

First I need to examine you. But you have to discover your body yourself first. Find a full mirror, grab a pillow and sit down in front of it comfortably. I want you to reach under your clothes and caress yourself. Slowly discover and touch your whole body. Find out which spots are sensitive which are neglected. So I want you to know your own body. Spend more time on the spots that makes you excited.

If you are ready I want you to dress up in sexiest clothes (without the makeup). Showing as much skin as you are comfortable with showing. I want you to go outside your flat in these clothes to check the mailbox or to empty the bin. You have to go to a semi public place where there is a chance that the neighbors could see you, but probably no one will. You have go right after you read this. Do it now. This is an assessment to test your public nudity level. After you came back make a photo of yourself in the mirror. Strike a sexy pose showing as much as you are comfortable. (with or without face) There is no right or wrong pictures in this assessment. It is only for evaluating your current level. Send the pic to tamasdom@gmail.com