



4 mistakes men make that
turn off the opposite in and
outside of the bedroom...

By sex, dating & love expert *Ben
Buckingham*

“After interviewing literally 1000’s of men and women from different cultures and backgrounds I have to say that we are all very similar. Men and women want similar things from each other. This includes when dating, in relationships and of course during sex. “

Even without these interviews I can tell that men mess things with women a lot. There are two obvious reasons why I can tell this:

- 1) The fact that it can be so difficult for men to “pick up” quality women. In fact men are so intimidated by women that they often can’t talk to women that they don’t already know. When was the last time you started speaking to a cute girl at a coffee shop or in a shopping centre, just because she was cute?
- 2) So many women leave men in what seem to the man to be stable good relationships. This includes divorcing, ending long term relationships and to end dating a man.

So, let’s get real here, the answer why isn’t “cos” or “women are too picky” or some other vague crappy excuse. It is simple why women leave men. Men are not playing their role as a man, as a partner or as a lover.

Given how pervasive these factors are I am going to delve in deeper here to give you practical advice to use right now for you to become more attractive and sexually desirable to women. The first 3 mistakes are things that men do inside the bedroom to turn her off sex, the 4th mistake is something a lot less

obvious that will turn her off you as a man in general. This includes dating, relationship and sex as well.

Ok, let's get to it:

1) No foreplay, pump pump, 5 minutes and we are done.

Oh dear ,mistake #1... soooo many guys make this mistake. They do not understand that *women are different to men*. Read that again: *women are different to men*. Men want it hard and fast with a quick orgasm. Women like the *build up* and need this build up in the bedroom in order to get fully aroused. Full arousal leads to faster orgasms. Also leads to more orgasms and of course her orgasms will be deeper and more satisfying. What happens if you just ram it straight in with no teasing and not much in the way of kissing and stimulation of other body parts? Well, let's just say that she isn't going to be 100% satisfied. Guys who do this usually end up having to beg for sex, they get very few blowjobs and she ultimately tries other options. It is not that she is a bad person but she has needs, just like you do.

2) Expecting her to initiate physical interactions.

This is can be when a guy is being a pussy and won't kiss her for the first time, all the way to initiating sex in a marriage. Women want to feel desired and wanted by you. The mere act of you wanting her arouses her and makes her want you. This holds unless of course you suffer from mistake #1 above, in which case she just doesn't want you at all. Be the

man and take her when you want her, don't beat around the bush, like "ok I will have sex if you want to". Seriously, lead with your caveman!

3) Being predictable.

This is boring and unexciting for women. This includes being boring inside and outside the bedroom. Being stable in life is good but doing the same things in the same order every time that you have sex? Oh man, this is not doing much for her, her emotions remain unaltered and sex becomes mechanical. Yeah it might even "kinda work" in that she might orgasm, but how many times and intensely? If mechanical and predictable sex makes her orgasm, so will her own hand or vibrator. Only you as a man can give her the sex that she truly craves. So mix up what you do, where you do it and time of day that you do it. Sometimes you can just make it about her, sometimes about you, sometimes don't have intercourse during the sex session.

4) A lack of masculine energy.

Fact: the higher the masculine and feminine energy the higher the sexual attraction between a man and a woman. In western societies men are becoming less masculine and women are becoming more feminine. Men are encouraged to think more like women for example to be more "sensitive". Meanwhile, women are being encouraged to think and act more like men for example have careers and be more independent. To keep this polarity therefore men need to even more masculine.

I anticipate that at least some of these points are ringing true for you right now. The fact you are realising that something might be wrong is a good start to making her happy. These mistakes are so common amongst men so I have written an entire book to teach men how to be the best lover that she will ever have. There is a lot of sexual technique, like my 10 page oral sex technique but there is also a lot about being much more desirable to women in general. Including being the man in the bedroom, mastering oral sex, different sex positions for orgasm, anal sex, dirty talk, understanding how women are aroused and what to do to arouse your woman whenever you choose to.

[Find out more here](#)

Your friend

Ben Buckingham