



Regina Park

sexed

foreplay emotions process love reciprocity intimacy culmination domination/submission passion desire
kisses orgasm pleasure bdsm emotional closeness a partner sensation feeling like a wild animal and realising basic instincts attention roughness spontaneity the ending self-satisfaction & partner's satisfaction touches feeling of total freedom experiments oral sex good mood blowjob self-obsession & seeking admiration in their eyes

Regina Park
2020

Do we really live to our full sexuality? Are we able to be in the full alliance with it? Do we accept ourselves for who we are when it comes down to the most private matter?

My exploration of human sexuality is aimed to show its true reflection. Every story in this book shapes an understanding of what it means to be sexual, as well as it proves that our sexuality plays an important role in relation to ourselves and others. By sharing something so delicate and making it public, I hope to empower, inspire and liberate people in the context of sexual behaviour and perception.

The global message behind the project is freedom of expression and promotion of sexual exploration.

'SexEd' gathered the stories of nearly a hundred people of different group age, sex and nationalities, who anonymously shared their fears, preferences, fantasies, insecurities, difficulties and fetishes. Some of them are quite unique, however the majority of issues are of similar origin, which once again proves that we all are living creatures with the same needs, desires and issues, which we shouldn't be ashamed or afraid of and should be able to speak of them openly with the society, the loved ones, and, most importantly, ourselves.

parental education
personal growth
Victoria's Secret shows
swing parties
porn
books
sex bloggers
films
personal experience
communication and sharing experience with friends
Marquis de Sade's books and antique literature
way older partners
active sex life
my boyfriend's love
adult magazines
first sex
guys
growing up
relationships
practice
university culture
breaking up
sex parties with friends and boyfriend
masturbation
instincts
drunkenness
body exploration



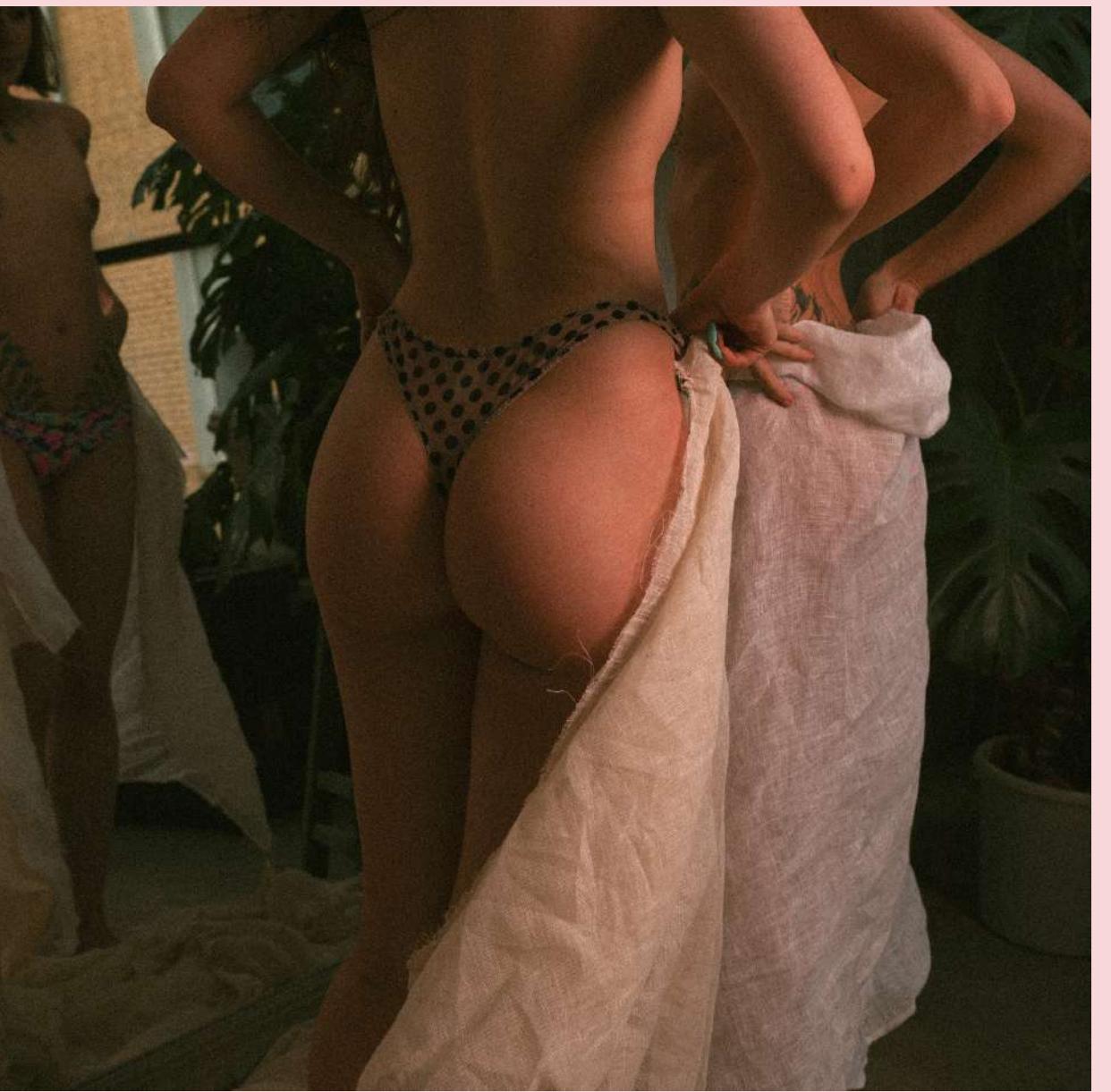
Intensive reading of foreign
and Russian **classical novels**.

I was always **into girls** as I was growing up,
my **first sex** happened when **I was 8**
and it was with friend -
we just wanted to try how it feels like.

After that my **mature sex** experience was only
when **I was 18** and it was with
my second girlfriend.

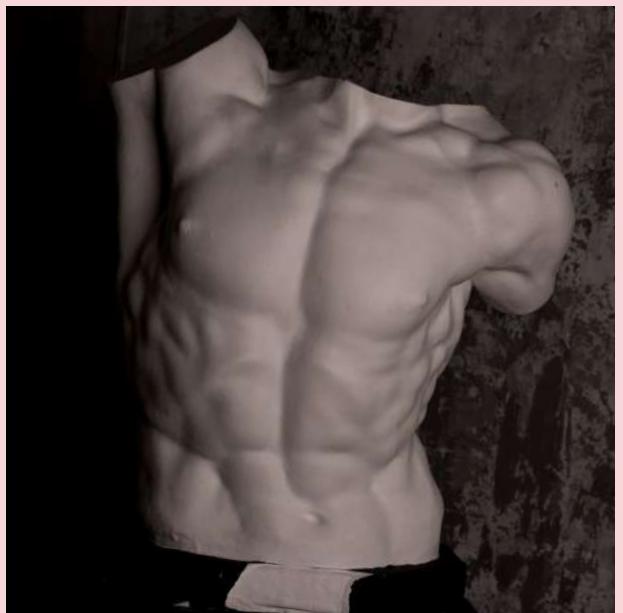
I'm 21 and I'm great with my girlfriend now.

Now I think it would be interesting to **try**
something with guys and see how it feels.

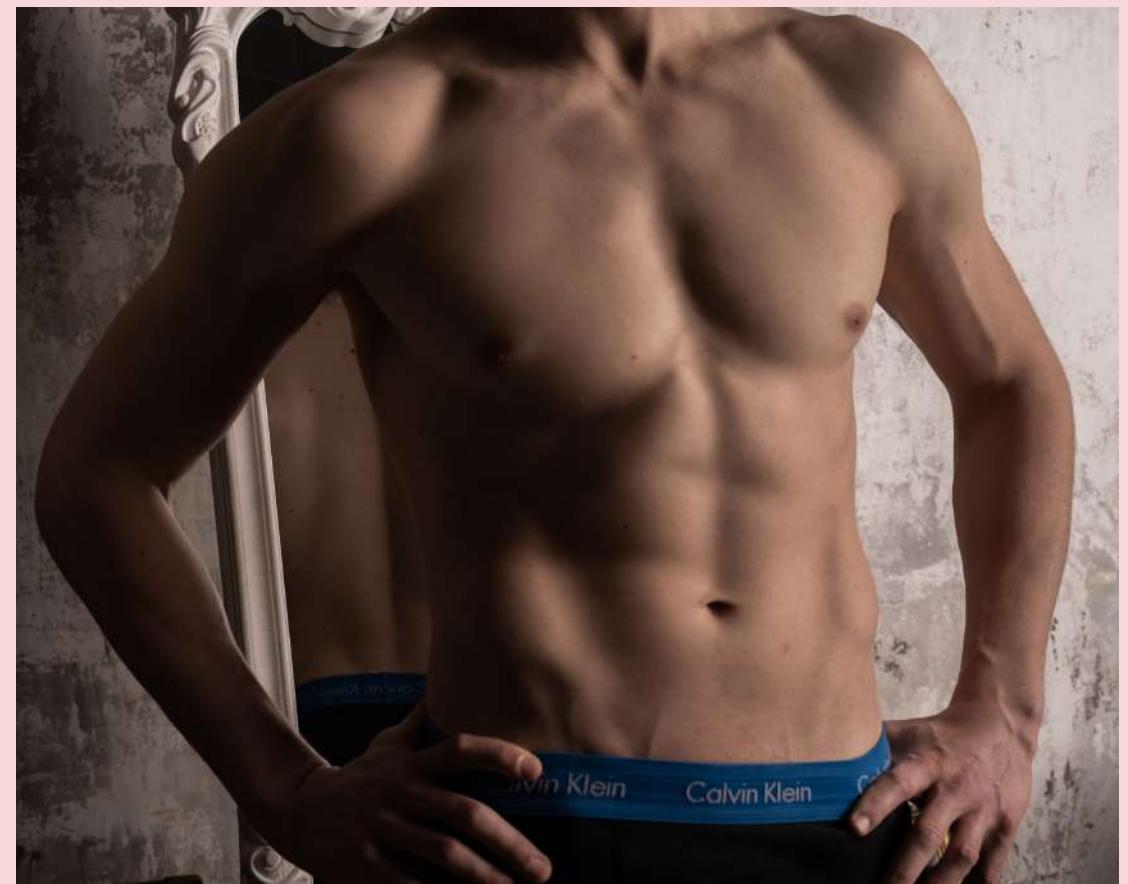


Intimate discussion of sexual experiences and preferences with close male peers, which allowed me to feel more comfortable to explore my own **unique preferences** as I grew into an adult.

It's more a **competition** rather than an event that formed my sexuality. To be **better than everyone** else is a real stimulus.

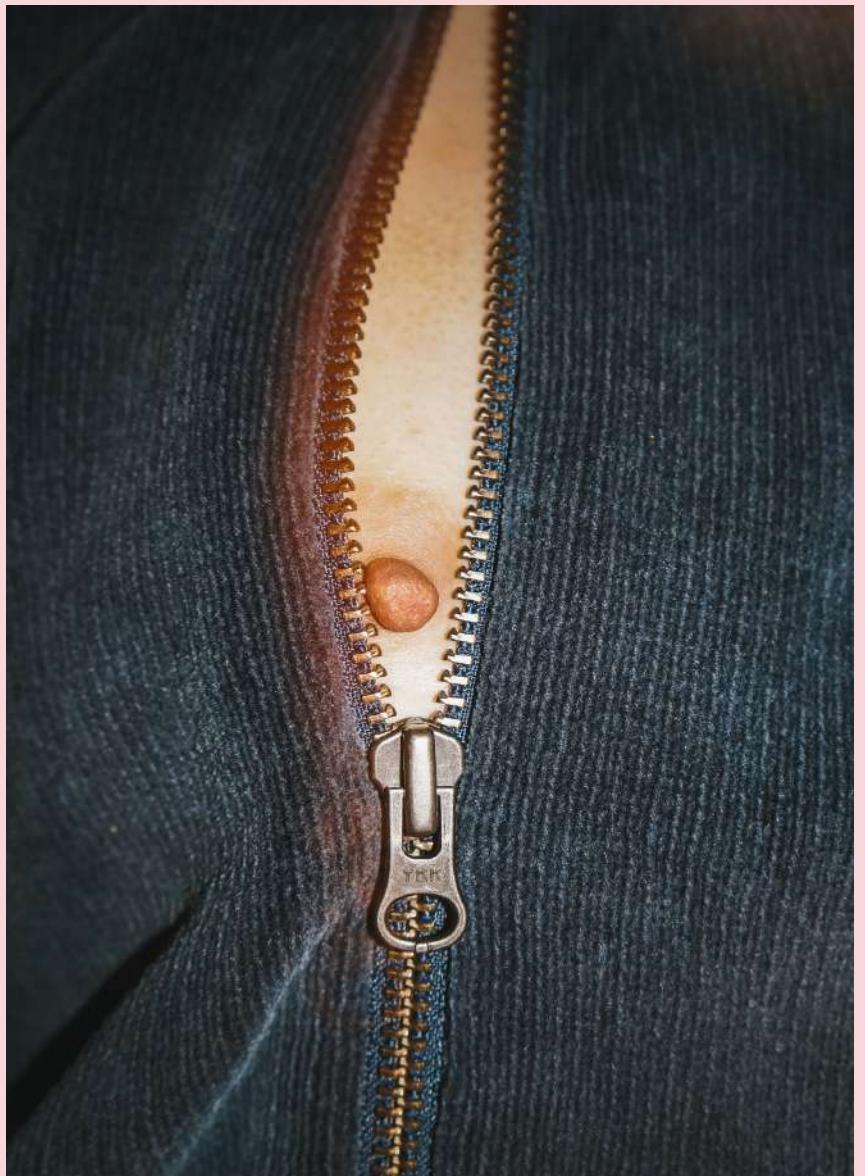


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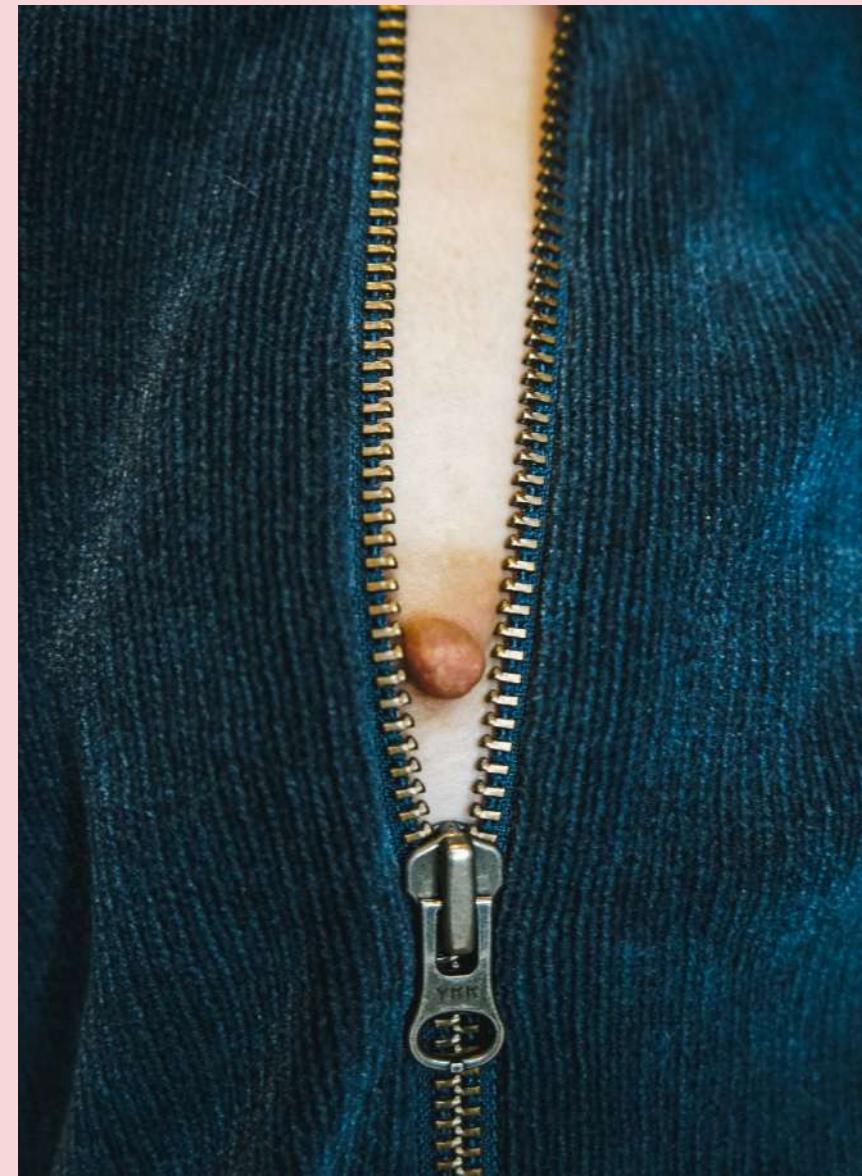


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It came with **age**.

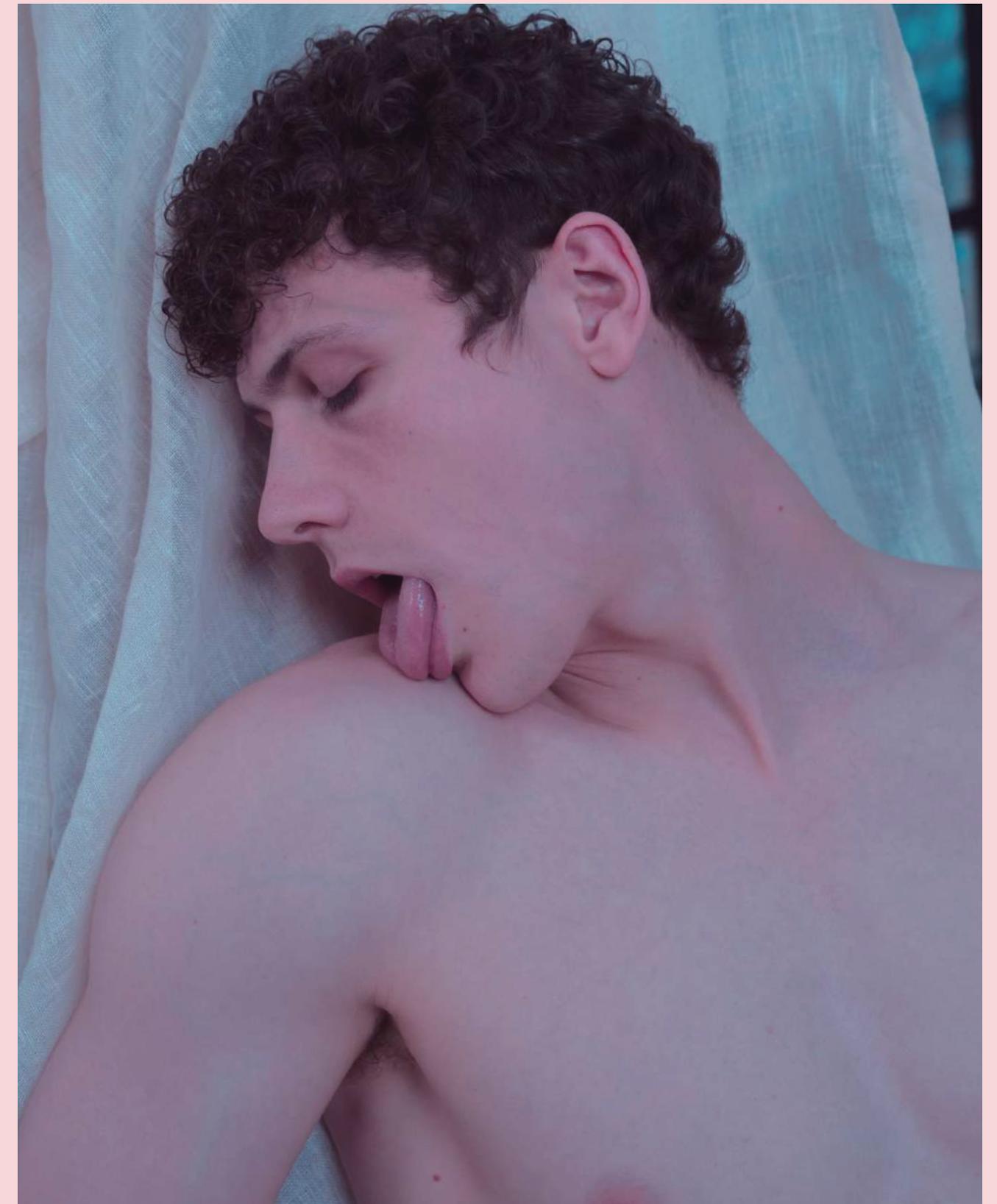


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I started to have **more sex** when I
became **more attractive**.



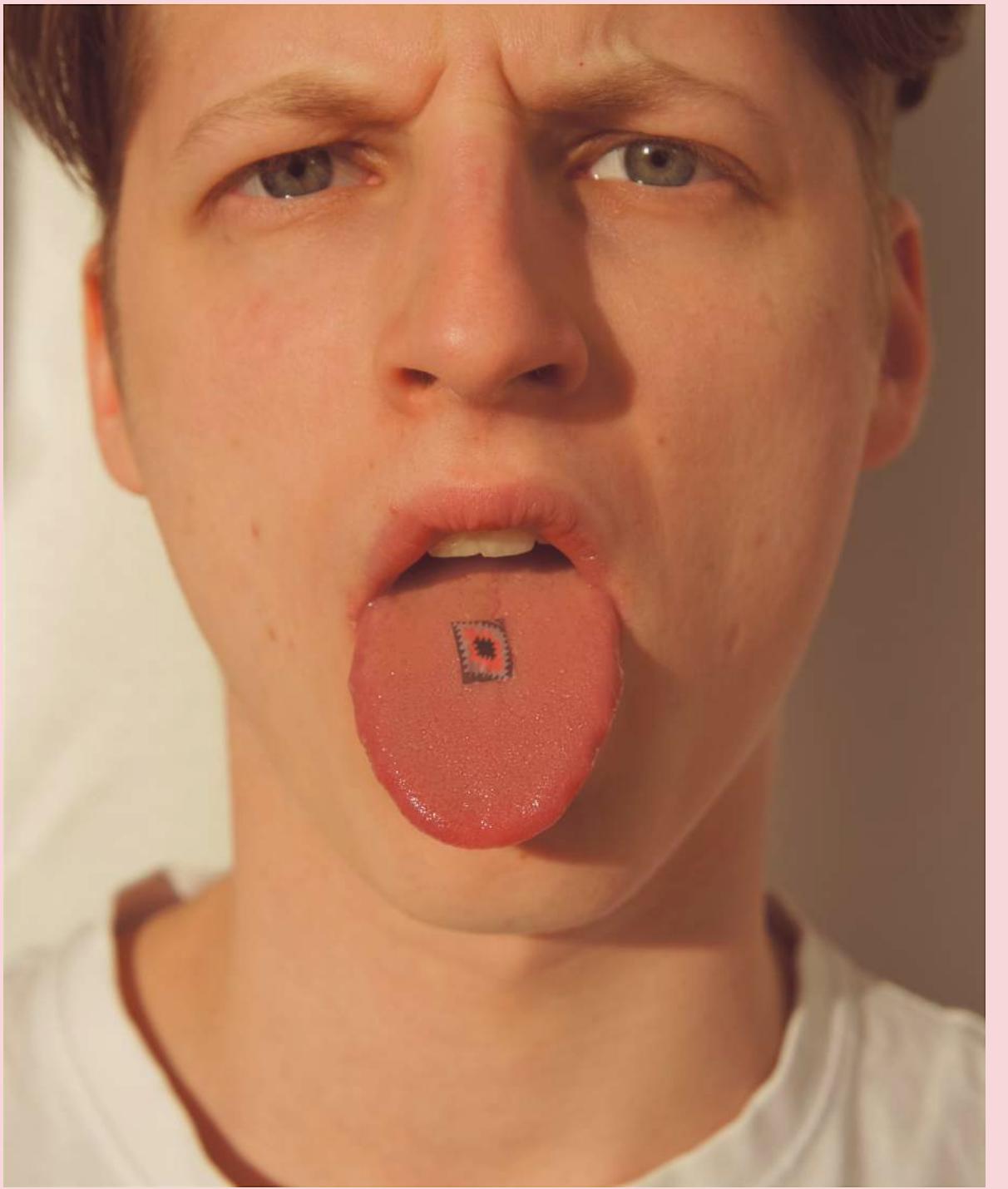
I started **masturbating** when
I was **6 years old**.

I guess it all started once I
lost my **virginity** to a **prostitute**.



I took **525ug of LSD**
and accepted the idea that
I could **sleep with guys**,

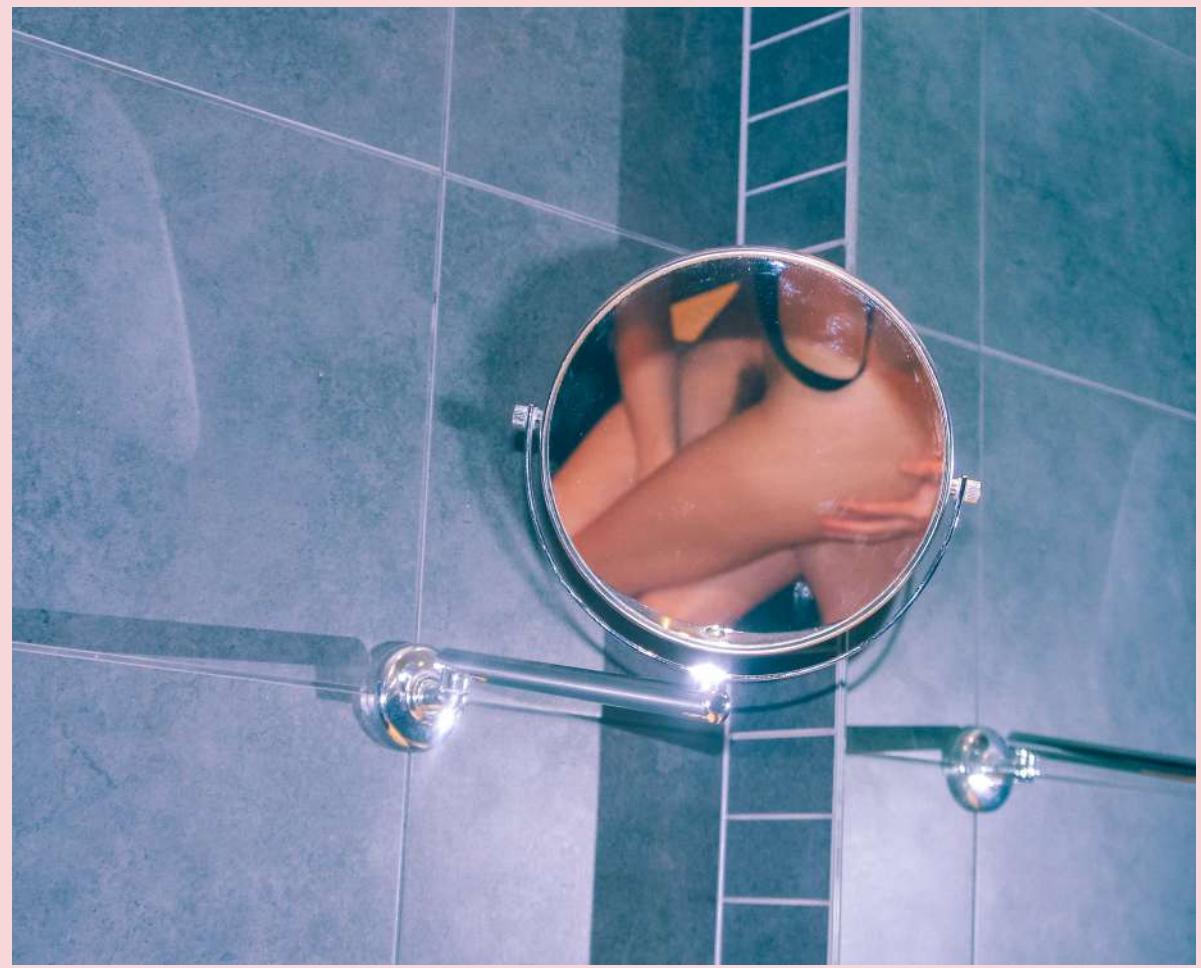
before that
I considered myself straight.



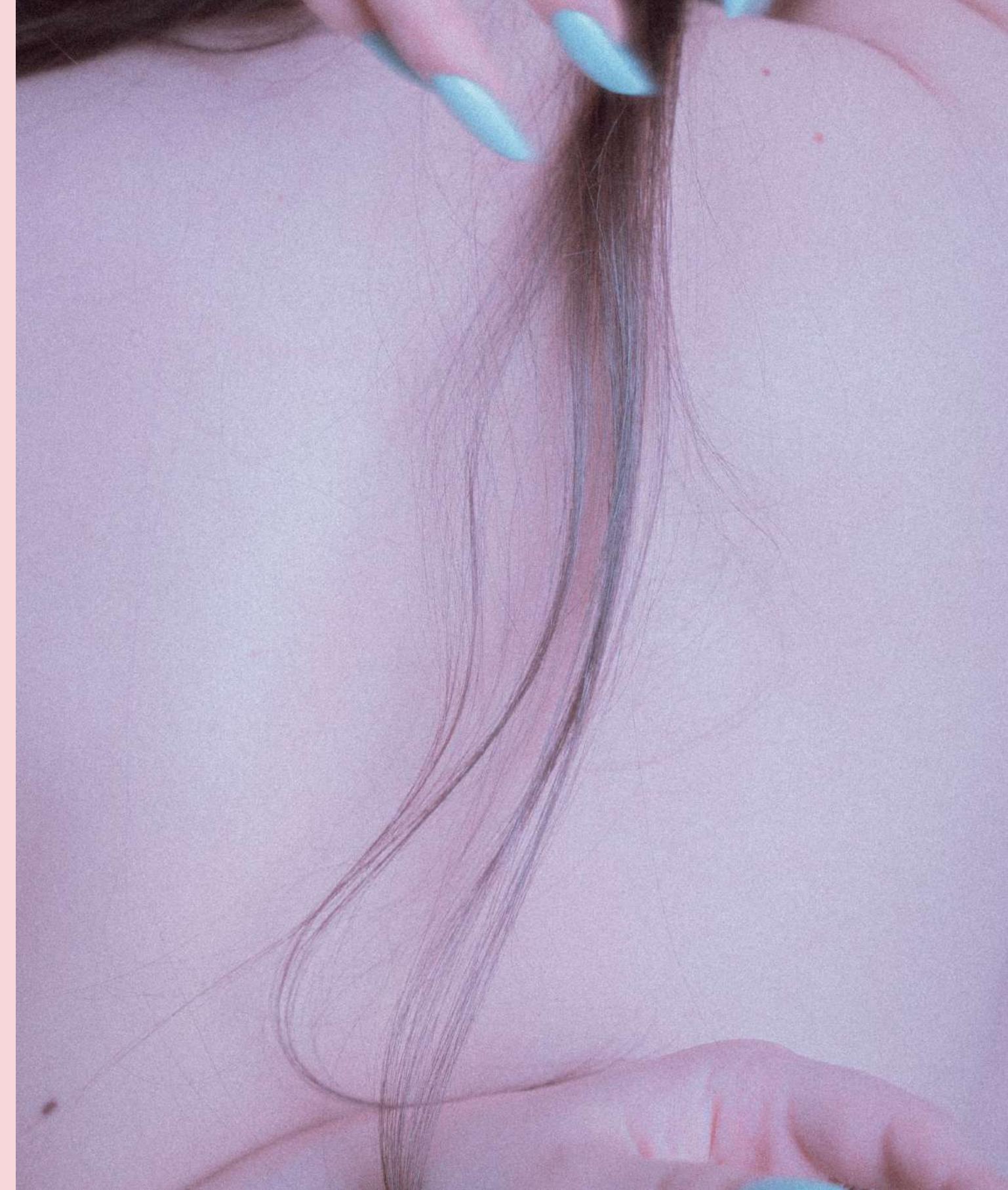
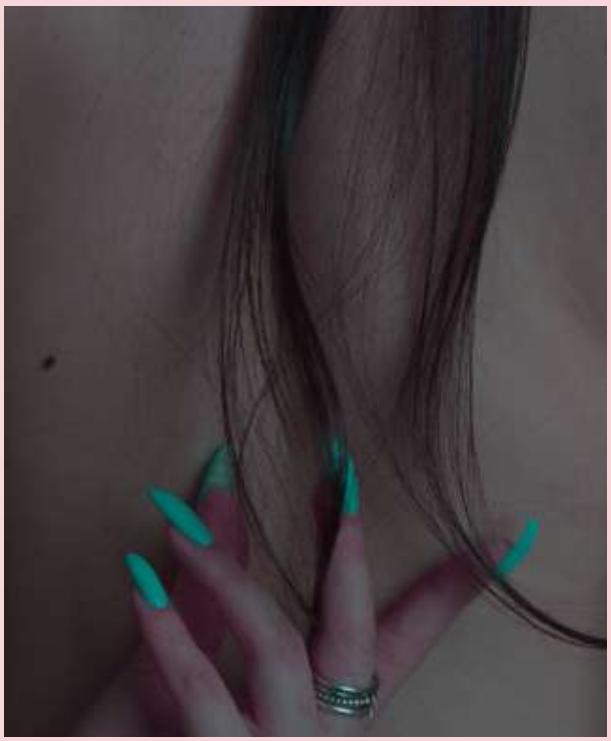
My first sexual experience.
I was 15.
My first partner helped me open
the '**sex chakras**' and taught me a lot.



Men's attention.

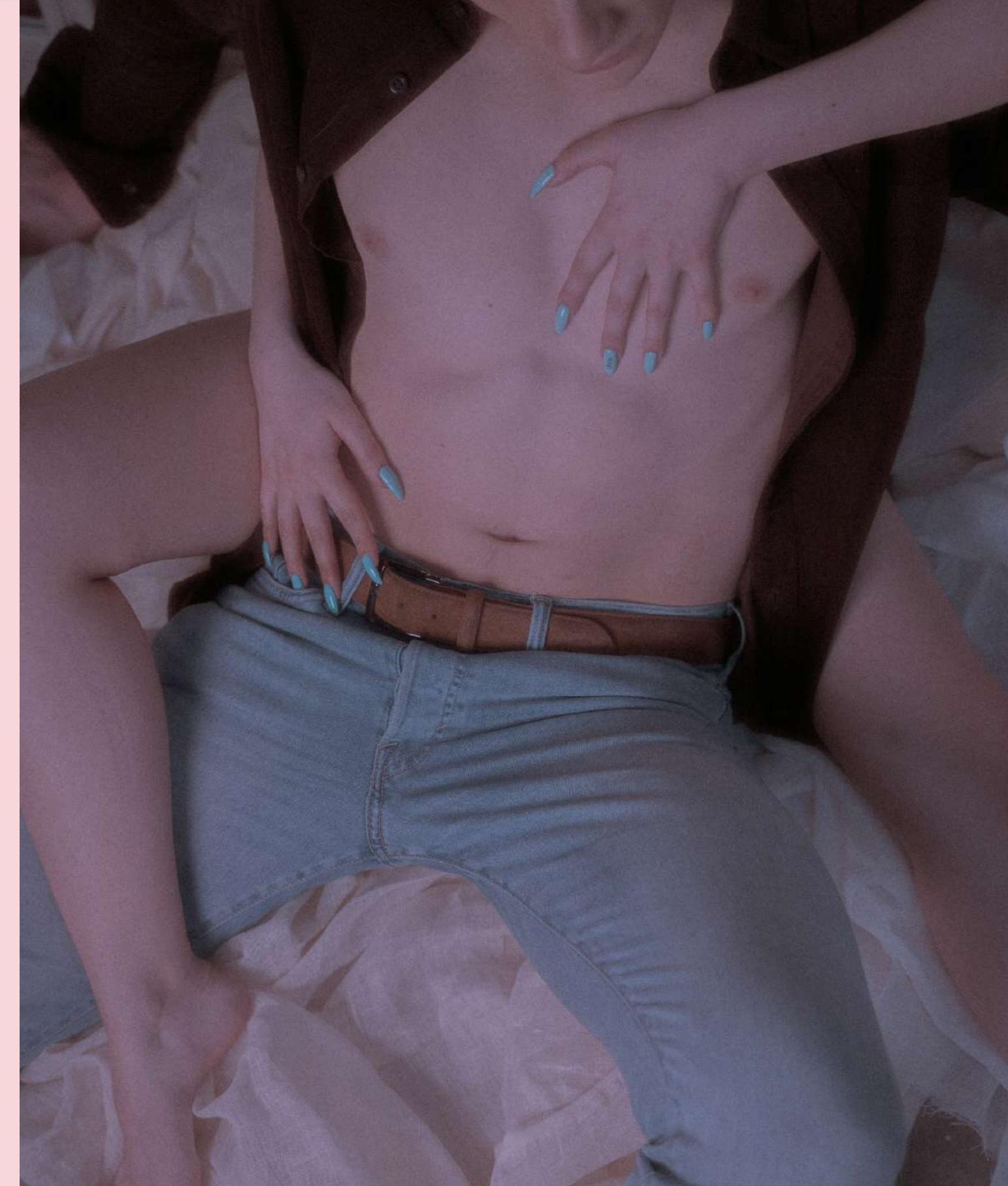


Puberty affected my sexuality –
I started to feel sexual desire
and attraction then.



Going to **uni** has definitely made me a more **sexually open** person. Lots of people are more promiscuous.

Also, I tend to just
do what I want.



For a very long time I didn't realise
that I'm **attractive to the opposite sex**,
and therefore began my sexual life
relatively late.



I didn't get **enough loving** from
parents while I was growing up
and always had an '**excellent student syndrome**'.

The **attitude** of my first girlfriend -
she thought of me as
the most handsome guy.

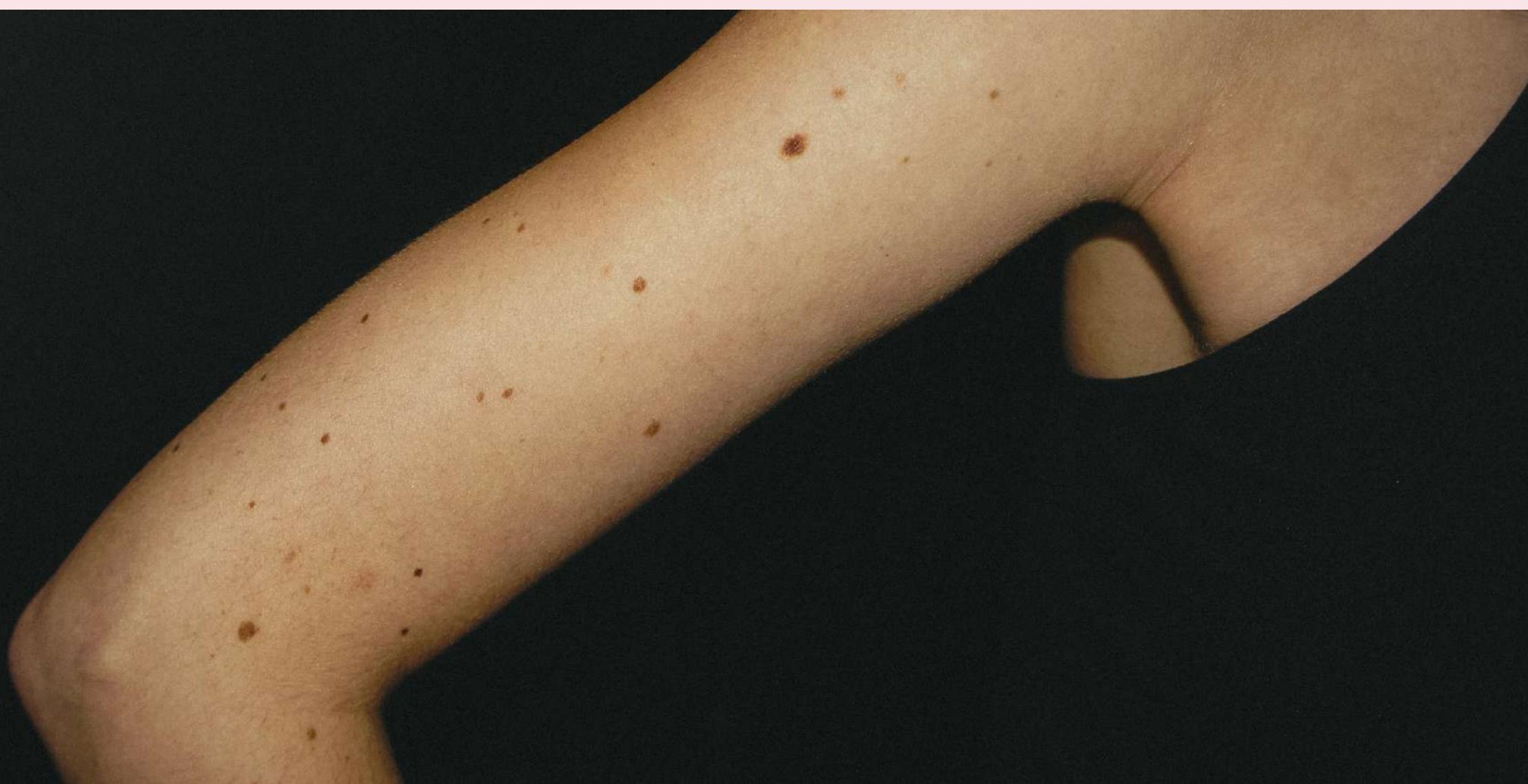


Unfortunately,
watching **tons of pornography**
in early adolescence.

Various sexual partners who I had contact with outside of the relationship made me more confident and showed that any **sexual fetishes are ok**.



compatibility
being safe
self-expression
to be on top
close-mindedness of a partner
not to be selfish
communication
honesty
annoying behaviour
men who never know that they're doing
a place
to find sex
positions
the way it ends so fast
to get vaginal orgasm
restraint and diffidence
having the motivation
to understand what a partner wants
when partners suck
closed-mindedness and insecurities of a partner
sexual incompatibility
the lack of time
quantity of sex



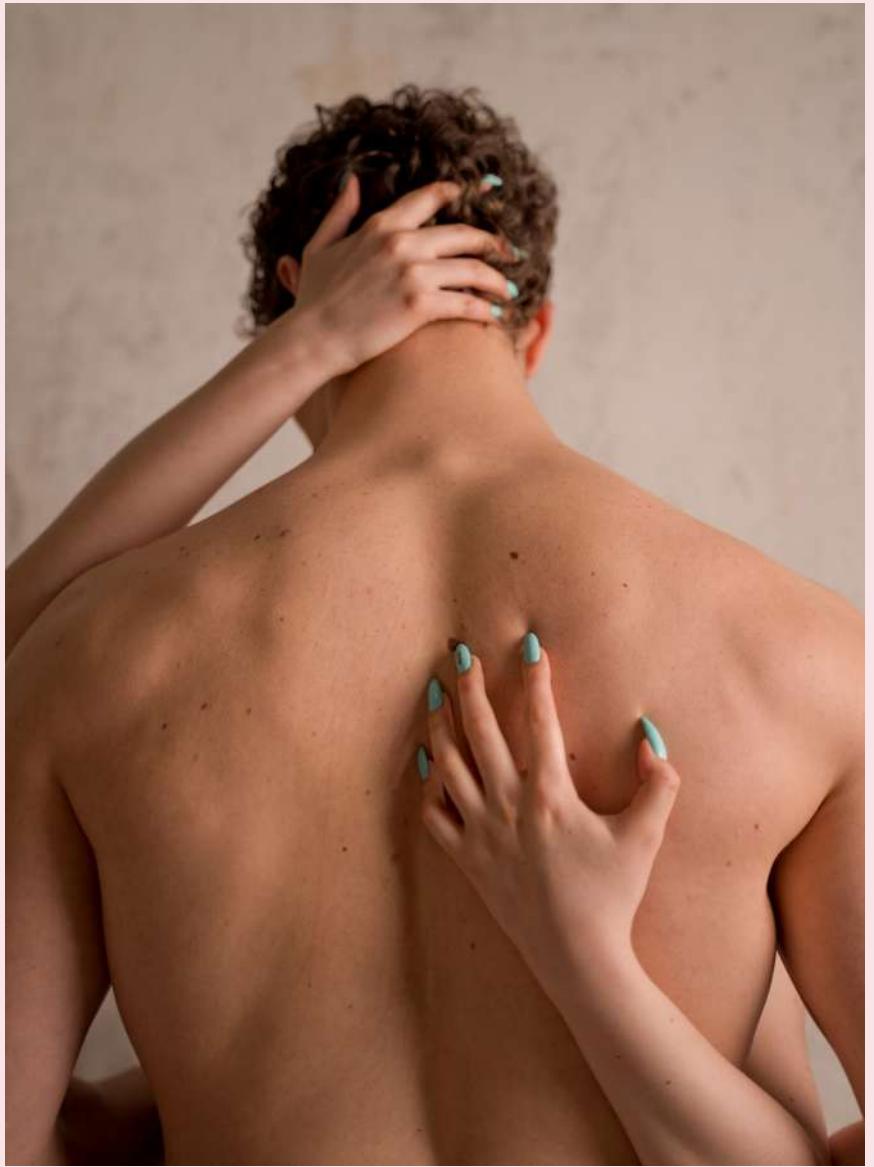
I don't have any difficulties
at the moment.

Some time ago I couldn't **speak my mind**
regarding things I don't like;
was afraid to **get pregnant**
and didn't really know **what I liked**.

It is hard to divide **sex** and **feelings**. But feelings are not the thing you always have.

And sex without the feelings is **poor**.

I can't get satisfied from **sex without relationship**.

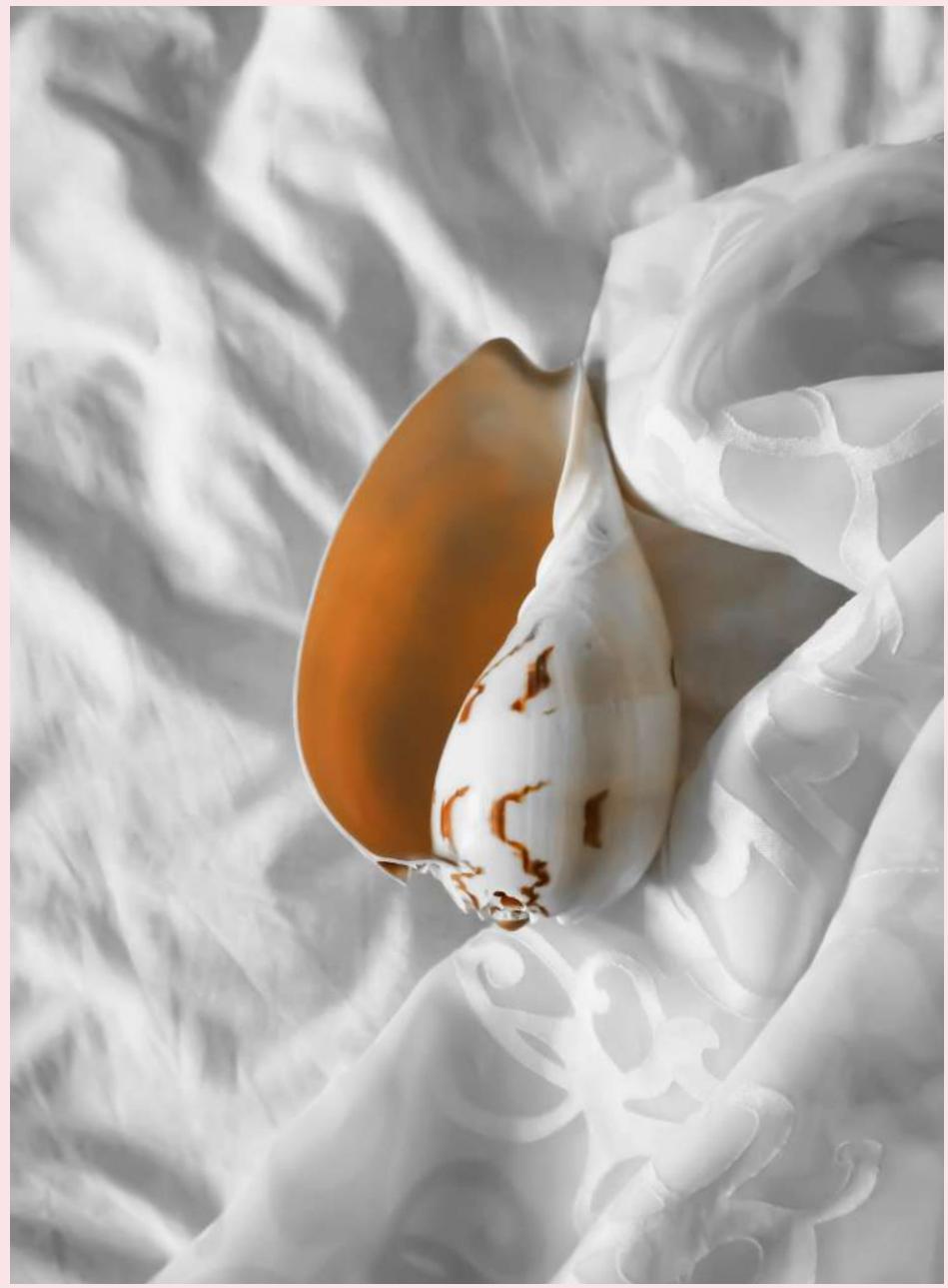


It's tricky anew to talk about **lesbian sex**. There is always someone who is **dominating** and someone who is **passive**, sometimes it changes through the act.

Right now I'm dating a girl who is not interested in being on a receiving end at all, it makes me sad because I want to **give as well as get**.



I'm not getting **any good cunnilingus**
and my boyfriend comes **too fast**.



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When they don't want to do it
how I like it and think only
about **their own satisfaction**;
unwillingness to listen to
my advice.

The **absence of open mindedness**
of your partner and **selfishness** in bed.

Being open with your partner
about things you like.

Some partners are simply not
prepared to **openly discuss sex**
and sexual practices.

Misunderstanding of the deep role of sex and its status in a relationship.

There were minor inconveniences with the **physical differences** of the body, but only for a short period of time.



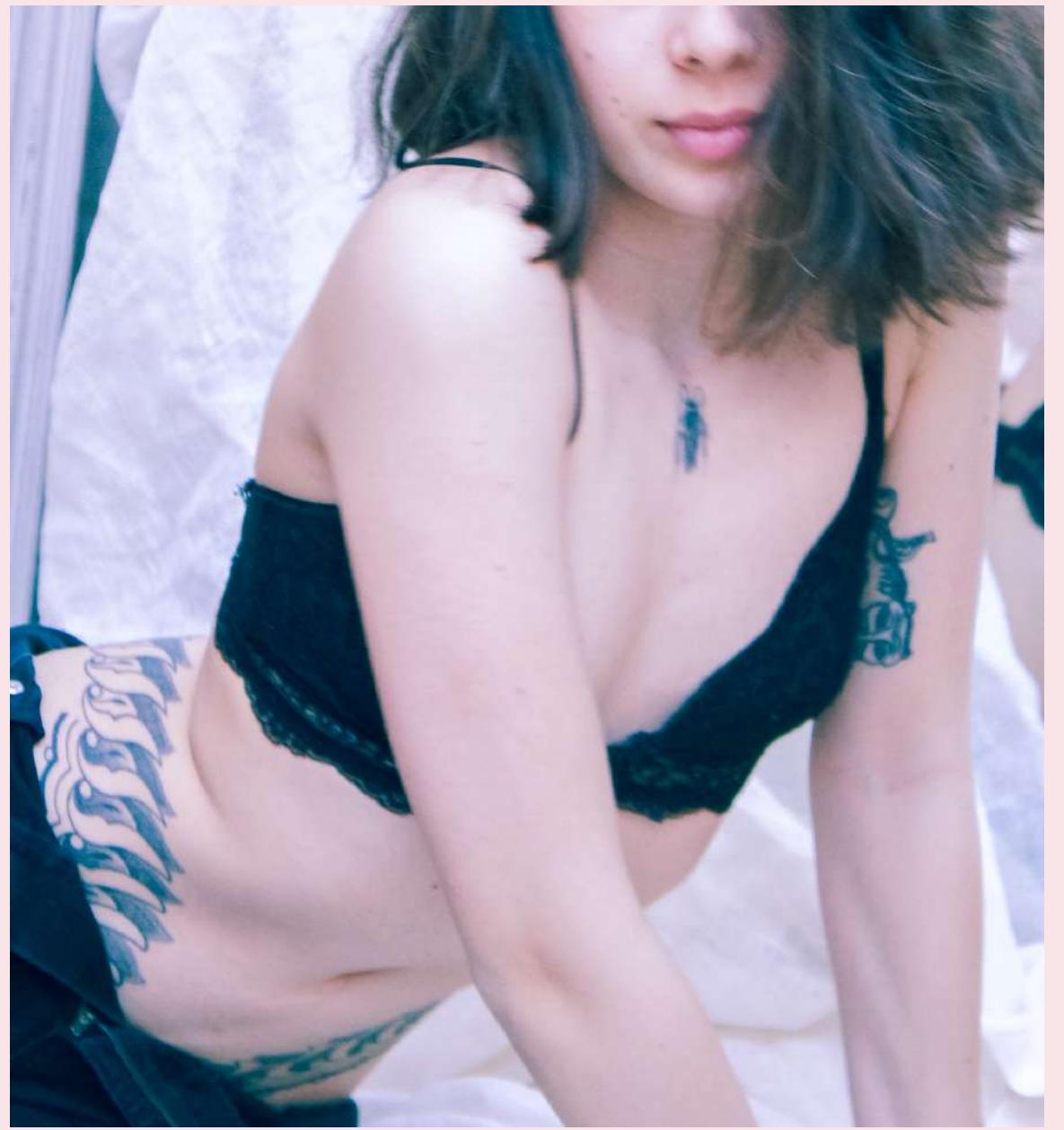
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I'm getting bored of the **same**
positions over and over again.

It's **time-consuming** and there are
just a **few positions** which I'm
comfortable in.



I usually **stress** during the day
and it can be a problem; also it
really depends whether one of us
is in a **bad mood**.

The **mood** is the main difficulty,
it's not always easy to get it
because of some **domestic chores**
and **everyday problems**.

I can't fully **relax and let go**.

Role playing (I find it hard to be someone I'm not).

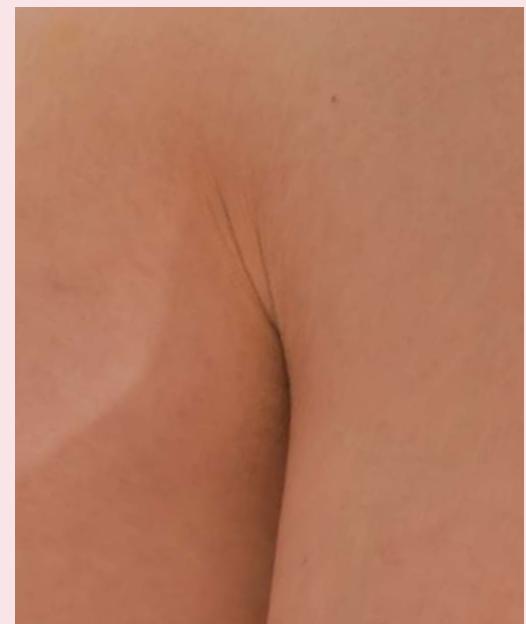


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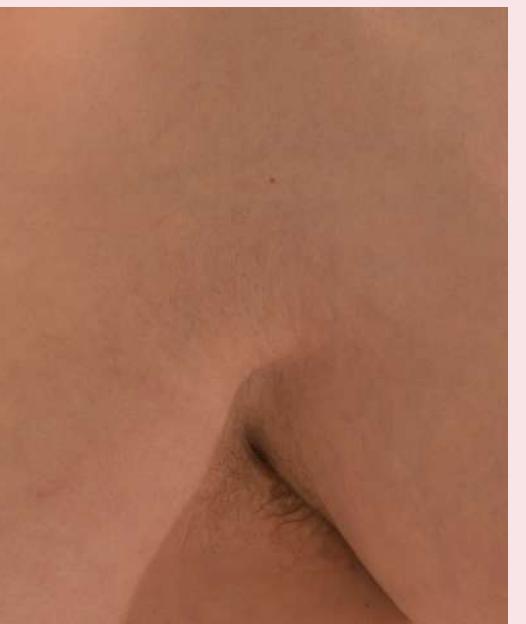
03

No difficulties - is it really
that hard to **feel your own body**?
And your **partner**?





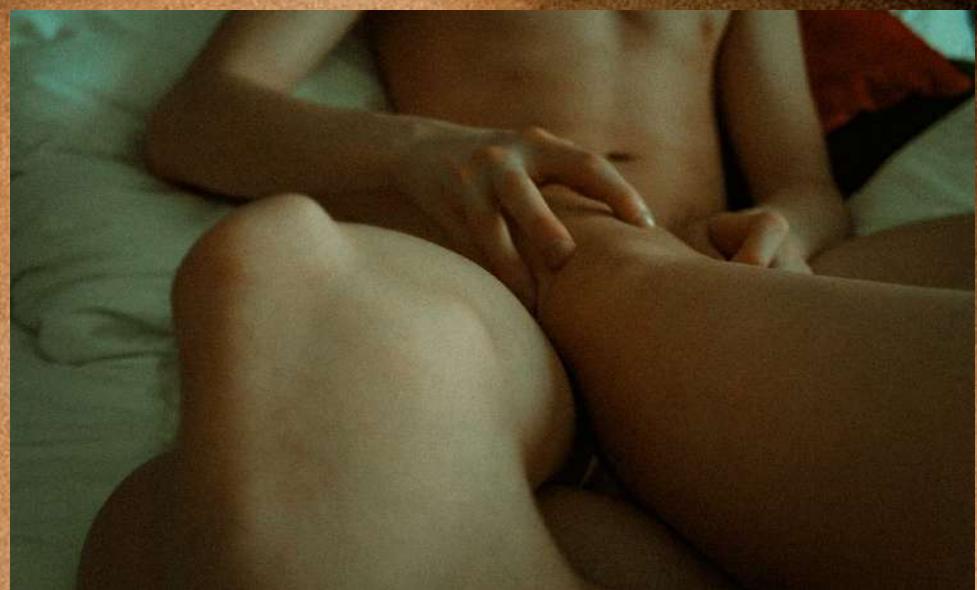
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Sometimes it's my partner's total
lack of desire when I want to have sex.
There are difficulties in getting
an orgasm when I'm **drunk** too,
and of course if you're unlucky to have
a **partner who doesn't know how to have**
sex and simply doesn't feel it.

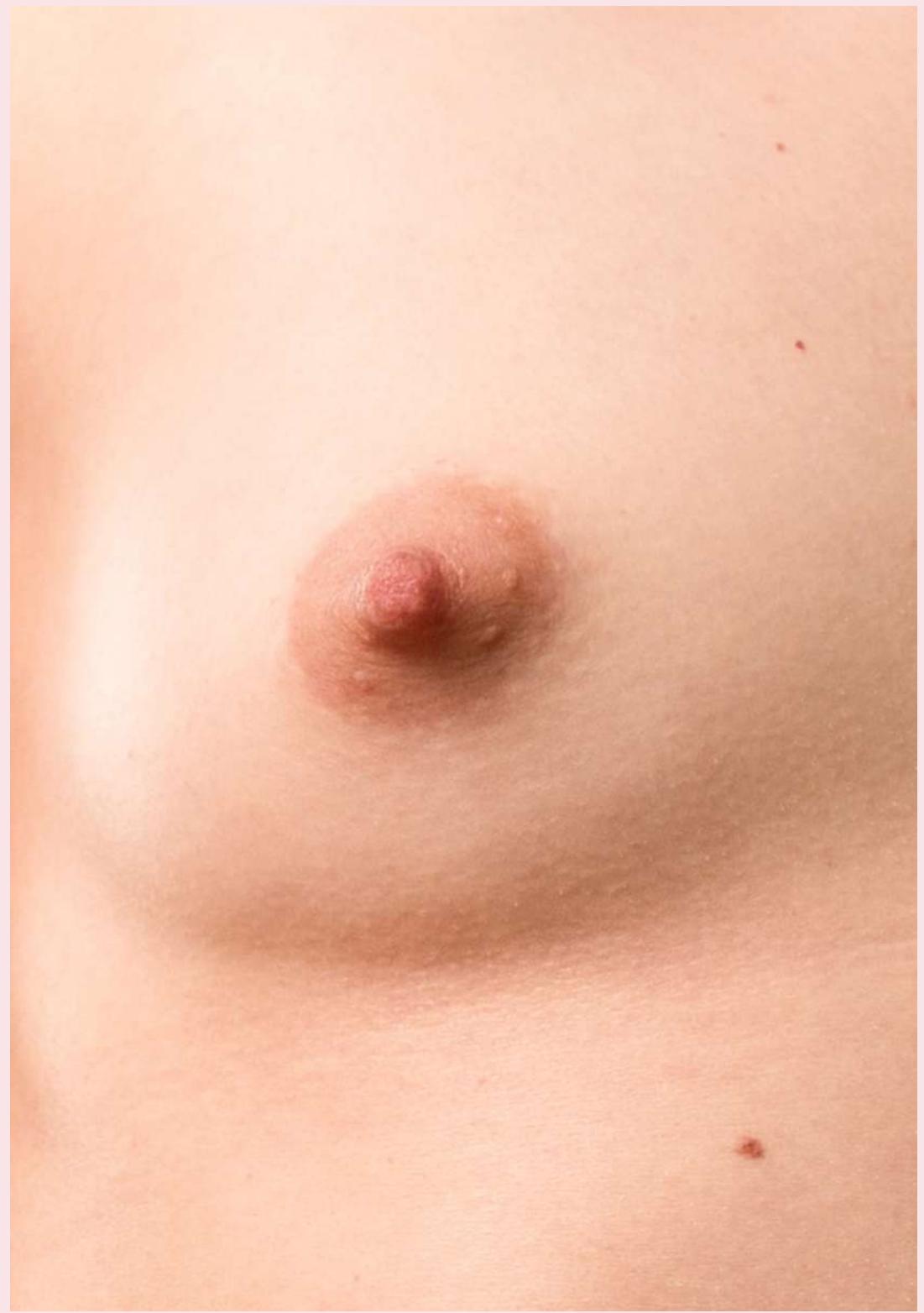
I hate foreplay.



I'm afraid to **offend** my partners
with some comments and remarks.

Sometimes I really **hate** my partner's moves and 'fondness' of some stuff.

For example, **anal sex**.



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Initially knowing how to **please**
a new partner and knowing what
they like/dislike.

Contraceptive use may be an obstacle
to gaining satisfaction.



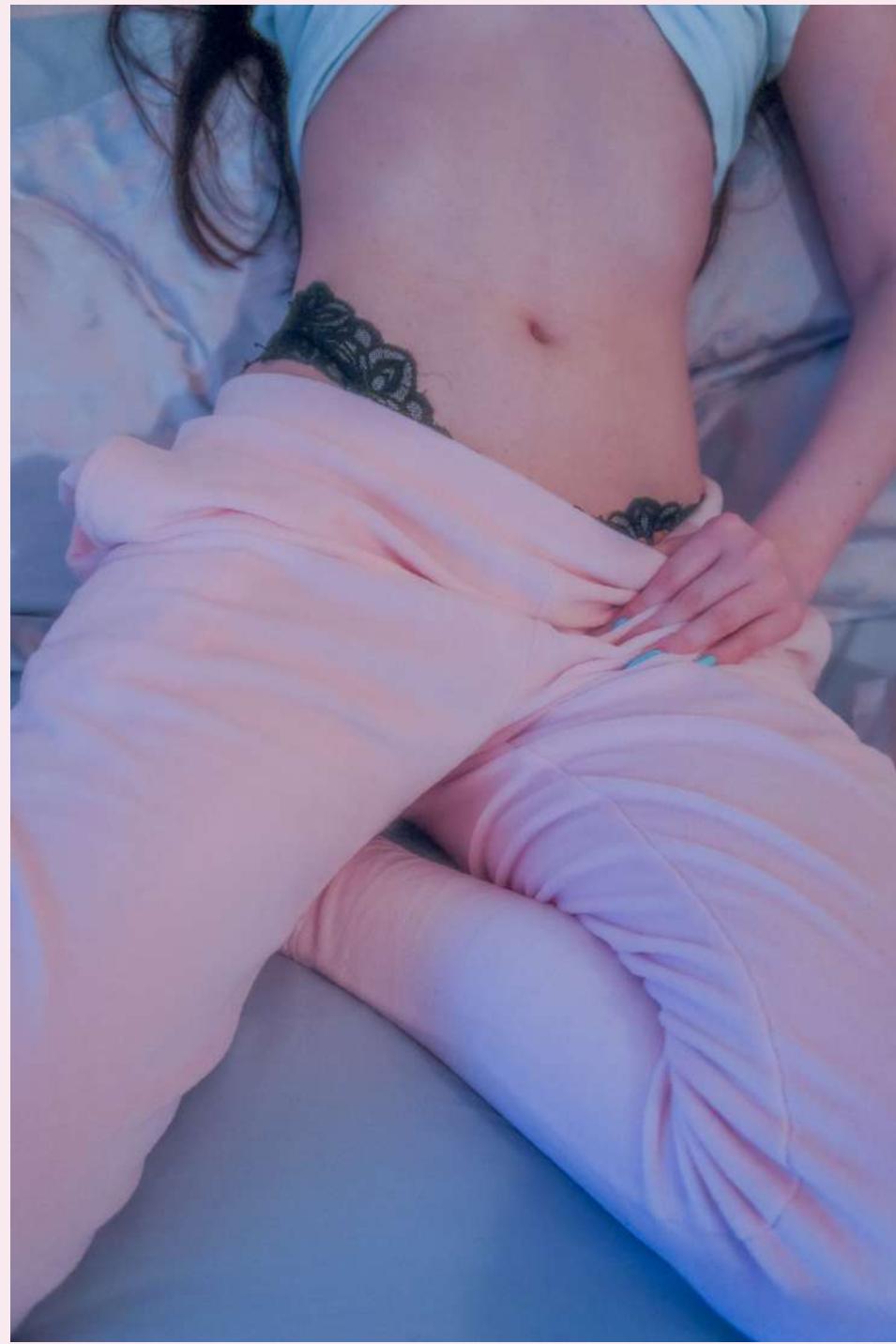
foreplay
emotions
process
love
reciprocity
intimacy
culmination
domination/submission
passion
desire
kisses
orgasm
pleasure
bdsm
emotional closeness
a partner
sensation
feeling like a wild animal and realising basic instincts
attention
roughness
spontaneity
the ending
self-satisfaction & partner's satisfaction
touches
a feeling of total freedom
experiments
oral sex
good mood
blowjob
self-obsession & seeing admiration in their eyes
sexting
doggy-style
fingering
listening to a partner's moaning
feelings
a unity of two bodies & souls
aesthetics of sex
pleasing a partner
flirting/playing
mutual satisfaction
life affirming experience
stimulating a clitoris
giving myself to someone else
trust bond
cunnilingus
giving myself an orgasm
closeness
connection with a partner
total merging of man and woman spiritually and physically
everything







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Once I had sex with a guy I just met -
of course we were **both shattered**.

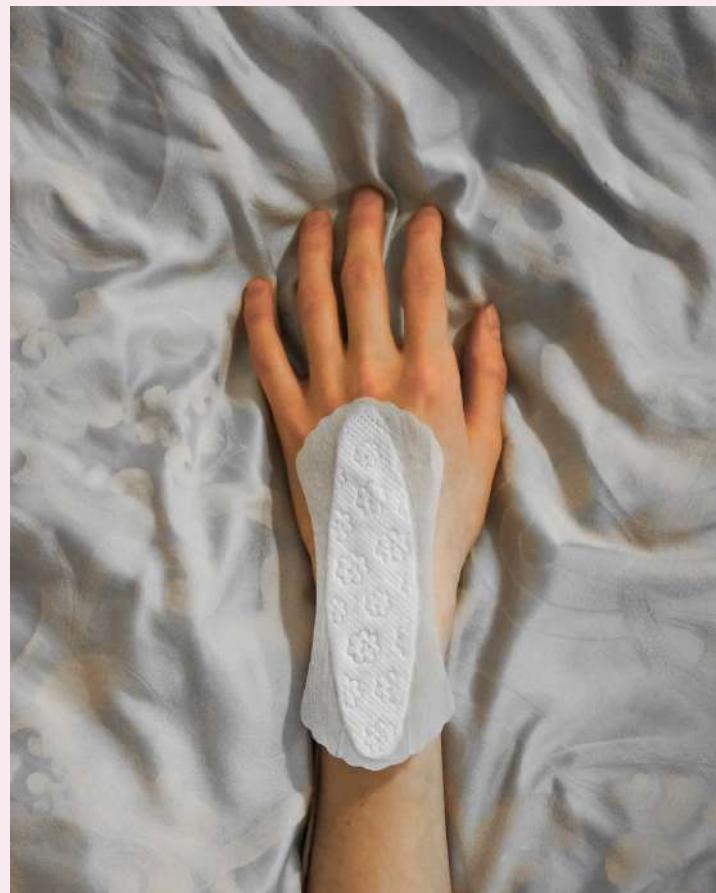
In the morning
we found ourselves in an awkward situation.
We didn't even know each other's name.

First time I had sex I was **drunk**
and **forgot everything**.



During sex my boyfriend's **hand**
stuck to my **daily liner**.

It was hilarious but really awkward.



During sex in a very secluded nature spot
a sweet couple of **two men** passed by,
two dog owners with a **pack of dogs**,
then a **weirdo** ran past us
following a **squirrel**.

I **fell asleep** right after an orgasm,
faster than my man.

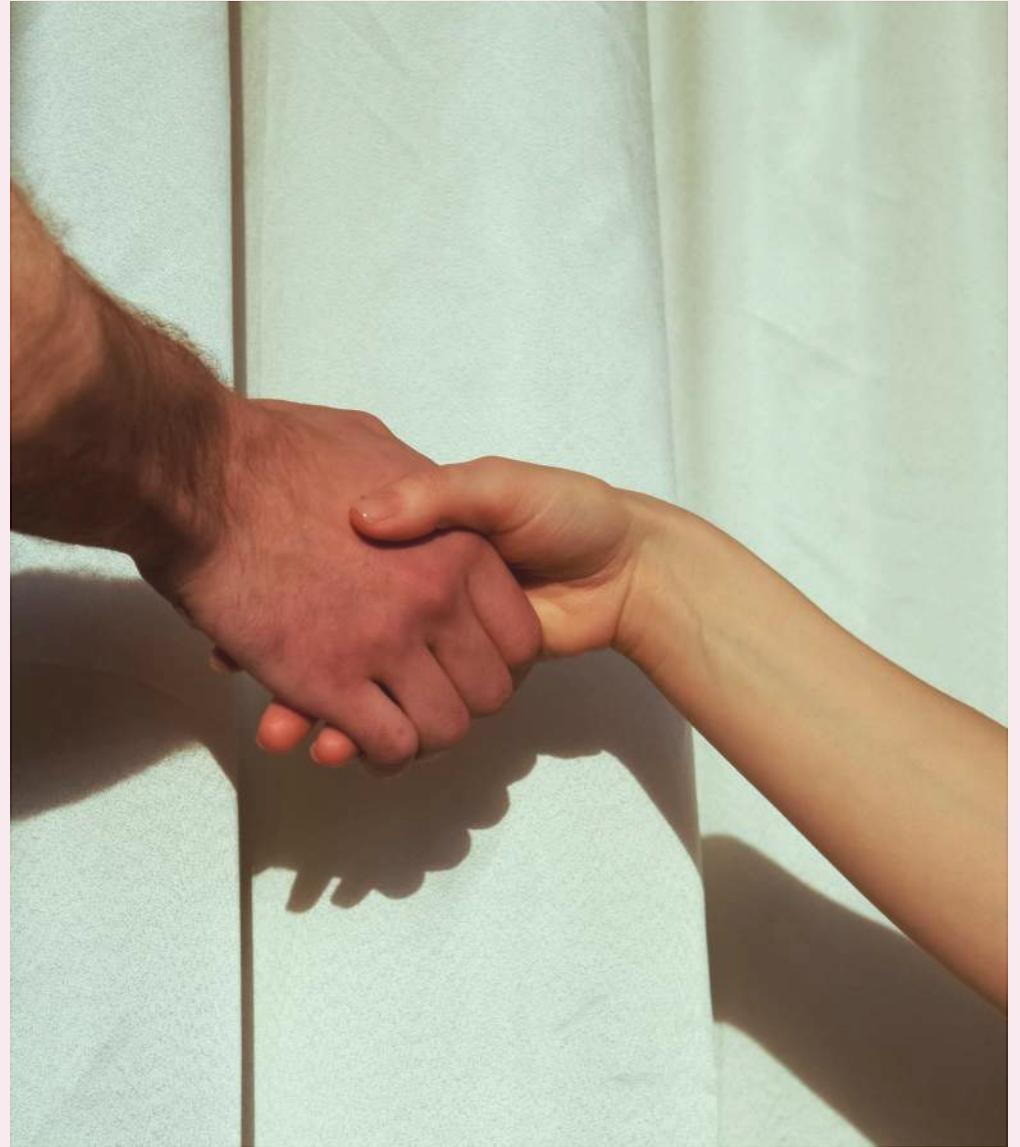


Me and my ex girlfriend
were **interrupted** during sex
by a ring bell on the door.
It was **her father**
who came home unexpectedly.

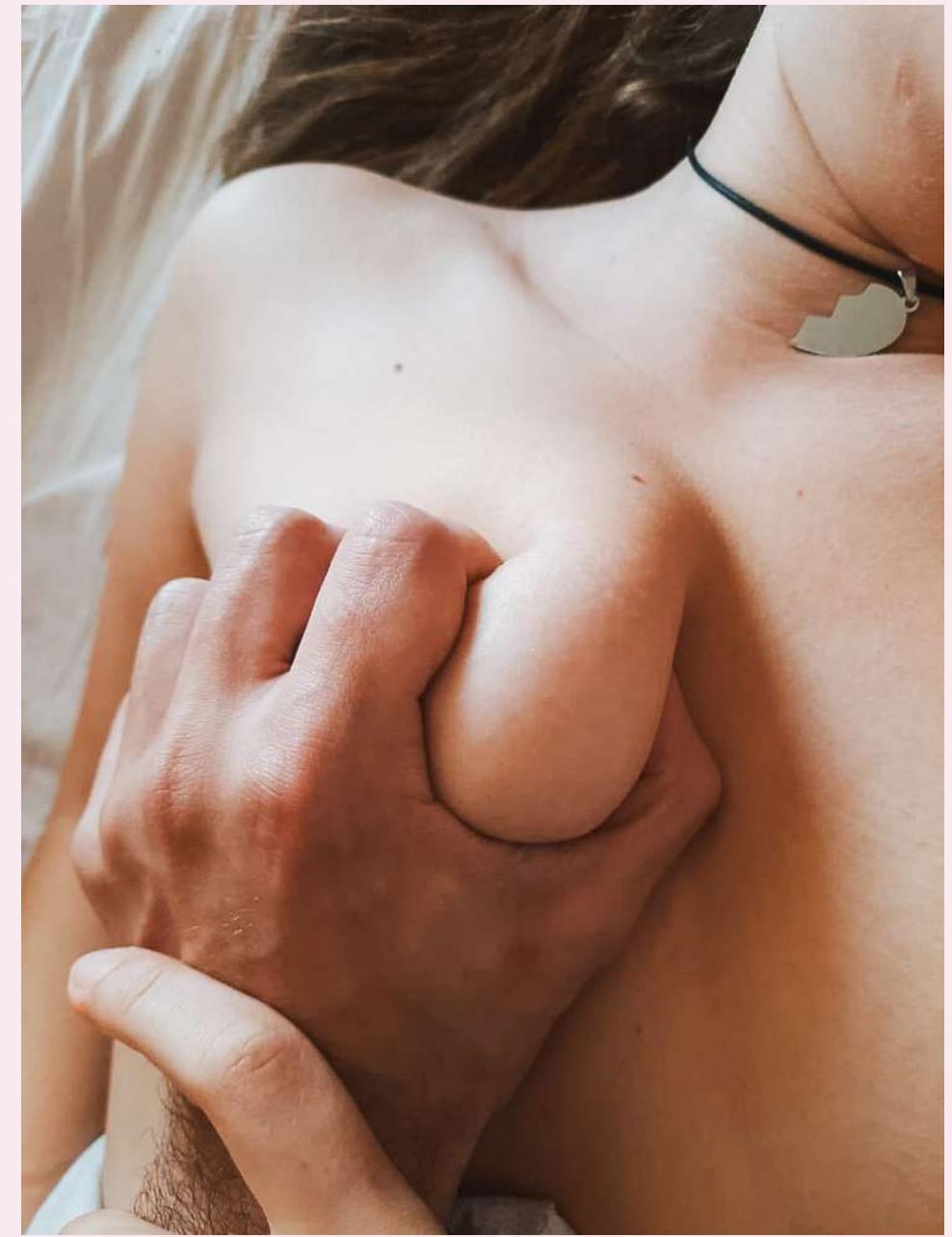
I've never met him at that point.
We dressed ourselves quickly and
came out to meet him.

My ex introduced me to him and
I didn't know what to do,
so **I gave him my hand to shake**.

Only after the handshake
I realised that this **hand** was just in
his daughter's vagina.



My husband called me a **slut** for asking to be
a little **rougheR in bed**.



Ants all over.

There was an ant hill right beside us.

Family walked in the room right after.

My partner and I always worry
that my **parents** might come in
at any moment.

It puts on a lot of pressure and
constraint.

I remember when I was a teenager
parents were about to come in
while we were having sex.

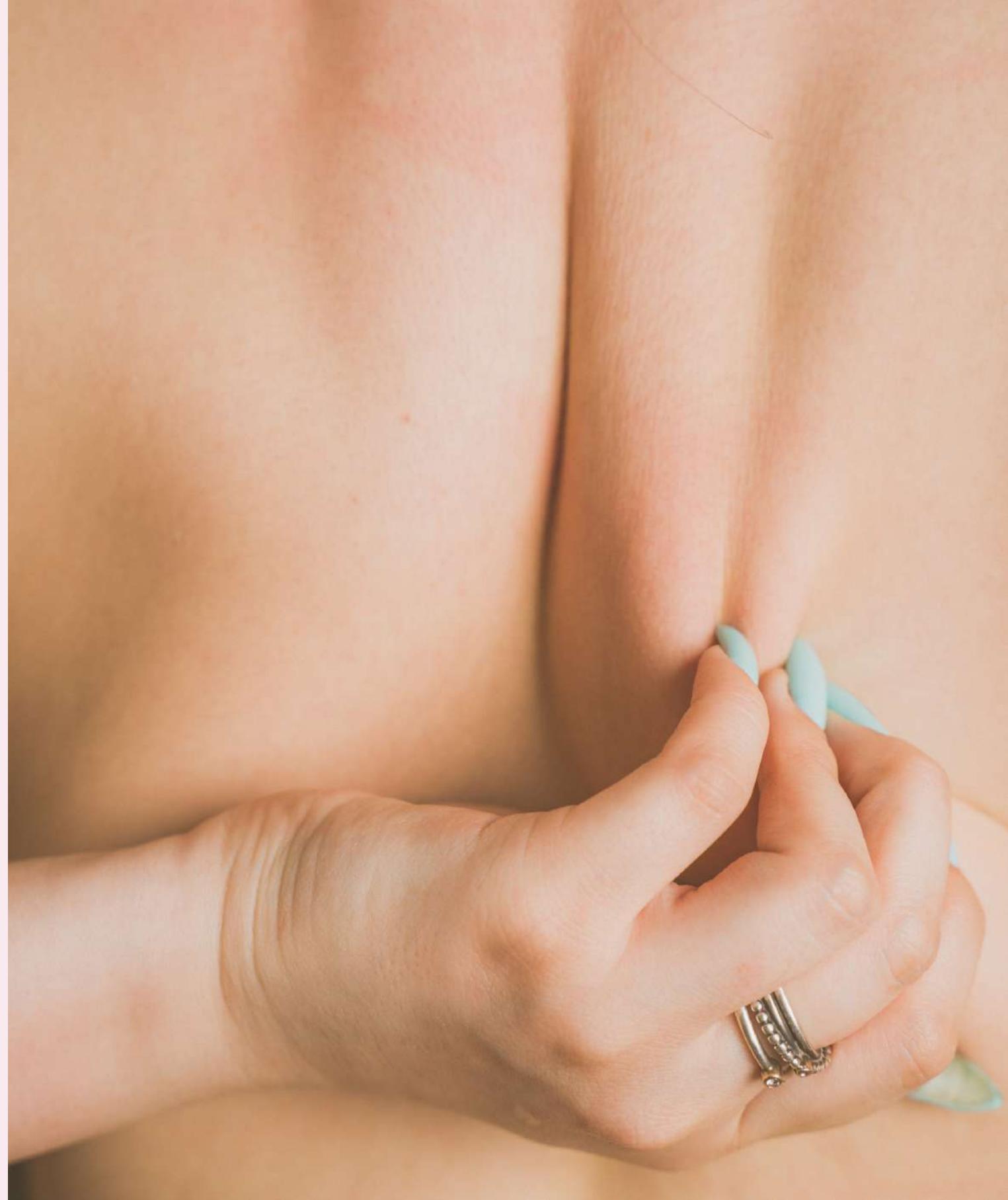
My **brother** walked in unexpectedly.



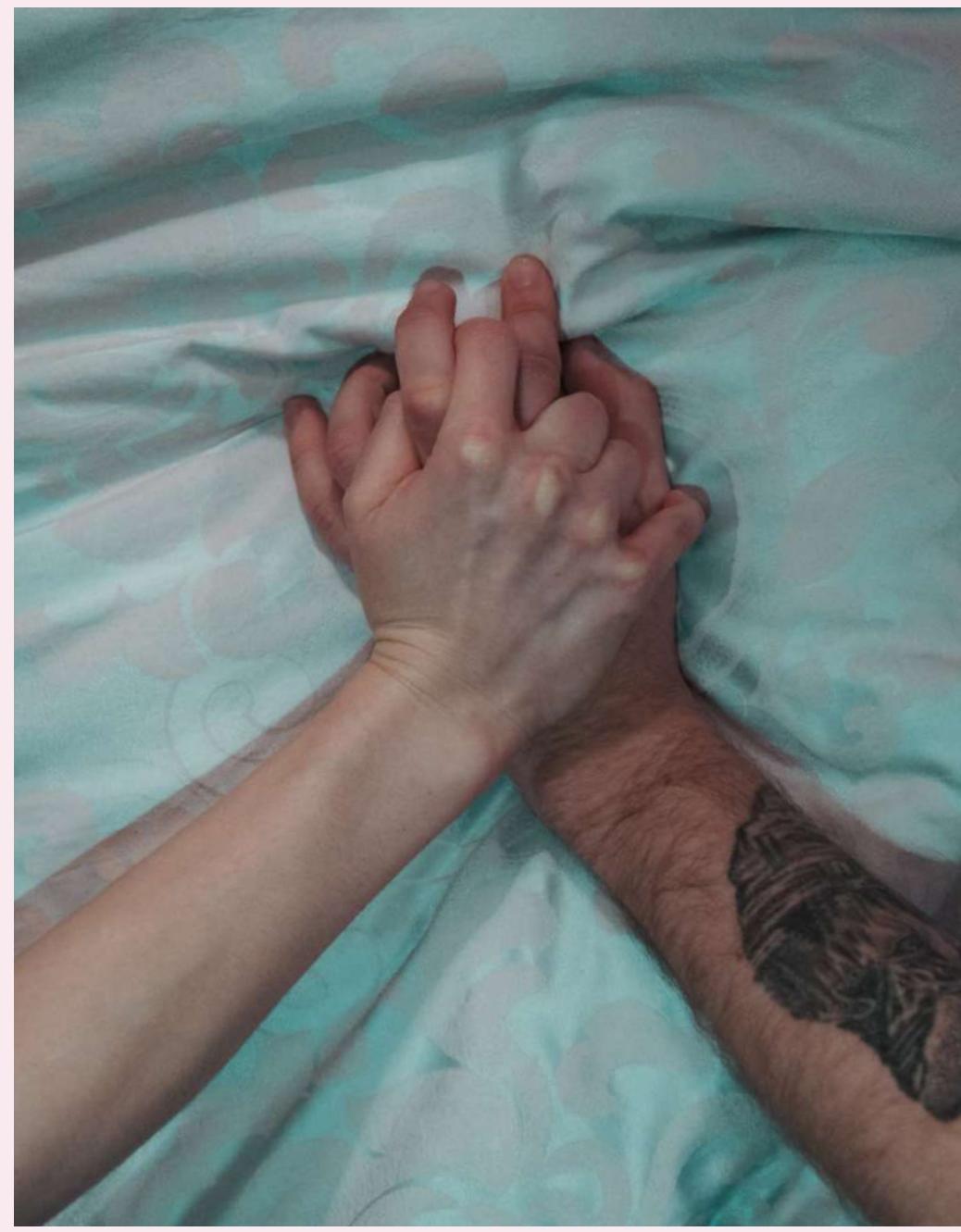
I farted while he was eating me.

I farted while getting a blowjob.

I was having sex with **my girl** on the 2nd floor
while **right below us** on the 1st floor
her parents were having sex too.



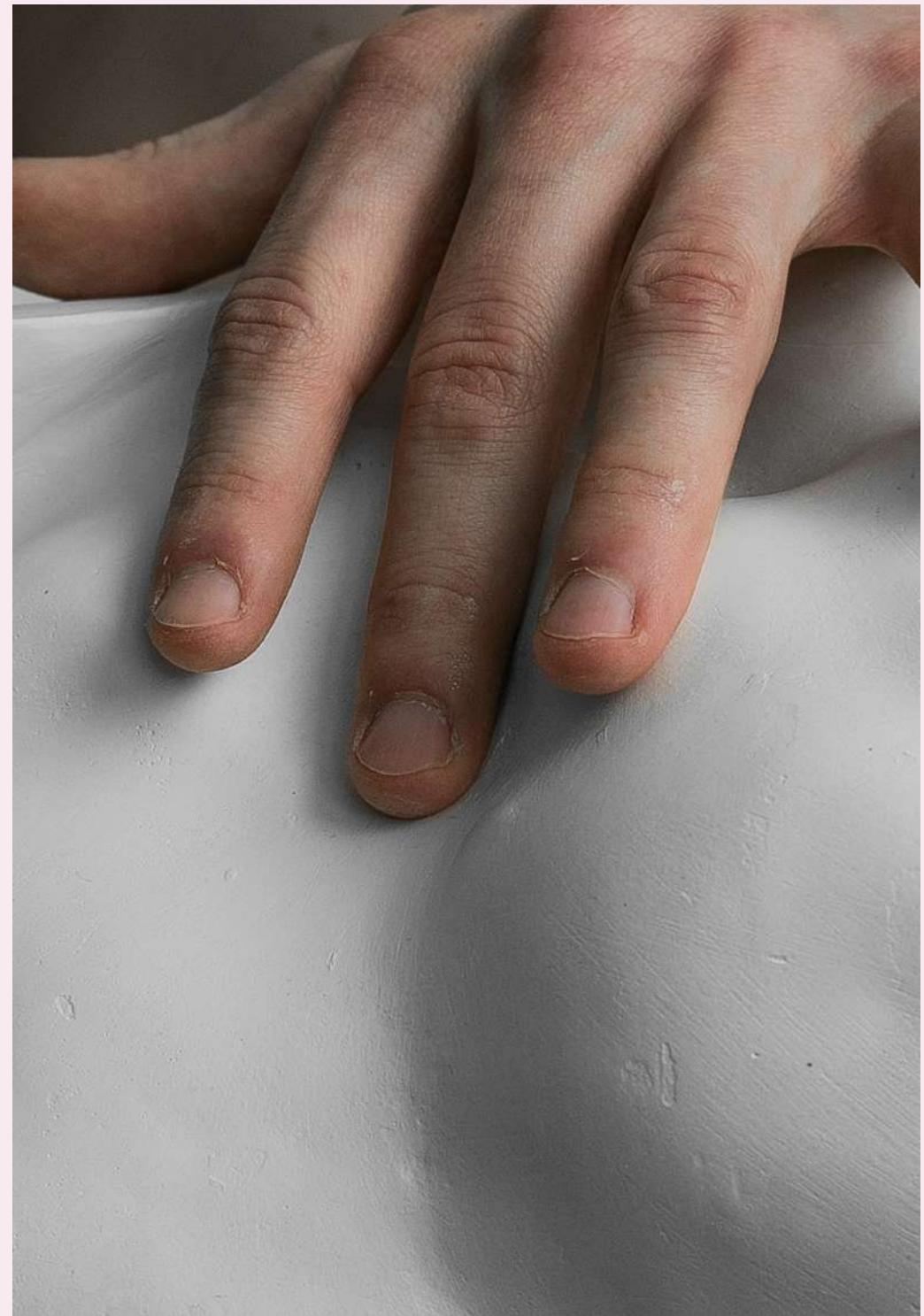
In a gust of pleasure I hurt my partner
(I squeezed his fingers)
and he irritably pulled his arm back.



One of my exes wasn't able to
get inside me for half an hour
(he simply didn't know how to **put a dick**
into a vagina).

It was awful,
I wished the earth would open up and swallow me
or he would go to hell.

We broke up in a couple of days.



He came after one thrust.



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I got **vomited** on while fucking.

My partner **threw up** during sex.

I was really drunk and was giving a **blowjob**,
so instead of **swallowing**
I accidentally **threw up**.

I **vomited** while giving a **blowjob**.

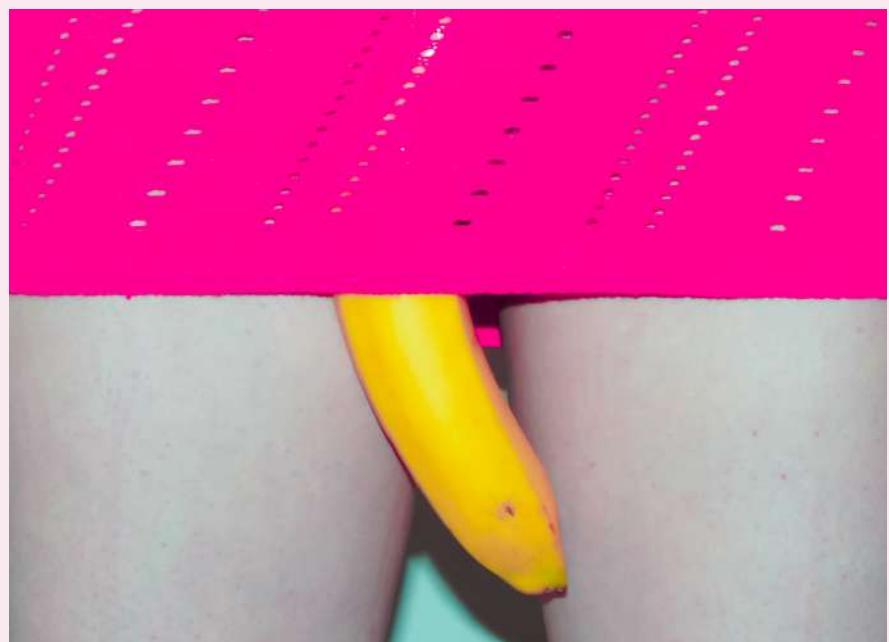


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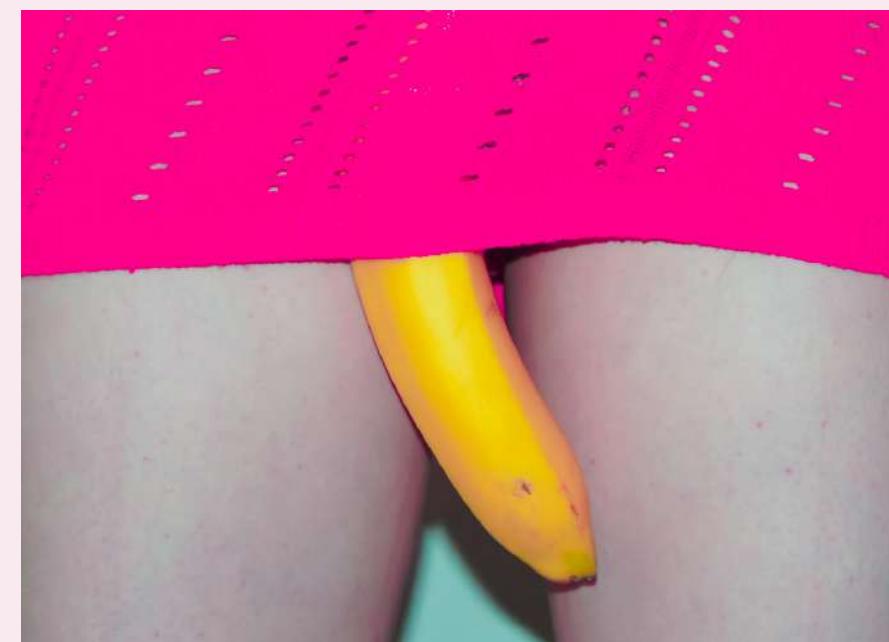
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My partner **fainted** while we were having sex.

She took off her pants and **had a dick**.



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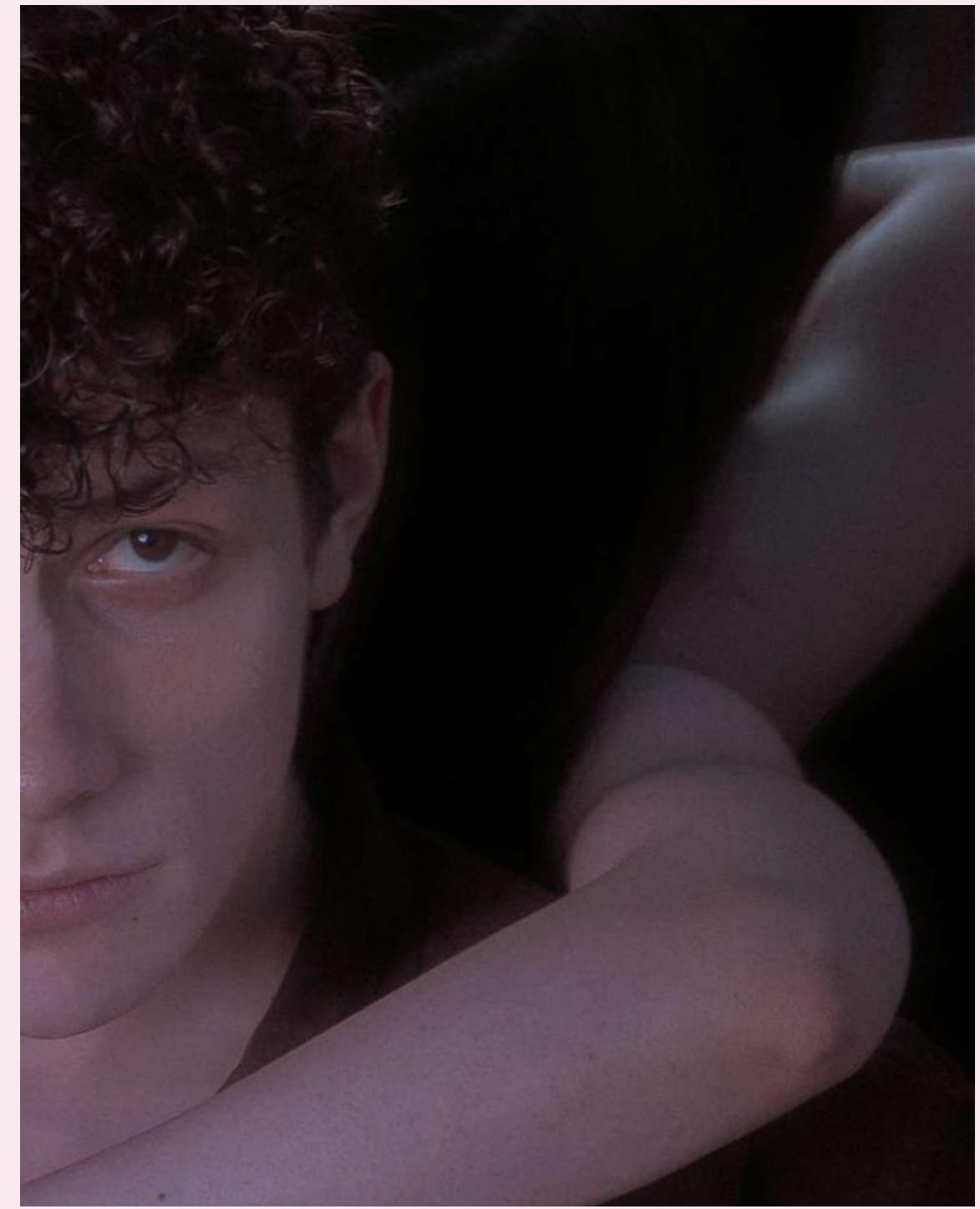


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During intercourse I **lost attraction** to my partner
and I wasn't able to **continue**.



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I **came in her mouth** without warning.
She started to **suffocate**.





masturbating
harness
nipple stimulation
hanging
public places
slapping
anal plugs
whips
role play
handcuffs
experiments with electricity
threesome
shower faucet
ropes
'the wand'
sex costumes
bdsm
blindfolds
oral oil
massage
eye contact
impact play
fingering
a good size
communication
grabbing a partner
foreplay
lubricant
domination
hourly sex
bondage
rabbit vibrator
penis sleeve
beads
gag
prostate massager
sleeping with the same person consistently
sex swings
'Tenga' egg
anal sex
tying
vibration ring
Saint Andrew's Cross
Cialis tablet
wax
candles
spanking
'Miss Bi'
stimulation
chocking
'the bullet'
oral sex

slime fetish
new positions
genital massage
the right pace
massage oil
vibrator
dildo
feathers
perfume with pheromones



Unfortunately, some time ago I got dragged in **all sorts of sex stuff**. I managed to try a lot. Wax, candles, light BDSM, domination, sex outfits, slime fetish, hanging, weird places for having sex, hours-long sex, electricity experiments, unusual positions and many more...

Now it's **all in the past** due to a serious reconstruction of views and beliefs.

Ropes, whips, plugs, vibrators, beads, etc.

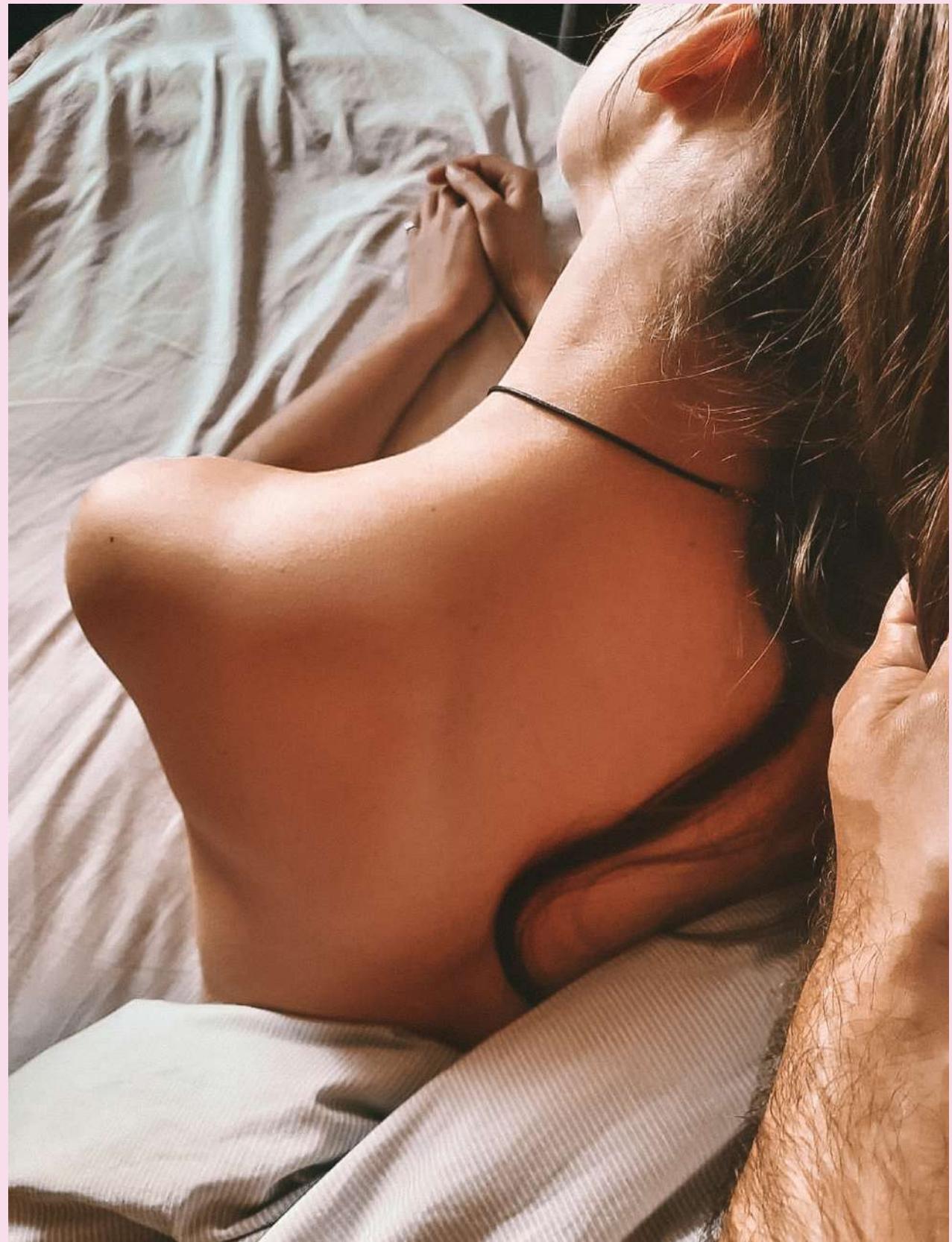
Toys in general help to **diversify sex**,
make the whole act more aesthetically pleasing
and find new ways to **get and give more pleasure**.



I like **impact play** -
beating, slapping
and grabbing a partner

and when someone is doing that
to me.

Lots and lots of **foreplay** -
massages etc, oral sex & even using things
such as a **Cialis tablet**.



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I get turned on by knowing that my boyfriend cares
about **my satisfaction** more than his own.



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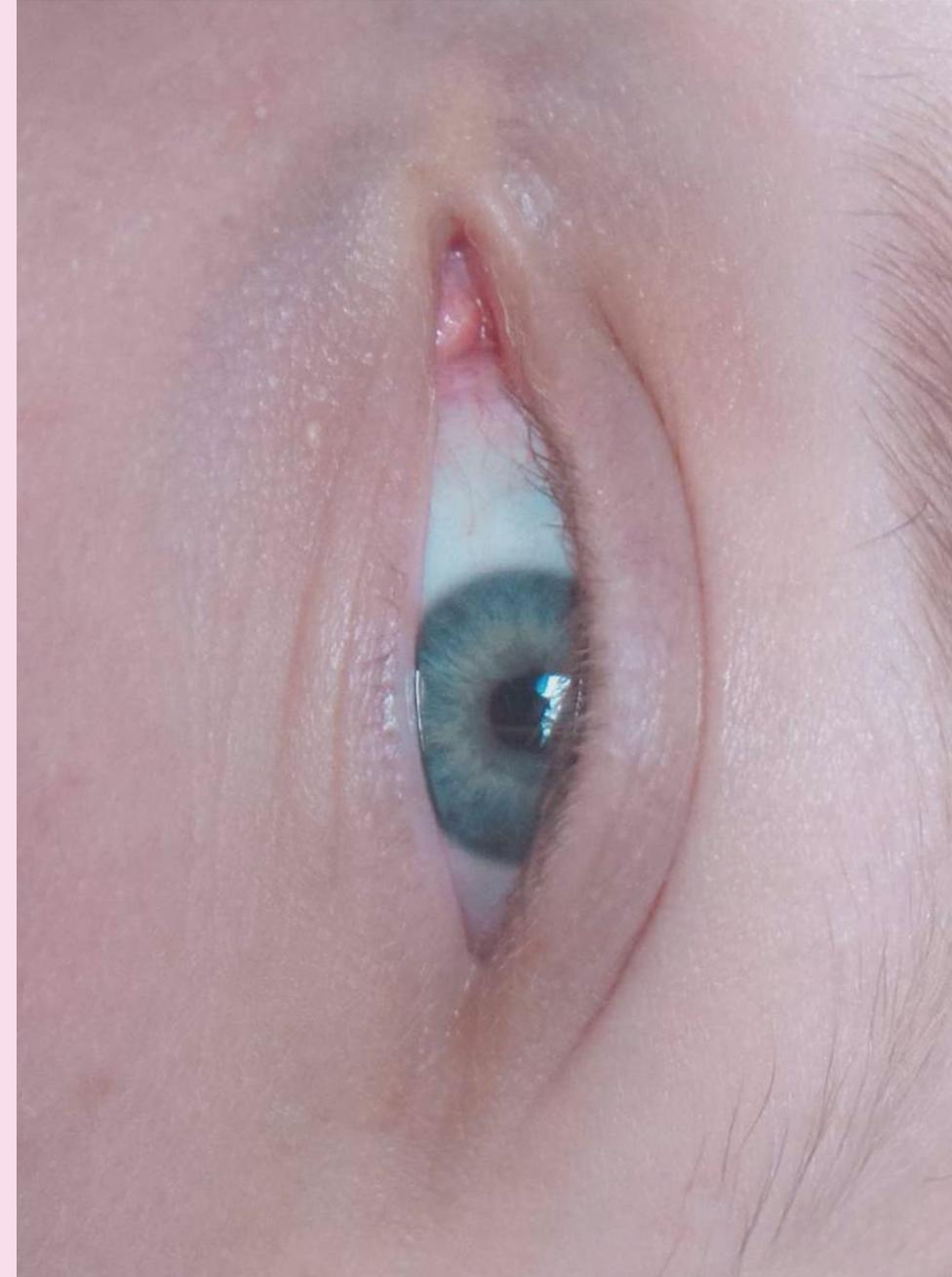
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Taking your time and being confident
and comfortable with your partner.

Eye contact is very important to me.
It's important that sex is not just
a physical intercourse,
but a means of some **emotional**
and spiritual beginnings.



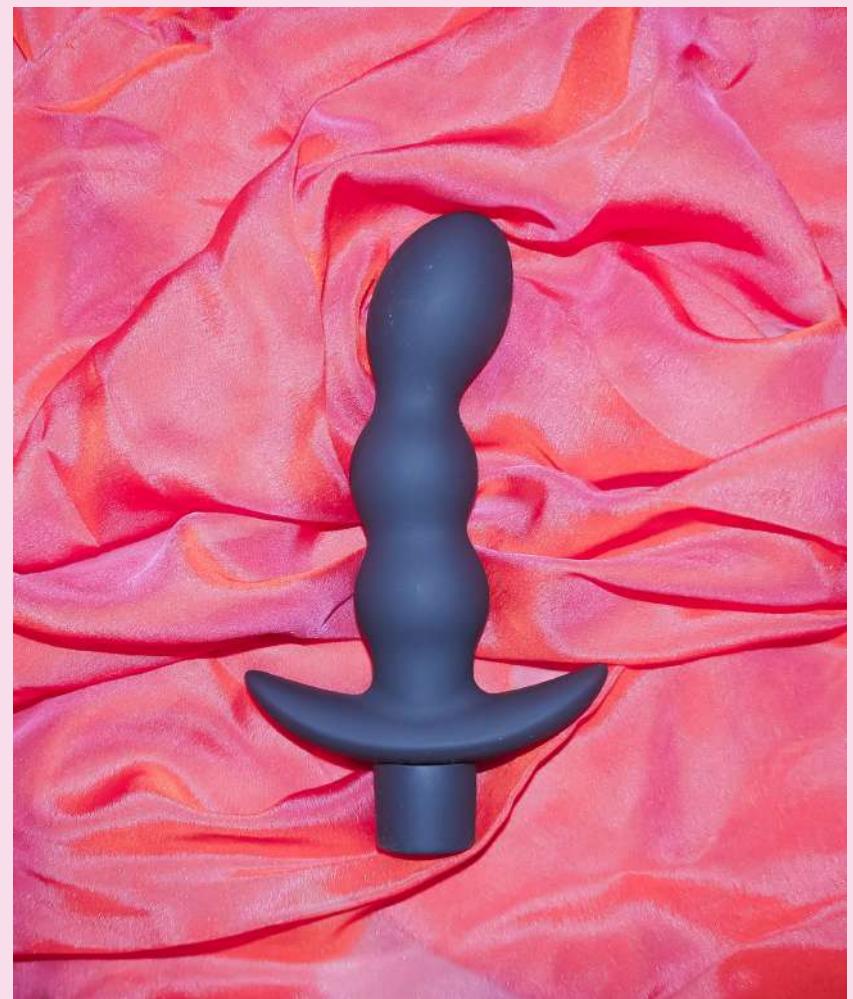
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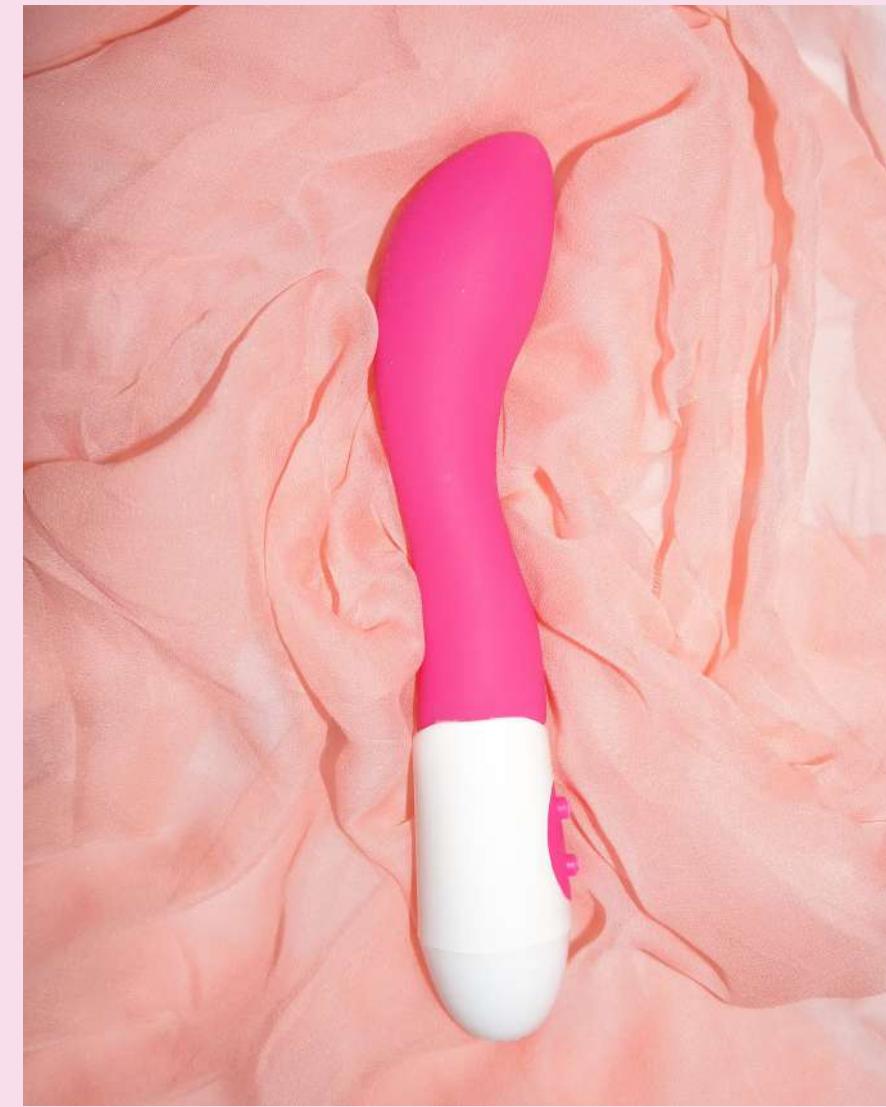
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Masturbating . Communicating .

Sleeping with the **same person** consistently.



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I've never used any tools except for
tying, which is a straight road to
satisfaction for me.

It's all the matter of the **right pace**,
good size and **stimulation**.

I can make anyone come without any tools.



I prefer to be more **natural**, **raw** and **spontaneous**.



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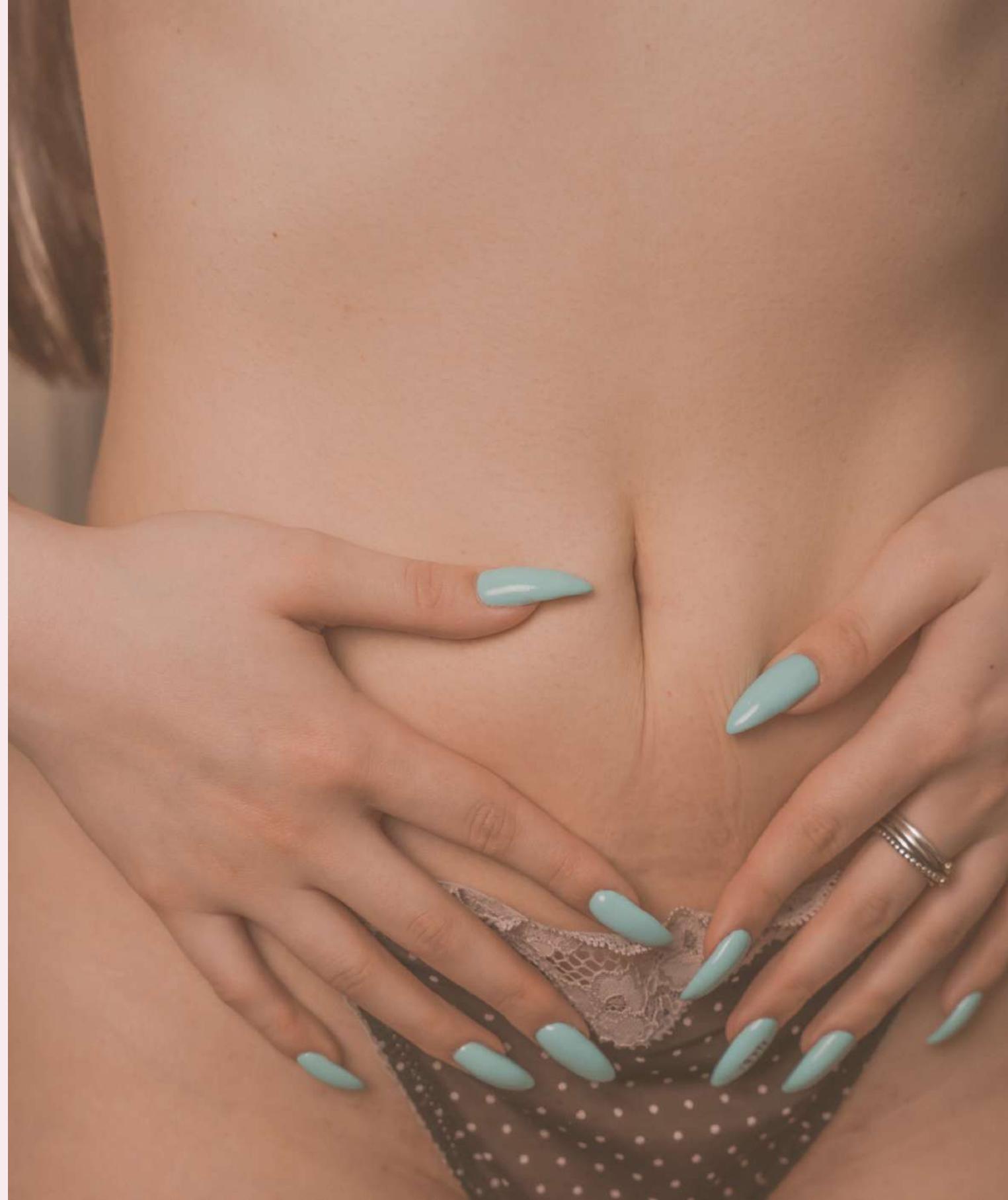
263

sex with gay couple
ffm
role playing
new positions
anal sex
public places
foursome
vibrator
foot fetish
mmf
double penetration
videoing
domination
sex with food
tickling
abstinence
kinky party
fisting
sex on drugs
threesome
bdsm
toys
a set for distance sex
to play a doctor
orgy
more practice
gangbang
unusual places
to be dominated
golden shower
the whole kamasutra
masturbation
swing party
interracial
underage
one night stand





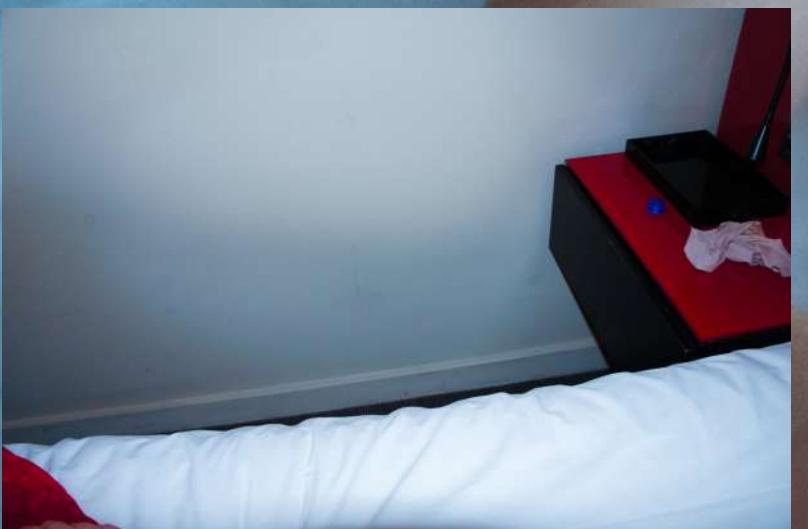
my belly
face and body type
noises from vagina
my genital shape
extra weight
body hair
my fantasies
orgasm imitation
a slim body with wide hips
my accent
secret desires
squirting
partner's noises
being naked with someone new
shyness
going down without shower
my smell
pubic hair
boob size
daylight sex
oral sex
satisfying my partner
comparison with exes
penis size
being on top
sexually trasmitted deasises
little experience
my sexuall skills
pain



I used to feel uncomfortable when **I said no** to my regular partner. Now it's alright, people explained to me that I'm the one to put **my boundaries** and it's absolutely fine to **defend them**.

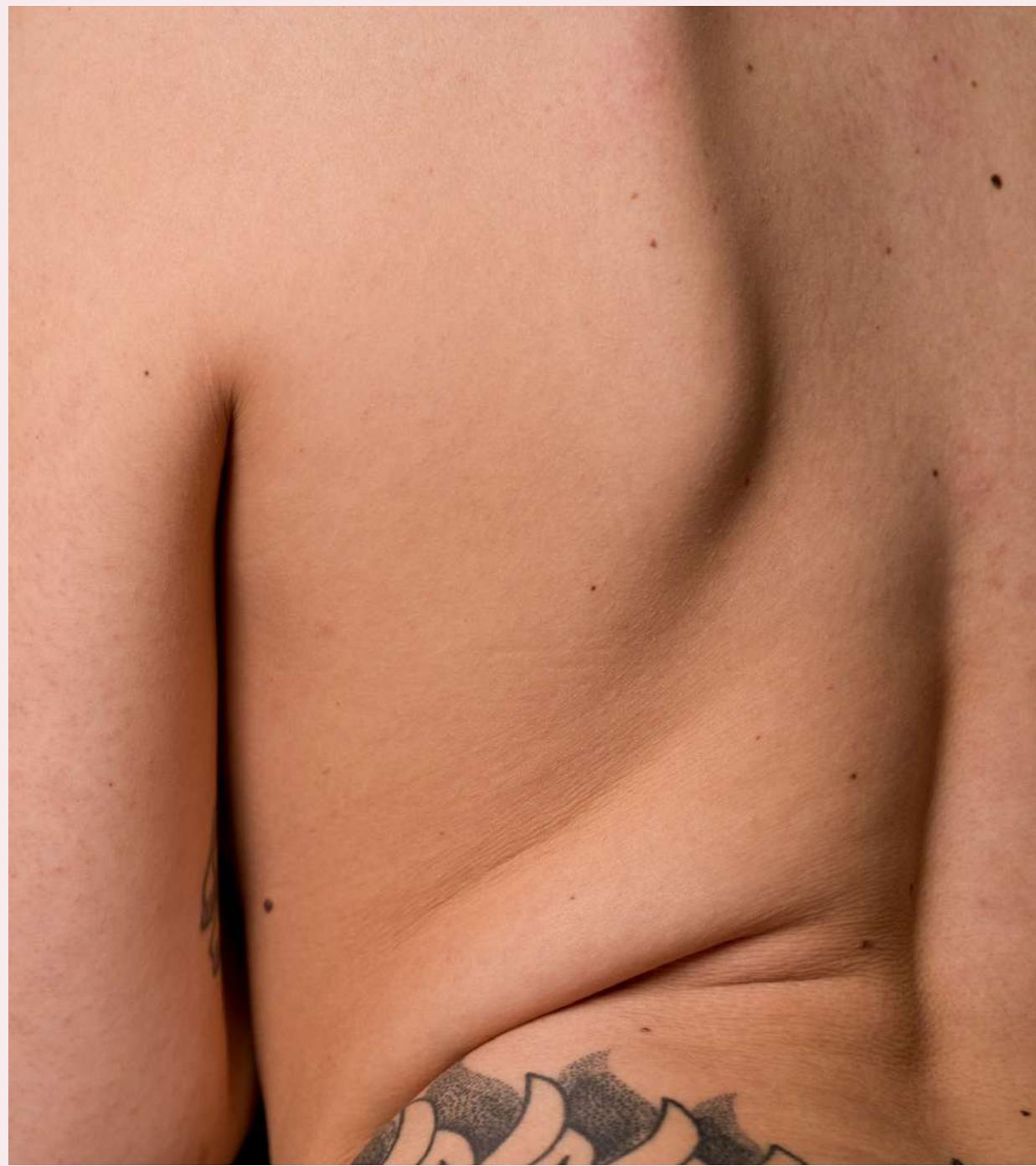
I could hardly refuse to do something with my first boyfriend even if I didn't want to do it.

Now I think of it as **a form of rape** in a way.



I'm **totally satisfied** with the way I look. My preferences are **quite basic**. I'm **embarrassed** about my **sexual past**, as I paid too much attention to it making it way to important.

At first I feel myself a **little bit awkward**, but that is gradually leaving. This can be compared with **a new company of friends** - you feel insecure, but with time you start to feel free and confident.



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Sometimes I think my **body is imperfect** and **embarrassing**, but my partner always says something nice and proves me wrong, so I know it's nothing more than my **invented complexes**. I work on myself, my thoughts and my body.

Body at the moment
as I'm not in as good of shape as before.

My face and my body type.

I have **wide hips** for a man like me with a very **tall and slim body type**.

I feel like my boyfriend notices **my extra weight** (although I only weigh 52kg and there's not much of it).
It's all in my head.

Also I secretly want to try BDSM.

I gained a little **weight** lately and it eats me up inside.

I'm insecure about **my weight** and **body hair**.



Nothing worries me at the moment
thanks to the **self acceptance**. Some
time ago I was insecure about **my body**.

I tend to **stop thinking** about any flaws
when being in the actual **process**.

I may have had some insecurities about
my body but you usually **accept yourself**
over time.

I used to be afraid to lie down
in a **wrong position** or **lift my leg**
up too high in the way I wouldn't be
able to **unbend**.



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I feel ashamed for not getting into **any kind of relationship with any girl** I've ever slept (I know **I'm a jerk**).



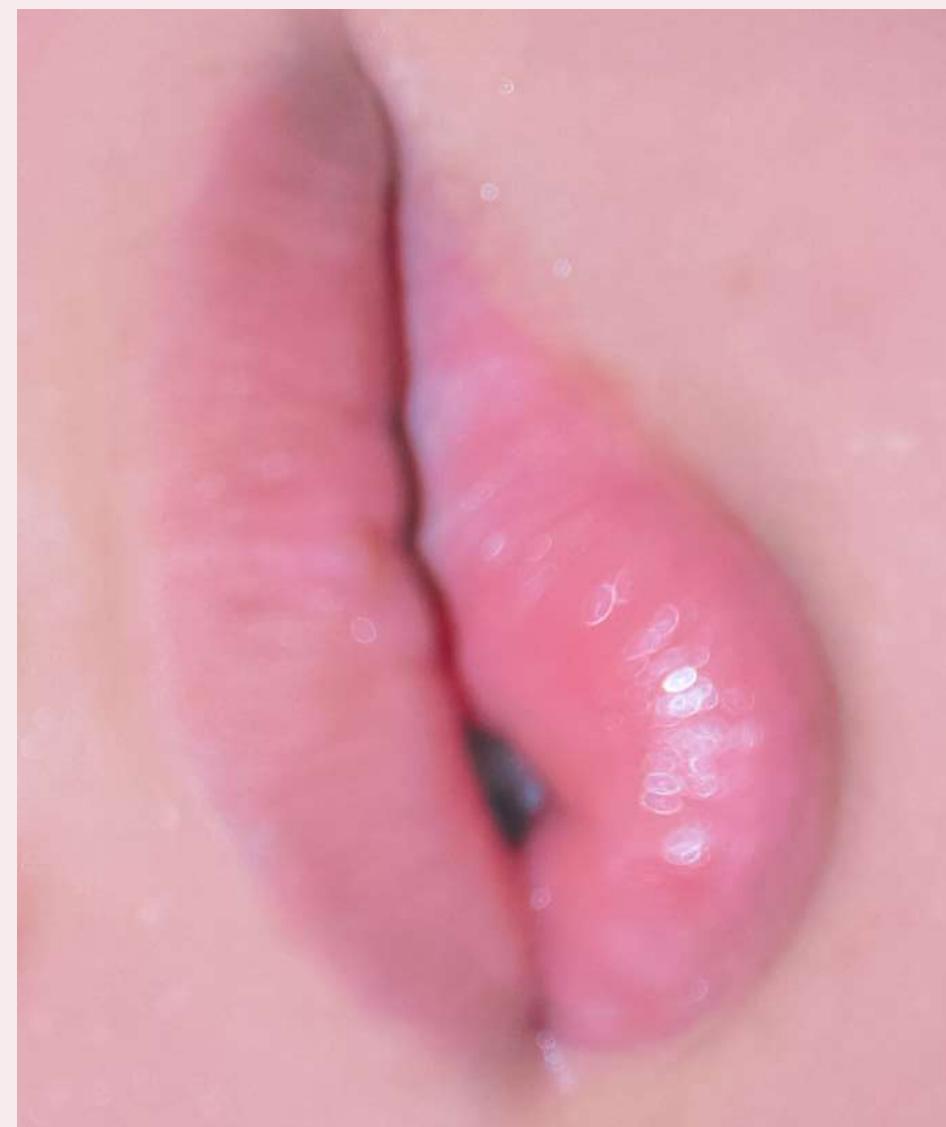
I used to be self-conscious about
my breasts - it changed so much
after **breastfeeding**.
But I'm okay with it now.



The shape of my genitals.



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Sometimes it's hard to **turn**
off your head. I constantly think
about **how I look** in front of my
partner.

I have some **secret fantasies** I'm scared
to share with my partner for the sake of
avoiding **misunderstanding**.

I love **nipple stimulation** and **BDSM**,
but not so many people I can **share** it with.

Sometimes it's hard to suggest
something new without scaring a
girl and looking like **a pervert**.



Sometimes I get a little bit insecure
about **my accent** but nothing other than that.

I feel ashamed when I **squirt**
and have a **prolonged orgasm** -
a condition that makes me
forget my name.



I have to imitate quite often.



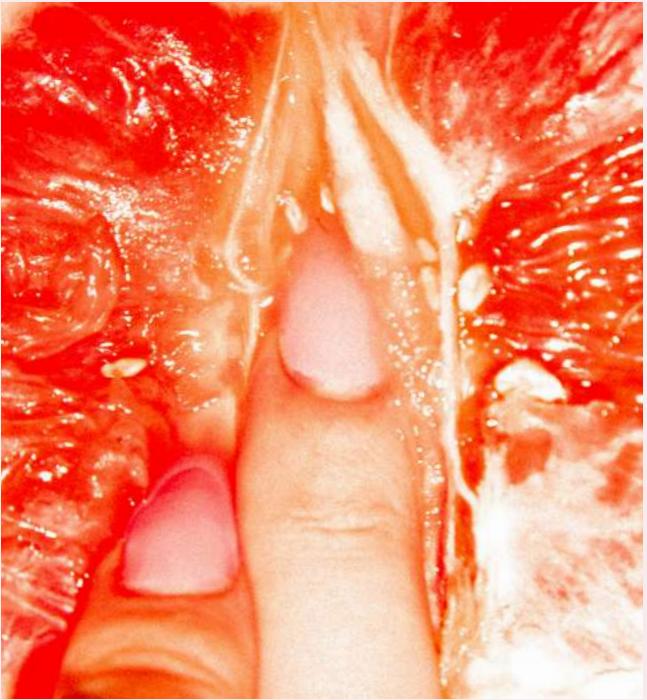
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325

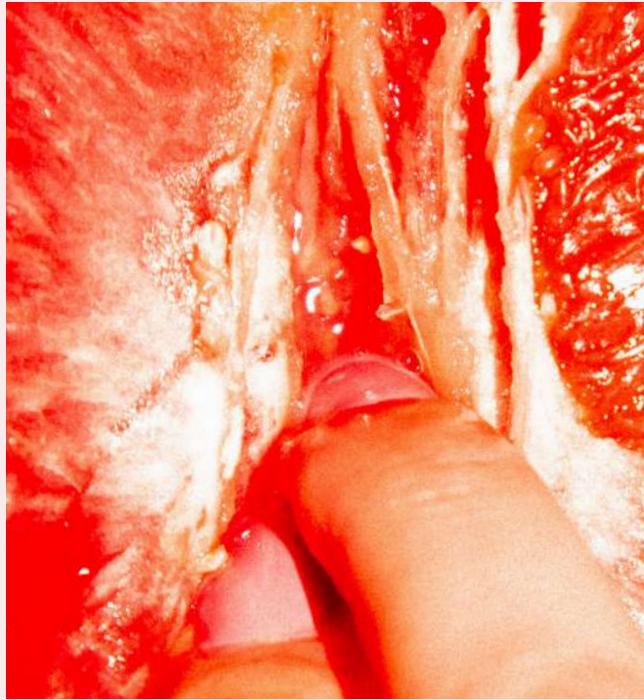
Not anymore, the **525ug LSD** experience got rid of that.



Air coming out of vagina.



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- 078-137** What is difficult about sex?
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