

# An Expert's Guide to (My) Masturbation

A document for the F Plus  
with content compiled by Spooks

OK, let's get straight to it. This doc is all about jerkin'! If you've ever wanted to change up your masturbation rituals but didn't know how, [www.mymasturbation.com](http://www.mymasturbation.com) is the site for you! It's like a tiny Wikihow that is all about fapping! The subtitle reads "Masturbation Stories from ONE THOUSAND Real People" so rest assured: even if none of those stories are real, the people who wrote them totally are for real.

The site is divided into female and male sections, which are further separated by (sometimes overlapping) subcategories. It's very scattershot so for the purposes of consistency, I've *erected* to mix and match stories from all over, then group them in sections more befitting an F Plus document submission. This document is compact, but there are a *looot* of categories I've skipped. If you need extra reading material, the additional links section contains extra categories that are bound to be funny. The stories with yellow highlighter titles are my faves.

**mymasturbation.com landing page text:**

## **Real-Life Masturbation Stories**

Why is there so much secrecy about masturbation? Everyone does it, but most people keep their techniques a closely guarded secret. Here, for the first time, you have access to *hundreds* of men and women, candidly sharing their first-hand stories. Learn their styles, techniques, hints and tips.

Visit this site often, we'll be updating with more stories on a regular basis. And don't be shy, use the form down below to share your stories of self-love with the world.

## **Really Dumb**

<http://www.mymasturbation.com/male/porn.htm>

### **I'm wanking now**

I love to wank! If I am bored I will wank. I am wanking now after reading all the amazing ways to wank on this site. I have wanked in front of many old girlfriends and enjoyed it. So did they. However, one day I would like to wank in front of a man. Not to have intercourse. Just to have an experience, and watch each other and come hard! I like to look up porn sites or read a porno mag, then pull my dick hard, but also like to see how long I can last. And I love wanking outside!

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### **Picture this**

I surf the net for a couple of hours trying tried and tested sites for some really good amateur photos, all the while slowly wanking. Having found a suitable picture of the girl, I then print this off. Raiding the hamper I get a pair of my girlfriend's soiled panties. Wanking slowly and sniffing the crotch of the panties, I pretend they belong to the woman in the photo until I spray all over the photo. Orgasms are quite intense.

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### **Blowing Fantasy**

I love to play with my cock and pick out sexy blow jobs pics. I lay in bed nude and have the picture of the one I'm hot on at that time. I put it close to my face and look close on the action and talk to the picture.

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### **Ready for lift off**

I masturbate by first lying in bed, thinking nasty images of other men masturbating. Once I am semi-hard I put my dick through the boxer short hole and let it stand while I'm sitting in my computer chair. Then I look at pictures of men masturbating on the Internet, which gets my cock out of control. I masturbate until I am ready to cum, and then once I cum I continue to masturbate until I start making sexy noises like, ""Uhh, ohh."" I could masturbate all day. I just love the way my 9-inch cock feels in my hand when I go up and down. Once I can't jerk off anymore, I go back to my bed chest down and start moving up and down like I am fucking a woman wildly. My cock is hard and is ready to lift off. I sit masturbating, moving my body back and forth in the chair. Uhh, ohh yes.

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### **Forbidden fruit**

I love porno movies. When I get a good one to watch, I use the pause to control the speed of the action. I like to fantasize about joining people onscreen while I lube up my cock and slowly jack off. When there is a really good close up of a good solid hard-on I will go to the TV and kiss and suck that cock until I cum! Forbidden fruit is a turn on!

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<http://www.mymasturbation.com/male/stop-go.htm>

### **All Day Long**

I sit back, clear my mind of everything, and I slowly and gently begin to stroke. I let the process progress more and more until I'm about to climax, and then I stop, take a breath, and back off for a minute or two. I go back at it again until I'm ready and that basically depends on my mood. A session could last anywhere from 20 minutes to an entire day of restraining and climaxing late at night.

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### **Fireworks**

I love to have a morning shot! So every night I will go to bed naked so that I'll feel aroused every morning. Using the stop and go method I change my position - kneeling, lying on my back, standing in front of the mirror, and finally I'll lay with pillows on my back so that I can't actually see my penis. Then at the 10th or 15th round I let it go and I'll see my cum flying

through the air like fireworks. It falls back on my stomach, sometimes my face. Most of the time I won't use any lubricant or condom but I'll play soft music.

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### **Up and down**

I mostly just rub my dick up and down, up and down, until I get the orgasm. Then I rub my dick a little slower, wait for about one minute, and do it again. Have fun!!

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<http://www.mymasturbation.com/male/ice.htm>

### **Shiver me timbers**

Make sure you are hard. Place your balls on a tray of ice so they nice and cold. While your balls are on the tray of ice, take a roll of paper towels and lube up the cardboard inside. Grab towels firmly, stoke until finished! (Not sure exactly what the ice does, but it helps me shoot big loads!!)

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### **Icy goodness**

Just fitting a few ice cubes into your anus chills the prostate and gives the most intense orgasm I have ever had in my life!

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### **Ice is nice**

Get an ice cube. Then slowly slide it up and down the ""dong"". This may be cold at first, but it will be fine in a bit. Get a mini-powered fan and set it on a table so that it blows at your cock. This will give it a wonderful sensational eruption. Have a nice explosion!

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### **Cool touch on a hot day**

First get a plastic bag and place in the freezer for half an hour, till it gets cold. Strip; I love being naked when I jack off. Lube up your cock with a mixture of Vaseline and toothpaste (the toothpaste stings, it feels great) and wrap the cold plastic bag around your rock hard utensil, then insert a small spoon (make sure it is cold) up your ass. Then pump away. This is fantastic on a hot day. But anytime works great the coldness on your cock make you want to pump faster and faster. I am stiff now just thinking about this.

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### **Love on the rocks**

Shove an ice cube up your ass and wait for it to melt and jack off at the same time.

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### **The Arctic job**

I take a bowl and fill it with ice cubes. Then I lie flat on the floor, naked. Then I watch a video tape I made for myself from things that excite me, from porn to others. While I watch it I rub the ice cubes on my cock, one at a time. The end result is very, very cool.

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<http://www.mymasturbation.com/male/panties.htm>

### **Not afraid of the dark**

My ultimate is to turn off all of the lights. Put soft music on the radio, put a blindfold and hood over my head so that I'm in total darkness and with silk panties in hand slowly stroke till I'm about to cum. Stop awhile and then do it again. Rubbing my entire body, cock and balls, I can imagine anything. After about 30-45 min, I'm ready to cum, and so when it happens it is so intense that it lifts me off of the bed. My only regret is that I waited till I was 50 to discover it.

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### **Pantiest**

I use a girl's panties and cover my penis and masturbate while kissing the picture of a pretty model.

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### **Highway Romeo**

I enjoy driving and jacking. I will pull my pants down and use a pair of satin panties to beat off with. I rub the panties on my cock and look for girls driving. I like to pull next to them and allow them to see me jacking off. Most times they will laugh or point. I keep jacking until I cum in the panties looking at the girl.

<http://www.mymasturbation.com/male/misc.htm> [this is a good category. read it all.]

### **Bud-o-rrific**

Well this isn't much of a method but more of an aid. I find that when I smoke a lot of pot and really get baked out of my skull, and I jerk off while watching porn or what have you, you almost trick yourself into feeling like you're having sex. It's great; I would recommend it to anyone.

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### **TV game**

When you are bored and you have just masturbated thinking about every celebrity, every porn star, and there's nobody left, I personally recommend this game. Turn on the TV, then look at your clock (example: 11:32). This time as an example it says 11. Get your TV controller and start changing the channel up or down 11 times. Then you gotta find some way to masturbate thinking only about the people you are watching at that moment. If you saw a great girl in a commercial but the commercial is over...DON'T THINK ANYMORE ABOUT HER, only the people that appear on the TV at that moment. Even if is one of those famous Pokemon.

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### **Countdown**

I like to use the flat inside of each hand on each side of my dick and rub back and forth rapidly (almost like working with modeling clay or the motion you'd use if you were rubbing your hands back and forth to warm them). When I cum it is intense. Another thing I do sometimes is to pick a number -- like 100 -- and determine that I'm going to cum in 100 or less strokes. I start slow and build up speed fast and its just really hot to think I'm going to cum that fast...and I always do.

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### **I'm not gay**

Try these tips: 1) Lube up real good with shaving cream. 2) Use one hand to stroke your dick and one to play with your balls. 3) Even though you are not gay, try sticking some fingers up

your ass. 4) Watch yourself wanking in a mirror. 5) Talk about wanking with other guys and get them to jack you off (but it doesn't mean you are gay). 6) Cum into your mouth and keep it there for 10 seconds and spit it onto your cock and start wanking again.

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### **Bunch o' tips**

Here are some assorted tips which have made my masturbatory life the best: 1) Try doing it in as public a location as possible. (i.e., the backyard, in the car, at a secluded spot on the beach, etc.). 2) Do it in front of a mirror. Get to adore your beautiful cock being stroked by the greatest lover on earth! 3) Take as long a session as possible. Those that are an hour or longer are the best. Take breaks if necessary. 4) If you have a lover, ADMIT your love for masturbation. Do it together as often as possible. 5) Guys, stick your finger up your asshole when you are about ready to cum. It stimulates the prostate gland and makes for a hell of an orgasm. 6) Try eating a banana during masturbation. It simulates the blowjob process quite well. 7) Create a masturbation email list. Email someone while you are masturbating and share every gorgeous detail. 8) Wear a t-back and start masturbating while lying on your stomach (preferably outdoors). After a few minutes pretend that a member of the opposite sex is removing the t-back, and continue masturbating to climax. 9) Guys, save your cum in a small container, such as a pharmacy bottle. When your ready to masturbate pour the saved cum all over your dick and balls.

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### **An old hand**

Well, I discovered how GREAT it feels to masturbate when I was only 3 years old and I'm now 53! So I'm an old ""hand"" at it. At 19 I left home so I could constantly jerk myself off without getting caught. And although I experimented a lot when I was a child, I could now freely masturbate all I wanted, any way I wanted. Like soap up my dick and hump a nice slippery sheet of plastic covering the bed. Jerk off wearing a latex glove and mineral oil on my dick. You name it, and I probably did it.

I just never did see what all the fuss was about. And actually, I have to admit that after 50 years of relentlessly jerking myself off, I dearly love every cum-splashed minute of it. I'm a born jerk-off and couldn't be happier! And I'm just thrilled that my dick is now so experienced, it stays hard all day long and I do practically everything with one hand while I jerk myself off with the other. I'll do it while driving and out hiking. I even have my own business so I can flail away all day. For I've learned that my dick is an endless source of exciting, and even mind-blowing, sensations/orgasms. And since life is short, I fully intend to keep masturbating and get the sensations/orgasms I can out of it, as everyone should!

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## **It's Not Gay Unless It Is**

<http://www.mymasturbation.com/male/mutual-mm.htm>

### **Lending a hand**

My friend and I were horny one night on vacation, and we decided that it would be fun to just masturbate together, but we discovered that having someone else jack you off feels soooo much better, and it doesn't make you gay, because you don't have to look at the person. Just watch porn and let them jack you off to climax. It's awesome, and we're still good friends, but we just happen to help each other out now and then, haha.

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### **Fun at camp**

I'm not gay, but once at a scout camp me and my friend were jerking off and I really loved it. We got in the sleeping bags so only our dicks were out and we swapped: I jerked him and he jerked me. We're not gay but will help each other out all the time. We once ate each other's come. It tasted great!

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### **How about a lift?**

Sometimes at night I give single guys a lift in my car. We start talking about the evening and he asks me what I have been up to. I tell him I have been at a friend's house watching porn all night and am so horny that I can't wait to get home and toss off. If he is interested/curious then we talk on about the porn I watched. I tell him how one guy's cock was so big it looked as if it would rip the tight pussy, and if my cock was that big I would take pleasure in showing anybody.

I grab myself discreetly, as if I don't want him to notice, but hope he does. Sometimes the guys grab themselves as well and we talk dirty for ages, saying things straight guys just never would say to another guy. It is a real turn-on. Some married guys say they want to compare dicks with me or see what it is like to suck a guy's cock. Both of us leave hard!

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### **Night cap**

I like driving late at night down dark streets looking for drunk guys who seem friendly. I park the car under a street light and start playing with myself, sometimes I pull my trousers down so the light shows my hard cock and balls. If the guy walks by and looks in and sees me playing with myself, he may keep walking or stop and start talking. Sometimes they start playing with their own cocks as well and we toss off together.

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### **Steamy matinee**

I go into the adult cinema. I wear loose shorts and like to sit in the middle rows. I take my cock out from the leg of the shorts and then slowly stroke my cock while watching the movie. Quite often there are other guys, some openly masturbating and naked from the waist down. I have had a guy sit next to me and we watched each other jack off.

The last time I was in the cinema, while I was in the toilet, an elderly man came in who had been sitting off to one side. He had been watching me. When he said hello, I could see he was looking at my semi-hard cock. When we returned and sat down he got up and sat next to me and started to rub me through my shorts. After a couple of minutes he had me out of my shorts and was stroking me firmly while whispering in my ear to cum for him, which I did in short time. A very erotic and satisfying experience, one which I have been back to repeat, but he has never returned.

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# Let's Get Gross

## Yes, Now We're Getting Gross

<http://www.mymasturbation.com/male/caught-by-mom.htm> [this is the biggest category on the site, go figure]

### Tea-time tosser

One day after a night out, I was dying for a bit of self-pleasure so I got in my bed and started furiously wanking off. It was some time before I came and it was a mind-blowing orgasm, but little did I know that there was a couple of bits of toast and a cup of tea on my bedside cabinet which my mother must have placed while I was enjoying myself! I told her I must have sleepwalked and it was common! She said she'd always thought I was a tosser anyway!!

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### Playboy pervert

I was out drinking all night. It was a weeknight during the summer. I came home at about 5:00 a.m. and immediately ordered the Playboy Channel. I plopped on to the living room floor, dropped trou, and took care of business. As soon as I completed the task, I passed out cold, my "evidence" all over my now-bare chest. The next thing I remember is my mother yelling from the staircase, which led directly into our living room. She's yelling, "Mikey, get down here, your son's on drugs," blah, blah, blah. I began to wake up and I realized I was pretty much laying on the floor naked, Playboy still going, and that I was still wasted, of course. My mother continued to scream for my father. By the time I raised my head, they were staring at me from the staircase. I realized that I had a load on myself with penis still in hand. My father sighed in disgust, and began to wake me up, covering my genitalia with a pillow that was now stained with my jiz. As I got up (slowly and in a daze) I realized what I loser I was. Now to make matters worse, I went to take a step toward the stairs to go up to bed and flipped through the air onto my face/chest/etc. My freakin' pants were still wrapped around my ankles!! So now there's jiz everywhere, all over me, the pillow, the rug!! My mother was SOOO disgusted. I was so drunk all I wanted to do was remove myself from the situation. I barricaded myself in my room and didn't come out (while they were home) for about two days. I could hear my mother talking to someone on the phone about the whole story. I couldn't believe it. Needless to say, my relationship with my parents has never, ever, ever been the same. My sister also knows the story, but was too young to appreciate it. She brings it up from time to time just to make sure I don't forget what I loser I am. It works every time!!!

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### Christmas candlestick caper

Every year around Christmas we clean the house so it will look presentable for Christmas Eve dinner. Anyway, about two weeks before Christmas I was getting some decorations out

of the attic and I found two tapered candles. I got an idea and set the candles aside for my private use. Later that night I broke out one of the candles and banged myself to orgasm with it. It felt so awesome!! In fact, it felt so good that I continued using the candle every day, sometimes more than once a day, for the two weeks leading up until Christmas Eve. On the morning of Christmas Eve, my mom was setting the table and she said, "I could have sworn I bought new candles last year. Where in the hell are they?" I didn't want to get caught, so later I slipped the candles back into a box of decorations while she wasn't looking. Needless to say, she eventually found them and put them in the upright candle holder on the dining room table! So on Christmas Eve my extended family came over because we always have dinner at our house. Eventually, my mom went to light the candles, but they wouldn't light (could this be from all the vaginal fluid that seeped into the wick). After many tries, my mom finally got the candles to light, but I guess vaginal fluid had seeped into the wick because it smelled like a rotten vagina as it burned!! My whole family started gagging and made faces of disgust, and my mom, still gagging, threw the candles away and my whole family looked very disturbed throughout the whole dinner. They didn't know it was me, but my face was red through the whole ordeal!!

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### **No condoms allowed**

I was home alone for the weekend and I was masturbating with one of my parent's condoms on their bed. I was totally naked and I thought they were gone for the whole weekend and they walked in on me right when I started to cum. When my mom saw me with my dad's condom on and cumming she fainted. She was really pissed off, but my dad just said not to wear condoms when I masturbate and that I have to keep my door open all the time.

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### **Pinch me, please**

One time I was wanking off and I couldn't cum for anything (I wasn't too horny), so I decided to get a pair of tweezers and pinch my ass with them. So I started pinching my ass and I was getting off, but then my mom suddenly walked in and told me to lift up the covers! I said no, so she told me to sit up. I sat up and the tweezers went straight up my ass!! I screamed and my mom asked what was wrong ... just let your imagination handle the rest!!

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### **An apple a day ...**

I've enjoyed sticking just about anything I can find up my butt while I masturbate. I get a little carried away sometimes and push things a little to far. I like the feel of nylons in my butt, so when my mom was at work I would take some of her pantyhose and wrap things up in them. So, one day I was shoving an apple in my butt and it sucked itself in, pantyhose and all. After working for a while to get it out I finally managed to get a grip on it and slowly some of the nylons came out, but not all the way out. Mom came home early that day and walked in to find me crying with her pantyhose hanging out of my butt! Of course she freaked!! It got worse when she made me pull them out and the apple hit the floor with a nasty thud. Now I only masturbate in a locked bathroom using only my hand.

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### **Parental concern**

Well, once when I was jerking off to a porn video and my mom came in and she was like, "Oh my god!! What are you doing?!" and I said the TV remote broke and I couldn't change the channel and that I just got excited from the video and decided to change my boxers. And



then I had the "gay talk" with my dad--you know, the old "Son, if you masturbate you might think 'Oh, I don't need women. I can just jack off' and you might turn gay."

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### **Blinded by semen**

A few weeks ago I was up late masturbating, and I tied my feet to the bedpost above my head and stuck a large, lubricated sharpie into my anus and proceeded to jack off. Well, to get to the point, I came and some of it got in my right eye under my contact lens! So there I was, completely nude, with my feet tied up to the headboard above me, and blinded by my own semen, not able to see to untie myself, and unable to reposition myself either. So there was only one option--call for mom to come to the rescue. Sure, she wasn't happy at all; in fact, I was forced to go to church for the next several months and I was not allowed to go in my room and close the door. I also was grounded and lost all privileges, but the embarrassment of having my mom see me like that was far worse than any punishment I could ever receive!

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### **Clit ring catastrophe**

I have a clit ring. You know, a piercing through the clit. And I was feeling a little horny, as I always am. So I went in the bedroom to get my favorite outfit, a fishnet creation that's very comfortable and oh-so-sexy. I laid down on my bed after putting it on and I started to go to town on it. I was rubbing and fondling when all of a sudden I felt a snag. I looked down to see that the fishnet had come unraveled and had gotten stuck on my clit ring. "Okay," I thought. "I can get this off, no problem." I stood up, not realizing that the fabric would stretch, and I heard a rip and felt the most awful pain. All I remember is seeing the blood and then hitting the floor. I woke up in the emergency room with my mother giving me dirty looks and a bunch of nurses giggling at me. Well, needless to say, I had to get 20 stitches and was told not to have sex for 6 months. But there is an upside! I have more feeling in my clit now and masturbation is better than ever.

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### **Tree piercing**

I was rubbing one out and driving at the same time when a white-tailed deer suddenly ran out in front of my car. I didn't hit the deer, but as I swerved to miss the deer I hit the ditch and then slammed into a big tree. I felt all right after the impact and after I came to ... except a limb from the tree smashed through my windshield, puncturing a two-inch hole in my nut bag! After sitting in my car for two hours I built up enough strength to get out of my car. I climbed out of my car while holding my sack in both hands. I then walked back out onto the highway and tried to wave down cars, but the people driving by just ignored me because they thought I was being a jerk and making obscene gestures toward them. Lucky for me, my own MOTHER drove by and saw me. She picked me up and rushed me to the hospital where I received twelve stitches in my sack! Everything seems to work now after two years.

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### **Zipper slip-up**

Once when I was 14 I thought my parents were gonna be gone the whole day so I had a blast. About the eighth time I masturbated they knocked on the door and I tried to zip up my pants really quick. The skin of my penis got caught in the zipper, but being in such a hurry I kept zipping anyway! It took eight stitches and a hell of a lot of pain pills, but I got over it after about a year. To this day I don't masturbate anymore and I live in my own house!!

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### **Danger man**

In my teens, I used to enjoy the thrill of what I called a "dangerwank." I'd start pulling and then, when I knew I was close to shooting, I'd yell "Mom" and have to finish before she ran into the room! There was always the risk she'd burst in when I was beyond the point of no return!

<http://www.mymasturbation.com/male/speakers.htm>

### **Good vibrations**

I like to use stereo speakers. Take the cover off and prop it up so you can put your cock against it and turn up the bass. Amazing!

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### **Music makes him hot**

I love to masturbate to freaky music. Like if I hear ""Darling Nikki"" or ""Hed Interlude."" That shit is HOT, especially when you envision you in those songs. Oh, and being a truly bisexual man, I get off seeing men and women make out and having a tongue or fingers in my ass. And when I cum, I get a serious rush, especially if it hits my face and mouth.

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### **Music to his cock**

I use a big loudspeaker. I put my penis on the loudspeaker cone, play heavy music, and crank the bass and volume. It gives me a great orgasm.

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<http://www.mymasturbation.com/male/wet-messy.htm>

### **Wet and messy**

Get one of those socks that only go up to your ankles (cotton is best), and fill it with warm pudding, shaving cream, or whatever, then put it on your cock and have at it. I'm into WAM (wet and messy) stuff, so I fill up three socks so I can put one on each of my feet too (in the bathtub). I usually use liquid soap or shampoo on my feet. Massaging your slippery foot really feels good.

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### **Milky smooth goodness**

I love to masturbate. What I like is BIG Women. The likes of Anna Nicole Smith. I watch her nude pics on my computer. First I make my self a glass of milkshake. And then I sit in front of my computer and take some of the milk shake in my left hand (don't use both hands it gets messy). Use your index finger and thumb to encircle ZORRO and while sitting keep both your thighs together so that your balls are jammed against the back of your penis and with the milk shake as your lubricant. Whoa! You must be thinking what happens to the rest of the milk shake. Well...drink it.

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### **Pig pen**

I usually masturbate with mud! I got some from my backyard. It was wet and soft and I stuck my dick inside. Feels great!

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<http://www.mymasturbation.com/female/wet-messy.htm>

**Balloon time** [I'm not a lady and I still get phantom pains from reading this]

Take an oblong balloon, any color will prove satisfactory. Fill the balloon with just enough warm water so that the balloon still has movement but giving your hand enough control. Smear KY-jelly all over the balloon, make sure that you have a spray bottle with warm water in it, and spray the balloon regularly keeping the balloon from drying or sticking to your clit. Ouch could ruin the moment.... Rub gently over your entire pussy area. Women, you know the areas I'm talking about. Practice with it, become one with the balloon. It will drive any pussy crazy with warm slippery pleasure.

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**Washcloth**

Take a wet, warm washcloth and put Vaseline on it. Lightly stroke it back and forth over your clit - it is awesome. I tease myself for as long as I can and then I press the washcloth hard against my pussy. The orgasm is warm and slippery.

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**"I scream, you scream..."**

I like to use an ice cream cone. Fill the cone up with desired flavor of ice cream and shape it like a nice big penis, then just rub against your clit nice and slow and you'll have a massive orgasm. When I finish I like to eat the ice cream. You have to do it quick though, or else it will melt.

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## Recipes... for an Orgasm

<http://www.mymasturbation.com/male/food-bread.htm>

**Oui oui**

I enjoy masturbating with a nice French roll. Open up the French roll then add any type of lubricant you can think of! Fold the roll around your cock and hump away. I've used many lubricants but what really gets me going is ketchup, that way I can pretend that I am popping that nice tight pussy for the first time!!!! NICE

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**Wonder bread**

I took half a loaf of bread, making a hole just the diameter of my penis and putting a plastic bag inside the hole and then wrapping it round the half-loaf. I took this to bed with me and it served as an excellent mock vagina. After coming I left the sperm-filled bread by the side of the bed and in the morning masturbated with it again, the previous night's sperm acting as an arousing lubricant.

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**Secret ingredient**

Once, I was kneading dough in the kitchen and I got an erection and soon realized that it was going to end in masturbation. The soft, rubbery feel of the dough gave me an idea. I made a hole in it, put in some olive oil and then took out my penis and inserted it in this culinary vagina. The sensation was fabulous! I pulled it out and pushed it in, backwards and forwards, until I could feel myself coming. The first few times I did this I practiced "coitus interruptus" and ejaculated outside the dough, but finally I went the whole hog and completed the erotic experience by ejaculating into the dough, then kneading it in and baking "sperm bread"! If only those who eventually ate it had known the secret ingredient!

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<http://www.mymasturbation.com/male/food-meat.htm>

### **Liver lover**

Buy a piece of the cheapest raw liver you can find. Warm it up, slice a slot into and whack away. It feels as good as a real vagina!!

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### **Sweet meat**

Take a couple pieces of bologna and warm it up in the microwave. Wrap them around your cock to make a nice little hole. Use both hand and grab it tight and pump away for 10-15 min (start and stop method is great!). Feels just like a hot piece of ass. When you get so hard you can't stand it, remove the bologna and start whacking your cock for another 10 min or so, using the lube from the bologna. When you just can't hold back any longer, let him blow. You'll have a huge load!!!!!! I promise you'll have to clean up way behind your head!

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### **Meat basket**

I like to call this one the Meat Basket. Gather a bunch of meat from the grocery store, especially tri-tip, prime rib, and t-bone. Cut the meat off the bones and pile it all in a basket or bowl of some sort. Heat it to your preference. Add different spices and steak sauces and mix it all together. Take a piece of meat out and slop it all over your dick for an arousal. Then, insert your dick into the bowl and slide it over the saucy meat and cream your dinner!

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### **Mystery meat**

Get a can of Spam, take the whole block out, and heat it in the microwave to warm it. Not too much 'cause it will burn your cock. Cut a hole in the center to make it look like this (). Then put your cock in it and start fucking.

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### **Just like pussy**

I like to go down to my local supermarket and buy an average raw chicken breast. I chuck it in the microwave to warm it up and when warm cut a slit in it and fuck away like crazy. It feels great and is the closest thing to a real pussy.

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### **Taste of outdoors**

I like to go into the woods, finding someplace secluded with my dog. I take her for a walk. I carry with me a big beef stick that I have cut a hole in. I drop my pants and shorts and slip my cock into the hole. I like to sit down on top of a log and spread my legs wide, and slowly

thrust my hips into the beef stick pussy. My dog is good for alerting me if someone is coming. I like to take my time doing this. I enjoy a prolonged tease before orgasm. The grease from the beef stick makes a wonderful lube and I get great suction, for the stick makes a tight fit and is longer than my cock. I stop every now and then to taste my juices and lick the stick. It tastes very good. Then when I cum I lick the sperm from the stick.

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<http://www.mymasturbation.com/male/food-fruit.htm>

### **Cucumber Bedding**

I like wanking with a cucumber. First cut a hole into it a bit smaller than your cock. Then put it under a mattress and fuck it until you cream your load.

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<http://www.mymasturbation.com/male/anal-food.htm>

### **Get your vegetables**

I rub bananas all over my knob, then slide a condom on a carrot, lube it, and then stick it up my arse. Oh the joy.

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### **Fucking cucumber**

I enjoy working my ass over with a cucumber. I strap it to the handle of a long screwdriver with masking tape. I then lube it with baby oil and brace the screwdriver wherever it will brace. You can fuck yourself in many positions till you have managed to work the cucumber all the way up your ass or as much as you can take. The orgasm is incredible.

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### **Veggie lover**

I like to lube up a zucchini and slide it up my arse while lying on the bed. Then I jack off until I'm nearly ready to cum while pushing the zucchini in and out. I let the moment pass and then start rubbing again. After doing this 2 or 3 times I usually get to the point of no return and stop rubbing and just slide the zucchini in and out, pressing it against my prostate. The orgasm is intense and produces a great spurting wad all over my stomach.

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<http://www.mymasturbation.com/male/food-misc.htm>

### **Butter nutter**

Get a tub of butter or margarine. Place sealed tub in bowl of warm water for five minutes. The outer most part of the butter should have melted. Get your self a rubber (unless you like jism-flavored butter!), place it on your beast, hollow out a penis-sized hole in the butter, insert erect penis and start boning that hot sexy bitch! For extra pleasure insert a peanut into the opening at the hole near the top!

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### **Incredible edible egg**

Raw eggs feel like a wet mouth.

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### **Stop and go method**

First I need to get myself hard. I do that by looking at these stories and pics of black and Latin girls. After I get hard I take a frozen hot dog and stick it up my ass. After that I jerk off with something warm (pancakes work for me). When I'm about to come I stop (use the stop and go method). Wait, then do it again till I'm about to unload the biggest ever. I usually aim my cum at food (popcorn is the best). After finishing, just have fun and eat your food mixed with your cum!

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<http://www.mymasturbation.com/female/hot-dog.htm>

### **Hottest dog**

I take a hot dog and heat it in the microwave (for only 5 or so seconds.) It's nice and hot. Then I usually lay down on my back, sliding the hot dog in and out of my pussy. It's great!

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### **Hot diggety dog**

Take a hot dog wiener and put it in the microwave for about 20-40 seconds, depending on how warm you want it. Then take the warm wiener and rub your clit with it. Then go back and forth rubbing your clit and putting it in your pussy. The warmth of the hot dog makes me go wild.

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### **Fries with that?**

I like to masturbate by first twisting my nipples for about two minutes. Then I take a raw hot dog and wiggle it on my clit until pressure builds. Then I start to shove it up and down in my vagina. It feels wondrous.

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<http://www.mymasturbation.com/female/kitchen-utensils.htm>

### **Scoop it out**

I like to use an ice cream scooper in my pussy then put a vibrator on my clit and I rock back and forth and the two minutes go by and I cum for like 5 min before I can stop! It's better than the real thing you got to try it. Oh the vibrator is only a back massager but it feels so good you'll scream. You can just use the vibrator (massager) if you want but I like to pretend that the scooper is a big cock. Put Vaseline on yourself too.

---

### **Butter me**

Put a butter knife into your pussy gently. If you are brave like me then you will start to add another after another. Never try to pull them out all at once or you are going to feel some pain.

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### **Whip it**

When I need to ""take care of business"" I get an old fashioned whisk, the kind your mom whips eggs with, and I lick the handle to get it really wet with my saliva. I hold the other end of the whisk and I first, gently caress my clit. Sometimes, I hold my vagina lips open with my

other hand. I like to pull my legs up to my chest and elevate my lower body with a pillow. As I start to feel my pussy get wetter and my clit and my labia get more swollen I begin to press a little harder onto my clit and start moving the whisk in a circular motion. You will feel so overwhelmed when you come. It is great to pop that whisk out and use it with others in the bedroom too. And just think, nobody knew where that whisk was...of course clean it before you put it back ;).

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### **Super scooper**

When I masturbate I like to first hump the corner of my bed until I get nice and horny then take out our jumbo size ice cream scooper. I slowly start to play with myself and when I just can't stand it anymore I thrust it inside of me extremely hard and start pumping it in and out as I continue to hump my bed. It works great and it gives you an awesome orgasm!

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## **The Point of no Return**

<http://www.mymasturbation.com/male/odd.htm>

### **Head banger** [for Jack Chick]

Now this might be kind of hard but it works. Grease your hair (really). Works best with long hair -- and yes, the hair on your head. Then bend down REALLY FAR. Stick your cock in your hair put on some rock music and head bang. This is the most maximum pleasure ever!

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### **Filing time (Note: this is potentially dangerous and not recommended)**

I have a filing cabinet in my room with some very heavily loaded drawers. I like to get totally naked and stroke my cock a little to warm-up for a real workout. I tie a piece of strong thick string around one of the heavier drawer's handles with many knots so there's no chance of it coming loose. Then I tie the other end tightly to my cock, about halfway down the shaft. Then I like to walk backwards away from the filing cabinet. This pulls hard on my cock, the string usually sliding to the end of it, just under the head. If it's tied tightly enough, I can carry on walking backwards, with a lot of strain on my cock which causes more and more arousal making me want to jerk off. When I untie and wank my cock is red and painful making Masturbation Tutor session much more intense.

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### **Turning blue (Note: this is dangerous and not recommended)**

I try to hold my breath as long as I can, and if I start getting out of air (like after 1.5 minutes for me) I start masturbating. It feels great! My personal record breath holding on this way is 4 minutes. Maybe it's not healthy but I like it.

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### **Paint me pink (Note: this is dangerous and not recommended)**

I found one of the best ways to jerk off is to use some form of paint as a lube. Weather its house paint, or acrylic, the paint makes a nice smooth feeling. Just remember to wash it off ASAP to avoid a new decorating style of cock!

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### **Shake it up (Note: this is extremely dangerous and not recommended)**

About a week ago I was cleaning the aisles at work late at night at a hardware store and found this paint can shaker. You know the electric ones at paint supply places. Yup, you guessed it -- it clamps down on your cock perfectly and it has a setting of speeds I used this for like 45 seconds and kaboom. I shot hot cum all over it. Plus it doesn't hurt, it just tugs and wiggles before your cock gets hard your spraying down the aisles. God I love work!!

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### **Contortionist**

Last night I stuck the head of my penis just a little bit my anus. The pain of twisting it there and pulling and pushing was almost enough to make me cum, but I ended up just jacking off with my penis twisted around so that my warm cum hit my anus.

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### **Furniture fun**

Sometimes I'll use drawer handles to masturbate with. Feels better with a condom. If they are too tight loosen them with a screw driver if you can, stick your penis in the hole and go to town. You might even want to take the whole drawer out for added comfort.

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### **Party Time**

Head over to Party City and buy a pair of those inflatable feet. They are usually really big. Inflate it until almost full, but you can bend it a little. Now fold it in half so that the place where you put your foot in is sticking up. You should have formed two holes now. Lube them both and stick your dick right in. I like doing this when looking in the mirror. I get off so damn fast. Sometimes I rub oil on my nipples. I explode everywhere and my hard throbbing cock is still asking for more.

---

### **Light one up**

The best way to masturbate is to put something in your ass and jerk off. Trust me, the orgasm will be awesome. And if you're a smoker, smoke hard while masturbating.

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<http://www.mymasturbation.com/female/unusual.htm>

### **Playdoh playmate**

Make homemade playdoh (the recipe can be found at almost every kid's website) and put it in a Ziploc bag as soon as it's done, while it's still warm. Lay the bag on the floor and hump it hard. Forming it into a large ball helps because pushing down into it will make it mold to fill in all around your clit and the warmth gives you an almost instant orgasm.

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### **Crucifixion**

I have this large crucifix which has smooth edges. I use this like a dildo. The pleasure from the cold hard steel is awesome.



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### **Joy of cola**

Take a 2 liter filled up pop and shake it very hard. Then put it under your pussy and take off the cap and let it explode all over your pussy, and feel the joy of cola.....

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### **Fitness freak**

I started doing this without knowing it would give me an orgasm. I'm a big fitness freak so I looked for ways to do pull ups and get upper body strength. I have this banister that is just big enough for me to fit my legs through, so I would hang on with my hands to the railing and cross my legs and do pull ups. When it gave me an orgasm, I used it for that too.

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### **Nipple clips**

I start off by reading porn. Then I pretend I'm a stripper and take off my clothes. And I then imagine myself in bondage. I wrap my tits one at a time with duct tape (it makes them stand out), rub ice on my nipples till they are erect and then put little butterfly hair clips on them (my nipples). I then lie down under the faucet with my legs up in the air and spread and change the pressure of the water. That really f#\*ks my mind out.

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### **Tennis shoes**

I like to take my tennis shoes, put them one on top of another and rub my clit hard against them in a fast circular motion. It gives a quick and breathtaking orgasm.

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<http://www.mymasturbation.com/male/suction.htm>

### **What's your favorite color?**

When I'm horny, I find some lotion and a tube of M&M mini's and then I lubricate my dick and the inside of the tube. Then I stick my cock into the tube and run it slowly up and down my cock. Sometimes, my cock gets stuck by the suction formed by the tube but it always comes off.

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### **Get hosed**

I like to put my dick into one end of a hose and suck on it the other end till I get an orgasm. It feels so good.

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### **Sucker (Note: this is extremely dangerous and not recommended)**

Drop your pants, take the vacuum cleaner and put the end over your soft cock, switch it on and feel the suction pull on your cock making it harder. Slowly start to pull your cock out. (Makes your cock throbbing and making you more and more horny) next lube up and start bashing with a throbbing rock-hard cock making you cum like a torpedo!

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### **Hoover it (Note: This is extremely dangerous and not recommended)**

The best orgasms I've ever had are from my vacuum cleaner. To do it, you have to take out the pole thing and suck your cock up in the nozzle. You can move it around till you blow in the hose. Another way is to take the hose out and fuck the hole. Great suction. But make sure no one's around (it's kinda loud).

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<http://www.mymasturbation.com/male/urethral.htm>

**Nail it (warning: this is very dangerous and not recommended)**

I take a small nail and insert it into my penis through my pee hole and gently push it in until I can feel it deep inside me. The deeper it goes, the closer I get to an orgasm, until the sensation of the nail inside my penis eventually initiates an ejaculation.

---

**Stick it where? (Note: this is dangerous and not recommended)**

I like to stick something up my dick . This may sound weird , but it truly adds to the sensation of jerking off. I usually use a thermometer (the small ones), plus you will immediately know if you are running a fever !

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**Pine needle (Note: this is dangerous and not recommended)**

During truth or dare last month I was dared to stick a pine needle into my dick and pump it in and out. At first I thought it would hurt but after only a few minutes I had the biggest orgasm of my life.

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**Piss hole poking**

I like to slide a flexible and smooth tube into my urethra and work it in and out until I cum. I use the clear plastic tube so I can watch my cum pump thru it as I get off.

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<http://www.mymasturbation.com/male/menthol.htm>

**Mentholated deep heat**

I place an elastic string of beads around the base of my scrotum (almost like a cock ring). I put a dab of Deep Heat (a menthol based cream for relief of pain) in my anal opening. This gives a warm, tingling sensation. Often, I put the menthol cream on the string of beads too. I take a beer bottle, place a condom over it and place it deep in my ass. I use lube to massage the head of my dick. When I'm ready, I shoot! The menthol increases the pain and prolongs the sensation, just like being fucked hard.

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**Ben-Gay rub**

Sometimes I use Ben-Gay and I lube myself up and start jacking. The Ben-Gay makes your dick get all hot and it feels so great when you cum. It's even better when another woman/man does it.

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**Sticky cock**

Get a glue stick and smear glue all over your hard cock and balls. This makes your cock all wet and sticky feeling really good. Whack away (note: it is best to be completely naked, as to avoid glue on your clothes). Just before you reach climax, get a small amount of mouthwash and pour over your rock hard dick. Your cock head will now start to tingle. Get some tissue paper, which will stick to your wet cock. Now jack off.

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### **Minty fresh**

I get a breath mint and put it on the tip of my dick. When it is on there for at least two minutes I always get a one-minute orgasm and it feels great.

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<http://www.mymasturbation.com/female/menthol.htm>

### **Mentholated (Note this is potentially dangerous and not recommended)**

I like to take a cream which has menthol in it (Vicks, Deep Relief etc.) I rub it into my hands and then wash most of it off. In the bath, I use a moisturizing soap and slip it inside me giving me something to grip on. I then feed the rest of the cream just inside me and gently massaging it into my clit. The cool feeling along with the warm water is....simply incredible and brings the weirdest of orgasms...try it, but be careful with which cream you use.

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### **Spank it hard**

I like to spank my pussy hard with either the backside of my hairbrush or a wooden ruler. Making sure to get my clit, I will spank my cunt at least a dozen times. This gets my pussy nice and swollen, and my clit is always aching and twitching when I am done spanking myself. After I finish spanking my cunt, then I stick my finger in my pussy and get it wet, then rub my clit hard and fast while I pinch, pull, twist and tug at my hard pink nipples. I always tease myself, bringing myself to the edge of orgasm at least 5 times before I allow myself to cum. Sometimes I rub tiger balm on my nipples and my clit right before I cum to make the orgasm even more intense.

---

### **Minty Fresh**

I love to take a cough drop (my favorite is Halls Cool Ice) and stick it inside my cunt for an incredible feeling. Because your pussy has the same mucus membranes as the inside of your mouth, it'll respond with the cool, tingly feeling that'll get your juices flowing.

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### **Bathroom bonanza**

It's nice masturbating in the bathroom. Before I start, I like to imagine someone (preferably a girl) playing with my pussy. Rubbing toothpaste on my clit gives a cooling sensation, then I wash it off by spraying water (from the shower) directly at my clit until I've had multiple cums. It's a great feeling!

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<http://www.mymasturbation.com/female/curling-iron.htm>

[no posts from this category but the fact that there's a warning is great]

**updated 2/16/05**

***Danger: Using a hot curling iron for anything other than curling your hair is EXTREMELY dangerous. In fact, ALL of the techniques described below are potentially dangerous.***

<http://www.mymasturbation.com/female/toothbrush-vagina.htm>

<http://www.mymasturbation.com/female/toothbrush-clit.htm>

[both of the above are about *electric* toothbrushes. That's all you need to know.]

<http://www.mymasturbation.com/female/electric-shaver.htm>

### **Nothing like a close shave**

I take my husband's electric razor and take off the top part with the blades. There is this piece in the middle -- it is round and spins really fast. I get all wet, spread my legs and gently place it on my clit. Boy do I cum over and over. It is the best thing ever! Make sure that there are no blades in the razor -- take them off!

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### **Epilady Ultra**

I like to use an electric razor and move it up and down on my pussy and rub my clit slowly and lightly. I cum in about three minutes.

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### **Good Vibrations**

My brother's electric hair clippers work wonders! Just press it against your clit or wherever else turns you on and the vibrations will make you feel amazing.

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<http://www.mymasturbation.com/male/water.htm>

### **Ass man**

I like to take a warm enema before masturbating. The warm water going in my rear stimulates my prostate. I try to take as much water as possible. Usually before I have taken half a quart bag of water I have a real hard-on, then I stop the enema, lube my hard-on with Vaseline and start slowly massaging with my thumb and first two fingers, concentrating on the head.

When I get a drop of pre-cum, I stop and start the enema again. I keep this up until I take as much water as I can. By this time I am so close to cumming that I can cum with two or three gentle strokes. Meanwhile the enema is giving me the very full, needing-to-expel feeling. I gently stroke my throbbing dick several times to keep from expelling the enema. I keep this up until one or the other, the enema or the climax, wins out. If I can keep from shooting my load until I expel the enema, I am usually semi-hard. The feeling of the few strokes it takes to get really hard and shoot the load is great.

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### **Pool boy**

A really good way to get off is to go into a pool and stick your penis in the water jet. It feels like you're getting a blow job.

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### **The bidet way**

Overseas, find a hotel that has bidets in the rooms. Straddle it, adjust the temperature of the jet to suit. and play the stream of warm water on your perineum -- the space between your anus and your testicles. Read a sexy book -- preferably illustrated -- as you slide slowly back and forth, allowing the water to play alternately on your penis, your testicles, and your anus.

Have a towel handy because from time to time you will want to put the book (or magazine) down: reach down, spread your cheeks and allow the jet to penetrate your rectum. Patience -- if you have the will power, you can prolong it for an hour or more.

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## Misc

Some categories have just one or two good stories. Here's an assorted selection of those/just general bumper material, if the above stories are not enough.

### Good aim

I play with my 8-inch cock until I feel I am going to explode. Then I have an orgasm and if there is a woman around I love to cum all over her tits and cunt.

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### Compacted disk

This is for all the small-cocked people out there. Pretty simple...take any basic CD (not one you want to use afterwards though!) and slip a lubed condom through it. If you can fit, just go nuts and pound away. Feels like a really tight pussy! Simply the most realistic feeling I've ever had!

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### Handy man (Warning: This is dangerous)

I tried using an orbital sander, without the sandpaper of course. It was pretty intense. Best if done with your pants on.

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### Butt floss

I like to take a long piece of string (not too thick) and push all of it into my asshole, leaving just a little hanging out. Then I slowly pull it all out of my ass as I rub my clit with my middle finger. I squirt my juices within seconds. I also like to put a tampon up my ass and then rub my clit until I'm about to cum, then pull out the tampon.

---

### Spray paint

When opening a champagne bottle it is usually done to celebrate something. Well no matter how you wish to masturbate, as you are at your climax and about ready to blow, put your thumb on the eye of your penis and jizz. It's like shaking a bottle of champagne and spraying it everywhere. Makes for a good party trick.

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### Bathing

I usually masturbate after a bath.

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### Masturbation workout

This is a great way to cum really hard and build up muscle. What you need is a horizontal pole about 1.5 meters off the ground and a computer. Get a really good-looking porn pic on

the computer then walk over to the pole. Lift yourself up on the pole like you're doing a chin up and hold yourself up with your knees pulled up to your chest. Look at the pic and you will cum really hard if you can manage to stay there for at least a minute.

## **Additional Links**

Might I interest you in these categories that did not make it in the doc? Most are more or less stuff the F+ had covered before, so I did not want to rethread old ground.

<http://www.mymasturbation.com/male/balloons.htm>

<http://www.mymasturbation.com/male/stuffed.htm>

<http://www.mymasturbation.com/female/stuffed.htm>

<http://www.mymasturbation.com/female/ice.htm>

<http://www.mymasturbation.com/female/suction.htm>