one partner to be in control and the other to follow their rules. This dynamic makes it perfect for [Dominant/submissive](#) BDSM play as well. Partners negotiate their boundaries before play and get consent like they would in any other power exchange situation. Those into extreme play can really draw things out with orgasm denial. In rare instances, some wait years for release. Others may have their orgasms denied altogether, or ruined. It's pretty fascinating, even if it isn't your thing. So, let's dive a little deeper into the different types of orgasm control.

Types of Orgasm Denial

Tease and Denial

[Tease and denial](#) is in the same wheelhouse as edging. It can be done during one session or over many hours, days or weeks. Typically the dominant arouses the submissive, inching them closer to orgasm and then backing off. This is done repeatedly until the dominant grants permission to come or says the session is over, sans climax. An example of a long-term, consensual tease-and-denial session might go like this:

Taylor has a sex date with Sam on Friday night. On Monday, Taylor tells Sam not to have an orgasm until their date. Throughout the week, Taylor sends sexually tantalizing texts to Sam. While talking dirty on the phone together, Taylor has orgasms while Sam is only allowed to listen without joining in. Taylor even instructs Sam to masturbate while talking on the phone, but makes Sam stop at the edge of orgasm. On their Friday night date, Taylor keeps the edging up for a few hours. Sam is about to burst! When Sam is finally allowed to come, all of that built-up sexual tension from earlier in the week results in an incredibly intense, satisfying orgasm.

See how that orgasm denial game extended foreplay for nearly a week? It injected fun and playfulness into the relationship and put Sam's libido into overdrive. It also led to an orgasm that was much more powerful and memorable than average.

Tease and denial is also fun when combined with JOI, otherwise known as jerkoff instruction. In this instance, you don't stimulate your partner yourself. Instead, you verbally guide their masturbation. You tell them how fast and hard to rub and they have to follow. When they are close to orgasm, have them remove their hands or rub much slower. If they listen to your commands perfectly, you can reward them with orgasm or other sexual favors. If they don't, they are punished by not being allowed to come at all or by losing other sexual privileges.

Total Denial

[Compete denial of release](#) is called chastity in the kink world. It's often done on a longer term basis. With this type of arrangement, the dominant partner dictates how long and what kind of stimulation the submissive must refrain from. They may use the honors system, meaning the submissive partner verbally vows to follow the rules. A [chastity device](#) can also be employed.

Chastity devices for vaginas are called [chastity belts](#). They look similar to a strap-on harness. Because they interfere with bodily functions, chastity belts aren't practical for long-term use. They are typically only worn for a few hours during an active play scenario.

Chastity devices for penises are sometimes called [cock cages](#). They can be worn for months at a time. Made of metal, hard plastic, or silicone, they allow for urination and hygiene but inhibit erections. Cock cages are kept closed with a small padlock. The dominant, also sometimes called the key holder, keeps the key for as long as they see fit.

There are a number of ways to make long-term chastity fun. One common scenario is using the prospect of release as a motivational tool. If the wearer does the housework, files their taxes, or goes to the gym three times that week as promised, they can earn the right to have the device removed and/or orgasm.

Sexual stimulation can be bittersweet while wearing a chastity device. While it may feel nice at first, erections are painful. The dominant can tease their chastised submissive by pleasuring themselves in front of them. Rubbing their genitalia on the locked cock can do the trick too. Using an electric toothbrush to tickle exposed penile skin is particularly sadistic. [Prostate stimulation](#) is also a deliciously satisfying tease.



Ruined Orgasm

This is a spin on tease and denial. In a [ruined orgasm](#) scenario, the dominant stimulates the submissive to the brink of release. When climax is imminent, the dominant stops all activity resulting in one of two scenarios. Either the submissive's impending orgasm stops, leaving them sexually frustrated, or orgasm occurs but isn't nearly as satisfying as normal. Many describe a ruined orgasm as being a "dud," meaning it has all the build-up but manifests as weak and unfulfilling.

Bondage enhances ruined orgasm scenarios because it intensifies the feeling of being helplessly trapped. [Erotic humiliation](#) is also great to pair with it. Teasing and taunting at the moment of ruined climax magnifies the submissive's disappointment.

Do you have to be in a partnered D/s dynamic to engage in orgasm denial?

While partnered play is common, orgasm denial does not have to operate within the framework of traditional D/s. Some people take a slowed down, [Tantra](#)-like approach to orgasm denial where both partners refrain from climax. A practice called [Karezza](#) requires couples to stop having orgasms during sex altogether.

You can practice orgasm denial solo too. Tease and denial can be done alone using your own imagination or with free websites like [edgemeplease.com](#). Although it takes a bit of willpower and restraint to accomplish alone, it can be just as satisfying as partnered play. The main goal is to hyper-focus on the journey and not the destination.

People can also put themselves in chastity. Granted, it does take a bit of self control to resist grabbing the key and unlocking the device during a weak moment. Solo chastity enthusiasts can also employ chastity management websites like [emlalock.com](#). These free services offer creative ways to shorten or lengthen your time in chastity. You can play games of chance to reduce your time or allow other website members to play these games on your behalf. You can even match up with anonymous key-holders that assign you tasks and other ways to earn your freedom.

Why would anyone want to torture themselves this way?

As we've already discussed, orgasm denial can be beneficial in a number of ways. The extreme sexual tension it creates heightens arousal and release. This is a great tool for people with decreased sex drive. Premature ejaculators can benefit from orgasm denial because it helps them learn to resist climax and increase stamina. Couples find it can help them feel more connected and present during sex, which can help increase intimacy. In Dominant/submissive partnerships, orgasm denial can increase feelings of commitment and devotion. Lastly, it's perfectly suited for those who consider themselves [sadomasochists](#).

Does orgasm denial always work?

The straight answer: No. As with any type of sexual technique, there is no one-size-fits-all answer to better sex. While orgasm denial may improve the sex lives of some people, it's not the Holy Grail for everyone. And yes, some find it downright annoying.

All types of orgasm control rely on impeccable timing, excellent communication and knowing your partner's body well. Sometimes, when you're at the tipping point, being told not to come doesn't work. Or the timing could be just a little off causing you to miss the mark. Those that struggle to get to the point of orgasm may find being told to hold off incredibly frustrating.

Getting Into Orgasm Denial

If you think orgasm denial sounds like fun, it's time to start experimenting. Start off with solo edging in a single session. Use a 1-10 scale for gauging your orgasms with 1 being no arousal at all and 10 being orgasm. Get yourself to an 8 or 9 on the 10-point scale, then back off. Once you're back down to a 4 or 5, ramp it up to a 9 again. Do this a few times to see if you enjoy it. You can also do this with a partner so they can learn how your body looks and sounds when you're at various stages of arousal.

Once you've got that down, extend the denial over a few days, either solo or with the help of a partner. Edge yourself on day one, again on day two, and then allow yourself to orgasm on day three.

If that gets your engines going, experiment with goal-oriented orgasm rewards. Perhaps allow yourself or your partner an orgasm reward after they mark off an item on their to-do list. Alternatively, you can make a game of orgasm rewards. Allow your partner to pick a random scrabble tile after they accomplish regular tasks like getting you off or working out at the gym. Each time they accomplish a task they can pick a tile. Once they have enough tiles to spell a word, they earn an orgasm. You can also play dice games. Make the dice roll the number of times you're edged in a session before being allowed to orgasm. You can also make it the number of days you must wait before release.

If these activities pump up your sex play then it might be time to consider longer term chastity. However you decide to incorporate orgasm denial into your sex life, anticipation can take your sex life to new heights. All you have to do is learn to wait.

Sunny Megatron



Sunny Megatron is a sexuality educator, sex and relationship writer, media personality, Youtuber, and sex toy expert. She co-hosts and produces the American Sex Podcast and also is the host and executive producer of the Showtime original television series, SEX with Sunny Megatron. Her work has been featured in Cosmo, Playboy, Jezebel, BuzzFeed, CNN, Refinery29, Playgirl Magazine, and more. A three-time nominee for XBIZ Sexpert of the Year, she's also been one of Kinkly's Sex Blogging Superheroes for 4 years running and was given a Kinkly Reader's Choice award in 2015. Sunny's passion is helping people become their authentic, sexual selves by learning to overcome shame and shed inhibitions.