

5 SUBTLE MISTAKES MEN MAKE

IN THE BEDROOM AND HOW TO FIX THEM!



STIRLING COOPER

We all make mistakes in every aspect of our lives. Now some mistakes are insignificant and have no real impact on our lives beyond their immediate consequences, which we can easily observe and deal with accordingly.

However there are some mistakes that we make which have far subtler consequences and we might not even be aware that we've made a mistake until it's too late to do anything about it.

The information contained in the following pages is about just that, the subtle mistakes that men make in the bedroom which directly impact their relationships with women.

It doesn't matter what kind of relationship you're in right now, the information presented below applies to guys just playing the field, guys in a short or long term relationship and guys who are married.

If you've ever had sex with a woman and then she doesn't respond to your texts afterwards, or you've found yourself in a loveless marriage or long-term relationship where all the excitement has disappeared from the bedroom, then chances are you're making one of the mistakes on this list.

All this knowledge comes from the experiences of a man whose been having sex with women professionally in one capacity or another since 2015.

I work as a professional adult film actor, a Pornstar if you will, and at the time of writing this I've shot over 300 professional porn scenes in 6 different countries for some of the biggest porn companies on the planet like Brazzers, Evil Angel, Kink.com etc

Prior to this career I also worked for a couple years as a straight male escort, where I was paid to 'service' wealthy businesswomen as well as pleasure men's wives in front of them – basically live cuckolding sessions.

And prior to that I was in the swinging scene as a single guy for a couple years, so I would get invited to parties and would indulge in lots of group and exhibitionist sex with other men's wives & girlfriends.

Before getting into the Adult Entertainment Industry I had a lay count in excess of 200 women and nowadays my notch count is well over 500.

Why is that relevant? Because when you've had as much professional and recreational sex as I've had you see patterns in what turns most women on, you see patterns in terms of what buttons you can push to make them fall in love with your dick and more importantly you see patterns in terms of what turns women off, what ruins sex for women and what leads to them being unfulfilled sexually in their relationships.

So the knowledge and experience that I've put into the pages below doesn't just come from my personal experiences with women, it also comes from the conversations I've had with other Pornstars (both men and women) as to what separates a good lover from an average or bad lover. I also glean knowledge from the conversations I've had with other men's wives as to why their sex life is so unsatisfying for them and why they needed to see a man like me instead.

Over the next few pages I'll tell you exactly what mistakes to avoid making in the bedroom that will set you apart from the vast majority of men.

1

**NOT LEADING HER
THROUGH THE
SEXUAL EXPERIENCE**

Imagine the life of a hot girl for a second, she's been on a date with a guy and he's charmed her the entire night, led her from one cool bar to the next, held her hand as he walks through the crowds of people to take her to their table, orders her meal for her like a boss, takes care of the bill without even glancing at the cheque, he's leading the conversation so she doesn't feel awkward or under pressure.

She thinks to herself "Yes finally I've found myself a real Alpha male, a real chad".

Then he brings her home to his place for a night of passionate sex.....and he lays there like a starfish waiting for her to tell him what to do.

Seems off doesn't it? There's something incredibly incongruent about that scenario and when I lay it out like that it seems obvious, yet guys make this mistake all the time (and in an even worse scenario they don't lead her on the date at all either).

Let's make one thing perfectly clear.

A woman does not want to have to tell a man what to do in the bedroom.

A woman does not want a man who runs out of ideas in the bedroom.

A woman does not want to be the one leading the man through the sexual experience.

Women do not want to be leaders, it's not in their nature, they want to be led and more importantly they want to fuck a leader.

Now don't get me wrong they will very often make grand statements and gestures about wanting to be in charge, wanting to be the one who is making the decisions and calling the shots and very often they will automatically assume the role of leader if a man doesn't step up (she immediately resents that man by the way).

But make no mistake about it they DON'T want to lead, they WANT a man to lead them.

These statements and gestures about her wanting to be in charge and make decisions when it boils down to it are what we call a "shit test" or a "congruency test".

In her mind at that moment she thinks you are an attractive guy and this is her way of testing to see if you actually are the attractive man she thinks you are, if you fail the congruency test by letting her lead she knocks you down a few notches in her mental attraction scale.

This applies as much in everyday life as it does in the bedroom. This means you should be the one leading her through the sexual experience.

This means you are the one switching things up and moving her around between different sex positions.

This means you are the one instigating sex and foreplay, channelling your masculine energy and being unapologetic about it.

This means you are the one coming up with new sexy, kinky ideas to try.

This means you are the one who is introducing her to new experiences and testing her sexual boundaries in a comfortable, non-threatening, calibrated way.

If she's the one throwing you onto the bed, if she's the one throwing you around into different sex positions, if she's the one telling you to eat her pussy then chances are she is losing respect for you and once she's got her rocks off she's going to be looking for your replacement.



Yes it's fun and incredibly hot to have a woman lusting after you with so much true genuine desire that she shoves you onto the bed, rips your pants off and goes to town on your Johnson with her mouth. It's fine to let her do this to you once in a while, by all means I'm not telling you to reject her advances if she does this, but know that you still want to make sure you establish a dominant frame in the relationship and in the bedroom.

A far better frame for the future of the relationship, rather than her being the sexual aggressor, is if you are the one giving her commands and telling her what to do to please you and having her comply obediently and submissively with a "Yes Daddy/Yes Sir/Yes Baby".

Now I understand that this might sound like a lot of work, and unfortunately for you if you were born a man then I have some bad news for you, this is your lot in life Bucko. You have the burden of performance, so sack up and deal with it.

Now in this day and age, in western society at least, it's actually very rare for a young man to have more sexual experience than a woman of the same age. Why is that?

Well the simple reason is that our society is accepting of and actively encourages open hypergamy, that is the biological proclivity for women to date up and to seek out the seed of alpha males. So what you end up with is a skewed sexual marketplace where 20% of the men are having 80% of the sex. This leaves most men with very little sexual experience under their belt. Especially at a younger age because women are most attractive to the opposite sex when they are younger (18-24) and men are most attractive to the opposite sex when they are older (30-40), so men tend to have more access to sexual partners as they get older and more successful.

This leaves us with a bit of a conundrum then, how exactly do you lead a woman through a sexual experience if she actually has more real world sexual experience than you?

Well the simple answer is you take control of the situation. You take control by telling her what to do, by moving her around, by doing the things and positions that you want to do, and you do this with confidence and you do this unapologetically

(within her boundaries of course).

By the way this doesn't mean you tell her "Baby I'm going to give you the best orgasm of your life" or some stupid shit like that. This is one of the easiest ways to guarantee that a woman WON'T achieve orgasm when having sex with you, because you've put pressure on her to achieve a certain outcome, with that added pressure she is now in her head and she can't relax or be present in the moment enough to actually reach an orgasm.

Now you may run out of ideas occasionally and that's totally fine, nothing to worry about just take a break. For example if you're having sex and trying out new things, exploring her body, exploring her boundaries and then you run out of things to try but you don't want to orgasm just yet, then simply take a drink break. Leave her dick drunk in a puddle of her own juices for a minute while you get yourself some water, rehydrate, and come back with some more exciting things to try.

The most important thing to remember here is to have fun with it,, it may seem kind of daunting that you have to lead the sexual experience but once you've done this a few times, once you've had a woman following your every command willingly and you've seen the look of joy she gets in her eyes from being submissive to you, you'll be hooked on this way of fucking trust me.

2

**TREATING HER LIKE
SHE IS A DELICATE
PRINCESS**

Women are not the soft delicate fragile creatures you've been taught to believe they are. The harsh reality is that a lot of them want to be tied up, fisted and gangbanged and nowadays more and more of them are being openly vocal about that reality.

Let's make things perfectly clear, in the bedroom;
She **doesn't want** to be treated like a princess.
She **doesn't want** to be treated like a delicate little snowflake.
She **doesn't want** to be fawned and fussed over.
She **wants** to be ravaged like an animal.
She **wants** to be your little fuckdoll.
She **wants** to be the outlet for your uncontrollable lust.

The guy who gently lays her down on the bed, who slowly parts her legs, who delicately and carefully takes off her panties, the guy who carefully moves her hair out of her face, the guy who asks her if it hurts when he first puts it in with a look of concern and worry on his face is the guy who isn't getting a second date with that girl.

This is the kind of behaviour that dries her pussy up and means you'll need lubricant to even stick it in.

Now don't misinterpret me, I'm not telling you straight up slap a bitch in the face, (although there are some girls who are into that) what I am telling you is to not be timid and hesitant in exerting force on a woman in the bedroom because you're afraid of hurting her.

Women's vaginas can take a lot of pounding, think about it a baby has to come out of there, you think fucking her hard is going to cause her pain?

Consider this for a second, all the women I know who work as professional dominatrixes (and I've fucked/dated a few), like being dominated themselves in their private life.

Heck, a lot of women will orgasm just because a guy is using more force and being more physically dominant with them than they are used to.

Now there is an art to this, you need to be able to read a woman's body language to ensure you aren't crossing any of her personal boundaries and you need the experience to know how to do certain sex acts safely or to escalate physical force in certain sex acts (e.g. spanking) in a safe way as well. I'm not interested in anyone reading this getting a #MeToo or sexual assault allegation because they were too inexperienced and didn't read the woman correctly.

But every time you get in your head and hesitate to do something because you think it might make her uncomfortable or she might not like it, I want you to imagine her subconscious reading that in your body language and her mind automatically thinking "this guy is a pussy".

It's an ironic situation but by being more dominant and forceful you're allowing her to see how you respond to her saying "no". If you are emotionally unaffected and respect her boundaries/limits then she actually knows you can be trusted to go further next time because you'll stop when she means it.

The takeaway I want you to get from this section is that the mindset to adopt here is one of you getting off on getting her off, you get off on dominating her, it's more pleasurable for you than it is for her EVEN IF she is having the orgasm of a lifetime.

It's an attitude of "I'm doing things to you that are for my perverse enjoyment and pleasure, you're just along for the ride."

I had an interesting experience while writing this guide that really emphasised the importance of this point. I often look through the Pornhub comments on the scenes I've shot to see which ones are popular among the fans and I saw something very interesting. In scenes where I'm playing a creepy, mean, blackmailing kind of character the number of women commenting on the scene saying how hot I am was exponentially higher than on other scenes, and it didn't matter how I looked, if I was out of shape or badly groomed that particular day on set either, as long as I was playing that "mean" character they found it hot.

I was on set shortly after discovering this and I mentioned it to my two female co-stars, one of the women I had worked with previously and the other had actually "researched me" (aka masturbated to me) before getting to set, and both girls said to me verbatim "mean Stirling is the hottest".



Stirling Cooper @stirlingcooperx · Aug 14

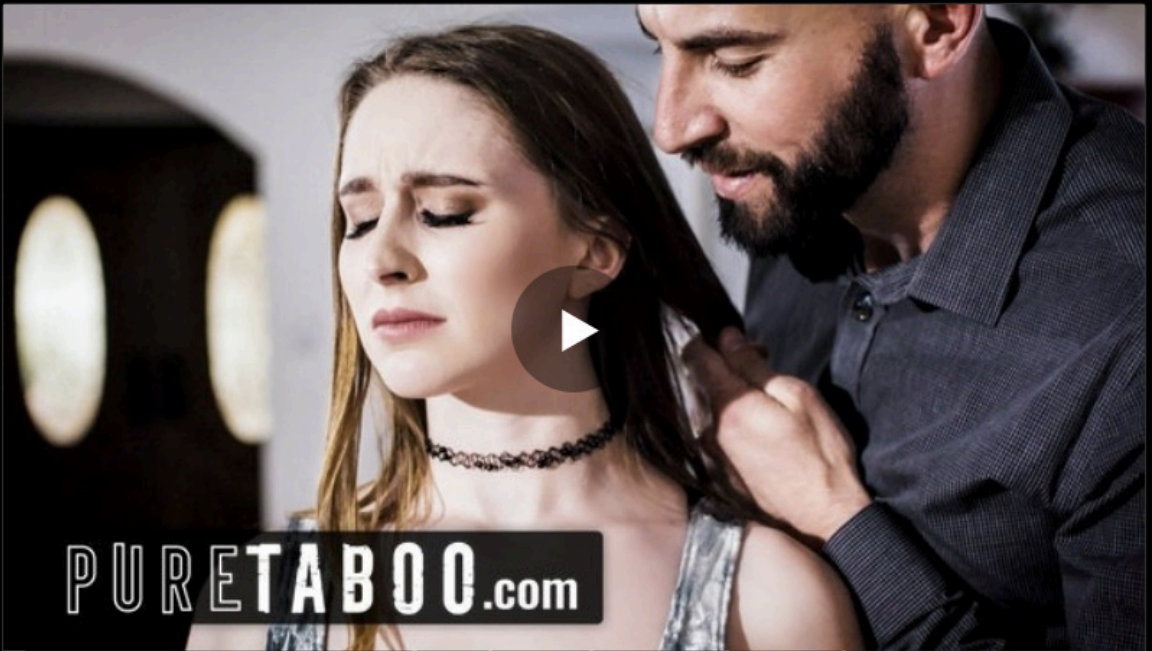
Literally every girl I shoot with



Marc Rebillet @marcrebillet · Aug 14

I like it when you're mean to me





PURETABOO

WATCH MORE

PURE TABOO SLEAZY STEP-UNCLE DECEIVES NIECE TO GET HER ALONE

Like Comment Heart About Share Download Add to Jump to

1,483,261 VIEWS

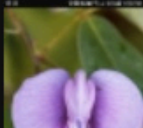
From: Pure Taboo - 111 videos

Subscribe

464,065

73% 5394 1956

Pornstars: Stirling Cooper, Laney Grey + Suggest



LingeringDesire 9 months ago

Who is this guy?? Damnnn his accent and appearance is such a turn on!

29 Like Dislike Reply



secret_fan35 8 months ago

He would not have to ask twice...he could wear me out

20 Like Dislike Reply



SarahJBarbie 4 months ago

SAME 🤔 His dick is dreamy!

1 Like Dislike



dirtypublicslut 7 months ago

Fucking right, i d suck his dick for hours

2 Like Dislike

Another element I want to touch on while making this point, one of the mistakes a lot of guys make is being overly concerned with making their woman orgasm.

For example if you have a casual fuck buddy or a long term partner it's perfectly fine to get your end away and not worry about her enjoyment at all from time to time for a couple of reasons. One being that women enjoy pleasing their man and get off on the knowledge that they can make him cum and two being that it makes you more unpredictable in the bedroom which we will elaborate on in the next section.

Now don't get me wrong here, I love making women orgasm, I get off on getting women off. However when it's clear to the woman that you are "desperate" to make her cum, that your sense of self-worth as a man is somehow tied up with your ability to make her cum or your self-esteem is based purely on the validation you get from making her orgasm then she will pick up on that sub-communication through your body language/vocal tonality etc

A classic example of this is the young guy who is super enthusiastic about pleasing his partner by going down on her but he doesn't actually know what he's really doing, so he will fiddle and fondle away down their rapidly with his tongue not really achieving much or getting his partner any closer to an orgasm.

Enthusiasm is good in the bedroom don't get me wrong, but if you don't really know what you're doing and your so wrapped up in the result that you NEED her to orgasm then I can almost guarantee that it WON'T happen.

The reason that putting so much emphasis on her orgasm and being needy and desperate about making her cum doesn't help you in the bedroom is two fold; firstly it communicates

desperation, you are desperate for her approval and validation and this communicates that you don't have options sexually (as in she is the only woman who would fuck you). This is incredibly unattractive to women, and as numerous studies have shown women orgasm more easily and numerous times with men that they find sexually attractive (surprise, surprise). Secondly it puts WAY too much pressure on her, you are making what should be a fun light hearted enjoyable experience into one that is demanding and putting her in a position where she feels like she has responsibility or needs to deliver something. This completely fucks with her head and when she is in her head she can't relax and if she can't relax and get into her body, or be present with the sensations of her body then she isn't going to be able to orgasm.

Deep down you are subtly communicating your deepest fears and insecurities through your actions, you are communicating that you are worried she might leave you if you don't please her and that she is your only source of pussy and you are desperate.

Basically you're shooting yourself in the foot by being too eager.

Now I've seen guys make the argument before that eating pussy is "beta" and that guys shouldn't be doing it, women won't respect you if you eat pussy etc. As a man who has slept with over 500 women both in a professional and non-professional context I can tell you right now that if you know how to eat pussy properly, if you know what you're doing down there, there isn't anything "beta" about it.

Given enough time and patience on my part I can make any woman orgasm from cunnilingus. In fact I've given numerous women their first ever orgasm from pussy eating in their entire

lives. So when I eat pussy, here's the reason it's not "beta"; I'm in control of her body.

I am so skilled at what I'm doing down there, that she literally has no choice but to orgasm, I'm in complete control of what her body is going to experience and that's the mentality I carry with me when I'm doing it. I'm not doing it out of desperation to please her or because I need validation from her or because I'm so desperate to keep her around that I hope making her cum with my tongue will stop her from cheating on me etc. I genuinely love the taste of pussy and enjoy going down on women. So if you are the same way and enjoy doing it, then don't worry about coming across as submissive by eating pussy, if you eat it the right way (with an attitude of dominant passion) it doesn't matter.

And if you're still not convinced that eating pussy isn't "beta" and you're looking for ways to make eating pussy more dominant then pull her panties off, stuff them in her mouth, tell her to look you in the eyes and pull her legs back so her knees are around her ears. That'll do the trick.

Having said that, making a woman orgasm from fucking her brains out is going to leave a stronger more dominant impression on her, but if you genuinely enjoy eating pussy as I do then there is no reason to not do it. If you're one of those guys who doesn't enjoy eating pussy then don't, you shouldn't be doing things you don't enjoy just to please a woman.

3

BEING PREDICTABLE

Why is sex always great at the beginning of a relationship, but after a long enough time the spark seems to die off?

Well one of the main reasons for this is predictability.

In the beginning of a relationship you're exploring each others bodies, you're exploring each others boundaries you are learning how to push each others buttons and how to communicate what you both like in the bedroom.

But once that period of exploration has subsided, most men tend to fall into a routine.

There are a couple reasons for this, one is that as men we like variety when it comes to sex and so after a while having sex with the same woman just doesn't quite give us the same rush of excitement that it did before and so there's less creativity in our sexual encounters with that woman.

The other reason is that as logical rational creatures men tend to look at the world as a series of problems to be solved and once we've learned how to push a particular woman's buttons the right way, once we've learned what really gets her off and makes her orgasm we think we have "this puzzle" solved and so we fall into a predictable routine when it comes to having sex with her.

So what used to be exciting exploratory sex turns into 5 mins of missionary position with the lights off.

It's an unfortunate double-edged sword where the thing that really helps all men level up and become successful in almost every other endeavour, that being routine, consistency and structure, is actually detrimental when it comes to interacting with a woman in the bedroom.

But try not to look at this like it's some kind of burden you have to bear as a man (i.e. the burden of performance).

Women are chaos, Men are order.

This is the inherent yin & yang of the feminine and the masculine.

These two things shouldn't be looked at as opposing forces but rather as complimentary to one another, if both parties take up their proper roles then the two become greater than the sum of their parts.

Yes it's work to keep things fresh and exciting in your sex life but the fact that you have to be constantly on your toes, constantly on your game, is what keeps you ALIVE.

If you aren't growing you're dying.

Comfort is the greatest killer of men and all that is masculine. Ask yourself, would you rather live a life where you're mentally asleep and just going through the motions everyday or would you rather live a life where you're constantly improving and testing yourself? I know which one I choose.

Girls just want to have fun. Guys just want to have their dick sucked.

What this really means though is women want emotional variety, they want you to lead them on an emotional rollercoaster.

With a woman you can be literally anything BUT boring and she will stick around.

Women view the world through a subjective lens, not an objective one. So this means that objectively you may not be the best lover in the world, but if you give her enough of an emotional experience then she will have the subjective view that you are, to her in that moment you are the best lover in the world. So the frame of the relationship you have with this girl is what dictates your value in her eyes, not the actual real world objective truth of the situation.

"Being consistent and repetitive = boring and predictable" even if you are doing all the things she says she likes, and you are pushing all the buttons that you know get her off or have gotten her off in the past.

Planning and scheduling sex is a sure fire way to dry up her pussy. Whenever I meet a couple that has a scheduled weekly "date night" I immediately know that their sex life is terrible. So play around, get freaky, let out your inner lustful beast and experiment with your sex life. Make her give your road head or blow you in the parking lot, fuck her in the alleyway on the way home from a date, make her play with herself for your entertainment and learn to associate pleasing you with an orgasmic state, make her wear a remote control vibrator while you're at the bar and turn it on every time someone comes over to talk to you.

Having an unpredictable sex life is a great way to keep the fire stoked on that burning genuine desire she has for you.

4

**NEVER TELLING HER
"NO"**

Women respect men who enforce boundaries. This applies as much in the real world as it does in the bedroom.

Never telling a girl no (physically or verbally) is a sure fire way to bedroom boredom and a loss of respect from your woman. As in if she does something you don't like in the bedroom or tries to take the lead you should be telling her no or physically stopping her from doing whatever it is you don't enjoy.

For example if she's riding you and she goes to choke you, but you don't enjoy being choked and aren't submissive then you should be either looking her directly in the eyes and telling her "No. Don't do that" or taking her hands off your neck and putting them behind her back, basically sub communicating to her "No honey, you aren't in charge here, Daddy is in charge".

Even if your partner never actually crosses a boundary for you, you can still apply this principle by setting arbitrary boundaries, limitations and rules for her in the bedroom. This is where elements of BDSM or Sub/Dom dynamics come into play in the bedroom and you can add little bits of this into your sex life without going to the extremes that true Dominant/Submissive BDSM lifestyle couples go to.

E.g. Not letting her orgasm, pulling out when she gets close, making her beg to cum or making her ask permission to orgasm, basically edging her to an even bigger climax and showing that you are in control in the situation.

If she asks for something in the bedroom, it's good to tell her no every once in a while, you aren't desperate to please her, you aren't desperate for her pussy, so you can draw the line at things you don't want to do.

Telling her NO during sex is basically a giant takeaway right when she is most certain that she has you, right when she is without doubt that you will comply with her every request.

E.g. Make out with her against the wall and then walk away and make a cup of tea, slam her doggystyle until you're about to blow and pull out and go have a shower leaving her not knowing what just happened, make her chase you into the shower to get your load of semen, get her on her knees and blow on her face.

This is also a good way to throw in some dominant dirty talk into the bedroom. If she asks you to do something in bed or she tells you she is about to orgasm, you stop her, look her in the eyes and tell her "No. Not until Daddy says you can" or "No. You don't get to do that. Now bend over like a good girl so Daddy can administer your punishment." Keep her guessing and don't let her tell you what to do.

Also, it's perfectly ok to reject a girl sexually every now and then. Telling a girl who really wants to have sex with you that you aren't in the mood or you are too busy right now can drive them nuts and make them want to chase you even harder. Because who on earth rejects women for sex? Only men who have options do this, and that is the most attractive trait a man can have to a woman.

This is very easy to do if you actually are seeing multiple women at once, because you'll naturally be less "desperate" to get laid.

But do this after you've already had sex with her a few times so that she's in your rotation and is craving your dick. Using her ego in your favor can be a great way of doing this, for example;

"I have work to do and you're way too distracting for me to get anything done around you so you have to go"

You can also use this preemptively if you ever get the impression that she might be about to make an excuse and turn you down for sex. Turning her down first puts you in the power position in the relationship, which is exactly where the man should be.

Do something that separates you from the pack. You have to stand out in her mind somehow. This is however much harder to do with girls who've had a million dicks.

With girls who've had a million dicks, throwing all this to the wind and just using her like a cum receptacle can actually work very well. I knew a couple in porn that broke up and her reasoning was "our relationship is just too healthy". Figure that one out for yourself.

The funny thing about women is that a girl can hate your guts and still want to fuck you. Because they fuck guys that they respect over guys that they like and they respect men who set/enforce boundaries.

5

**FORGETTING EYE
CONTACT**

Eye contact is one of the most powerful seduction tools in any man's arsenal and I'll tell you why. It's because it's an attraction signal that is hard to fake.

Women are incredibly good at reading body language and they are typically much better at it than men, this is because they are more social creatures than men in general but also because they are socialized from a much younger age.

Back when you were in school, when all the boys on the playground are playing football at lunchtime what are the girls doing? Talking. Talking and socializing with one another, learning to read social cues and learning to read body language.

PLUS they are also socialized by the opposite sex at a much younger age than men, since women are at their sexual prime at a younger age (18-24) they are getting hit on by men constantly and so they are being exposed to social sexual interactions with men at that age at a very high rate. Which gives them a ton of social experience and body language reading experience early on that young men don't get.

Why is this important and what does it have to do with being good in the bedroom?

Well strong solid eye contact is an attractive trait in men, and it's also incredibly hard to fake. If you're not feeling confident and sure of yourself when you're talking to a woman or making eye contact with a woman you will subconsciously give that away in your eyes by the subtle movements and flutters they make. Women will pick up on this subconsciously right away and will be able to tell that you aren't feeling very confident, which is unattractive.

Avoiding eye contact in general is a submissive body language signal, this is common among not just humans but great apes like chimpanzees and even dogs as any owner will know if you've caught your dog doing something they shouldn't.

So when it comes to the bedroom you want to maintain that strong level of eye contact in order to reinforce your dominant frame.

Eye contact is also a fantastic way to engage her mind and make her present in the moment, which is key to being able to get a woman to orgasm. She needs to be out of her logical brain and engaging with her more present to the moment emotional brain in order to reach that point of climax.

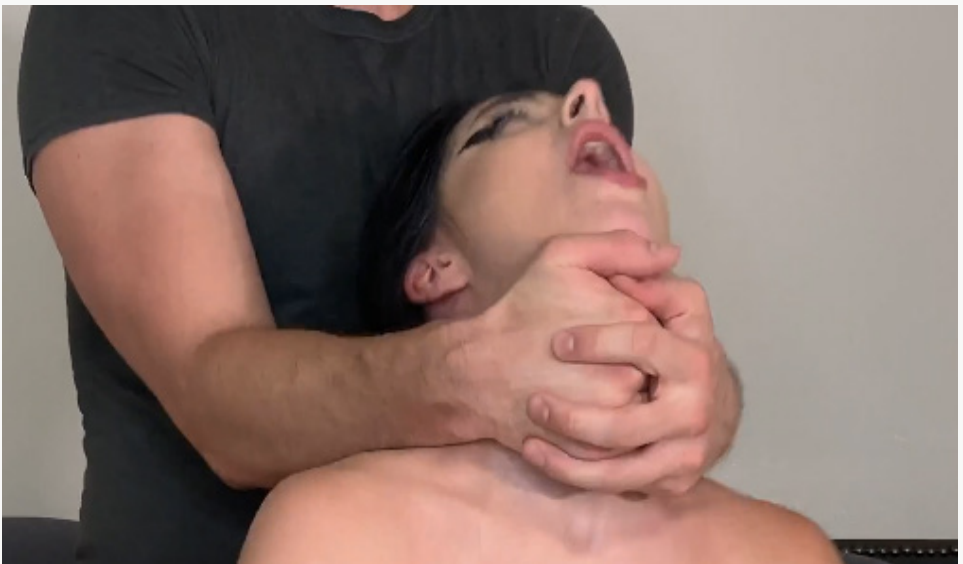
If you're avoiding eye contact with her during sex because you're "shy", insecure or uncertain of yourself it's going to be incongruent with all the attractive traits that got her into your bedroom in the first place and is going to make her doubt if you're legitimately attractive anymore.

If you're pinning her down and fucking the brains out of her there's no reason not to be staring into her soul at the same time and reinforcing in her mind the frame that you're her fucking Daddy now.

Personally I like to fuck them in doggystyle and grab them by the back of the head and turn her head to the side so she can look me in the eyes as I lean forward while fucking her.



Or I like to grab her by her throat and tilt her head back to she's looking back at me directly in the eyes.



**NOW GO AND PUT IT
INTO PRACTICE....**

I hope that these pages have imparted some new insights and practical knowledge that'll help improve your sex life and your relationships with women.

But this is just a small sample of the things I teach my community of followers.

So if you want to learn more of the tips, techniques and tools I've accumulated through my career in the adult industry that have helped countless men improve their sex lives and relationships then make sure to follow me on all my social media accounts below for new updates.



And don't forget to check for my messages in your email as I send out regular newsletters and special offers to my subscribers that you won't want to miss.

Thanks for reading,

Stirling Cooper