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A NOTE ABOUT THOSE PESKY PRONOUNS

When it comes to spanking, the issue of “he” or “she” is, of course, problematic. As we all know, both men and women spank and both men and women desire to receive spankings.

In the interests of clarity, I’ve chosen to refer to the one doing the spanking as “he” and the one receiving the spanking as “she.” This is in part because, despite a lot of crossover, most of those who want to be spanked in the context of a relationship tend to be female and most of the people who spank tend to be male.

It’s also a choice that makes reading the book easier. If you read assuming that “she” or “her” means the person getting the spanking and “he” or “him” means the person giving the spanking, it becomes much easier to keep the “who’s doing what to whom” part of all of this straight.

None of this talk about pronouns, however, should, in any way at all, indicate any sort of judgment on my part as to how things “should” be when it comes to spanking.

Since this book deals broadly with the psychology of submission, the information in it will apply equally well if you are a man who is spanking a female or a male partner, or a female who is spanking a male or a female partner.

FOREWORD

This book is written as a companion to *How to Get the Spanking You Want*, in which I wrote extensively about the male need for competence, and about how a man's need to be seen as good at what he does is the corollary to a woman's need to be seen as physically attractive.

As we'll talk about more in the introduction, the title of this book implies that it's going to be a nuts and bolts "how to" book detailing spanking techniques: how to use a paddle or a belt, where on the bottom to spank, how hard, and so on.

It may, therefore, come as a surprise to you, as the prospective spanker, that spanking technique is often last on the list of what matters most to your partner.

As I heard from the many, many women (and men!) who contributed their thoughts and feelings to this book, both recently and over the past 23 years, what comes up time and time again is that what women most wanted their partners to know was not how to give a technically better spanking, but how to give a spanking that connected with them on a deeper emotional level. They cared far more about feeling loved, protected and respected than they did about how sore their bottom was the next day.

Here, for example, is a small sampling of some recent responses from women who were asked what the biggest thing was that they wished their partner knew about spanking:

*“Spanking is about being emotionally invested in the relationship and not just about pain.”**

“Spanking isn't a minor hobby or passing fancy for me. It's an integral part of who I am.”+

“I'd want [him] to know that the least important thing to me about a spanking is the actual spanking, as in how long it lasted, how many implements were used, how much thought went into it, how much it hurt or how many marks I have afterward. The most important aspect by far is the mental and emotional breakthrough and connection that I have with him when we are involved in a spanking.”#

Given that it's logical and understandable for men faced with the prospect of spanking their partners to focus entirely on technique instead of on the emotional experience, it's no surprise then, that there's a pretty big gap in expectations and satisfaction between the people getting spanked and those doing the spanking.

This book is intended to serve as a bit of a Venus-to-Mars translation of what women (and some men) want from a spanking. It attempts to take our desires, needs, preferences and concerns, and translate them into something that “Mars” can understand.

* Blog comment, Bottom Smarts, <http://bottomsmarts.blogspot.com/>, 6-21-09

+ Blog comment, Bottom Smarts, <http://bottomsmarts.blogspot.com/>, 6-21-09

Tiggr d'Amore, personal correspondence, June 2009.

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Most importantly, the book also seeks to offer specific, tangible and simple ways to give your partner what she wants from a spanking – without spending more time and energy than you have available.

Before we begin, a bit about me.

In the interests of full disclosure, it's important to say up front that although I have received many spankings from a variety of partners over the past 23 years, I have never given a spanking, nor do I have any particular desire to do so. When it comes to spanking, I strictly prefer the receiving end, as it were.

This may seem odd, given the title of this book. After all, shouldn't a book called "How to Give a Spanking" be written by someone who's actually, well, given one?

Actually, no. Here's why.

Given that adult spanking is a consensual activity, it has always seemed to me that the people best qualified to give advice on how to give a spanking are the people who want to be spanked. After all, we know better than anyone else what we fantasize about, what works and doesn't work when we're getting spankings and what we wish the person spanking us knew about what the experience is like for us.

And yet, if you, the reader, have read any of the available material – books, websites, articles, etc. – on "how to give a spanking," you've probably noticed that virtually all of it is written

by the people doing the spanking, and almost none of it is written by the people who want the spankings.*

This seems like a problem to me. And so, this book.

I've spent the last 23 years in relationships that included spanking and/or domestic discipline, starting when I was 19 years old and continuing to the present day. Along the way, I've experienced spankings from a variety of partners, all with different skill levels and different levels of interest in spanking.

In addition, I've spent the last ten years engaged in intense study of the psychology of male and female gender roles and archetypes, particularly with regard to dominance and submission. In this capacity, I've served as a consultant for doctoral theses, journal articles, popular articles, books, documentaries and narrative films developed for Hollywood studios.

In 2006, recognizing the need for a more educational and authoritative source of information for those seeking help with issues related to domestic discipline, dominance and submission in their relationships, I started [*The Disciplined Feminist*](#) – a blog written against a backdrop of my current (and oftentimes extremely challenging) personal relationship.

* Some “how to” information is written by people who “switch,” that is, who both give and receive. However, I would suggest that the psychology of someone who enjoys both giving and receiving is fundamentally different from that of someone who only wants to receive. That is, a “switch”'s spanking needs, desires and experiences is likely to be anywhere from somewhat to dramatically different from some who has no interest at all in giving spankings.

During the course of this life's work, I have heard over and over again from men and women in relationships who are frustrated and disappointed that their partners don't seem to understand what they want when it comes to spanking. And I've occasionally heard from men who are, in turn, frustrated because they've tried to give their partners the spankings they asked for, only to meet with complaints and criticism every time they tried.

This book is an attempt to bridge the gap, then, between what she wants and what he assumes she wants.

How to Give a Spanking is not, of course, perfect or complete, regardless of what the title on the cover suggests. The world of consensual adult spanking is a complicated one and no one who seriously wants to explore it would ever be so arrogant as to claim to have covered the topic completely.

But I do believe that this guide contains the best and most responsible advice available on how to give your partner those real-life spankings that she's been longing for.

And before we get to the thank you's, I would also like to invite any of you who have suggestions for additions and improvements to the information in this book or its companion book, to email them to me. My goal is for both books to be resources for our entire community, and I welcome any suggestions on how to improve their usefulness.

Finally, before we get started, I'd like to take a moment to thank all of the men and women over the years who contributed by sharing their spanking desires and preferences with me. Most of them have asked to remain anonymous, but thank you most recently to Dragonfly at *Sisters in Submission*, Tiggr d'Amore at *A Spanking*

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Good Time, Debbie, Alexandra P (aka SmartAlex), Fay, Magee Vine, and the ladies at Bottom Smarts, just to name the few that can be named. Special thank you's to Mitch Philbin at *All Things Spanking*, Pygar (aka Uncle Agony) at *A Kind Dom*, Carly Merrick at *Brambleberry Blush*, Bonnie at *Bottom Smarts* and Alex at *Art of Authority* for your support and encouragement. And a big thank you to Andrew and Clare at Variant Books, who helped me shape the concept of the book and edited it into a better book than it was before they got hold of it, and to Jackie, who proofread on short notice. And of course, thank you to my past partners for the "field experience."

And finally, special thanks to my current and long-time partner, who patiently listens to and contributes invaluable insights to my theories on spanking and sex roles even when he'd probably rather be doing something else. I love you.

Warmest,
Viv

INTRODUCTION

If your partner has shared with you a desire to be spanked, congratulations. Whether you realize it yet or not, you have just been given a great gift. Several, in fact.

The first gift you've been given is the gift of trust. Most people have a very difficult time coming to terms with their need and desire to be spanked, and an even more difficult time getting up the courage to share that need with their partner. If your partner has chosen to share with you her need to be spanked, she is signaling you that she trusts you and wants to share an extremely intimate and special part of herself with you. That probably means she sees something very special in you – and in your relationship – something that's hard to find and doesn't come along every day.

The second gift you've been given is the opportunity to make your relationship deeper and richer than you perhaps realized it could be. The simple act of giving your partner something so personal and important to her has the potential to deepen the bond of trust, intimacy and love between you beyond anything you've experienced before.

And finally, the third gift you've been given is the opportunity to explore parts of yourself that you may not have been aware were there. By spanking your partner, you may be surprised to find yourself growing more confident, more relaxed, more successful in your career and more sexually skilled.

All this from a spanking? Absolutely!

Before you get to experience all these benefits, however, you'll need to give her the spanking she's been fantasizing about all this time. So let's get started figuring out just what that is.

❧ WHAT DOES SHE WANT FROM YOU, ANYWAY?

If your partner has told you she wants you to spank her, she deserves a lot of credit. She's stepped up and taken responsibility for telling you what she wants, clearly and definitely.

That kind of honesty and courage is a terrific start when it comes to spankings, but "I want you to spank me" covers a lot of ground. What kind of spankings? With what? How hard? How often? And how in the world do you figure out how to do what she wants you to do, when you may never have given (or received) a spanking in your life?

If you're feeling anxious about being called upon to do something that you're not sure you know how to do, you're in good company. It's safe to say that most modern men are unfamiliar with the fine art of spanking their partners.

Giving a good spanking is not something anyone is born knowing how to do. As we'll talk about later, the instinct to spank is, I believe, hard-wired into every single one of us, but knowing how to use that instinct is not so, well, instinctual. As such, the information in this book is not information that you could be expected to know just because you're a man. Learning to give your partner the spankings she wants comes from experience – and

unfortunately, that experience is something that most modern men don't have access to.

Back when spanking was the primary form of discipline in homes and schools, most men grew up being spanked, watching their siblings get spanked, and even swapping "I survived" spanking war stories with their friends. In this way, the art of spanking was passed down through generations. Sometimes a man even passed his favorite spanking implement on to his son to use on his children (and in earlier times, his wife as well.)

All of this meant that by the time a man was called upon to give, rather than get, spankings, he had a pretty good idea of what was expected of him.

For better or worse, that was then, this is now. These days, unless you happen to come from a culture that still uses spanking as a primary form of discipline, you may never have been spanked at all, much less received any instruction in how to spank someone else. You may have seen a couple of spanking scenes in adult videos or made some bawdy jokes in the locker room about spanking your partner, but that might well be the extent of your spanking experience and knowledge – hardly sufficient to give your partner the spanking she's been longing for.

If your partner has expressed a desire for spankings and she is a "modern" woman (aka, a "feminist"), you may be even more confused and apprehensive about the prospect of spanking her.

You may be wondering if she's serious. You may be wondering whether she's just trying to be experimental to spice up your sex life. And you may even be a little suspicious that this is some sort of sneaky test of your attitudes towards women – if you

agree to her request, is a hairy-legged feminist with an “Equal Rights NOW!” sign going to pop out of the closet and turn you over to the politically-correct police (or worse, the real ones?)?

All of these are legitimate doubts and concerns – and to make them more problematic, they’re probably concerns that your partner may not even be aware of.

So if your first reaction to a request for spankings from your partner is doubt, reluctance or even a flat-out “no way!”, you are right to hesitate until you have the answers you need to feel comfortable with the idea of spanking, and to protect yourself, your partner and your relationship.

All of this is what this book is intended to help with.

§ WHAT’S NOT IN THIS BOOK?

Before we talk about what’s in this book, let’s quickly talk about what’s not in this book.

This book is in no way intended as a “how to” manual for giving spankings. You won’t find specific instructions on how to use a cane or a paddle, or on how to avoid (or create) bruises and marks, how to safely avoid injuries or tie someone up or other technical advice. This is information that you will probably need, of course, but it’s not what’s in this book. (For a really good resource on the technical details of how to give a spanking, try the “Techniques & Commentary” section of the All Things Spanking blog at <http://AllThingsSpanking.com/>.)

Second, the information in this book is intended to deal with spankings only. That is, although there are many lifestyles that incorporate spanking, such as master/slave, domestic discipline, B&D, etc., this book does not seek to give advice on spanking in the context of any of these particular lifestyles.

That said, because my own experiences and research tend to focus on “real” spankings, that is, spankings that are given with the intention of causing pain and/or embarrassment, much of the information in this book will apply more specifically to these real, meant-to-hurt spankings than the erotic or “just for play” variety recommended by many “spice up your sex life” books.

And finally, this book does not deal with, nor does it take a position for or against, the spanking of children. The advice in this book is intended only for consenting adults and not for anyone under the age of 18.

❧ **WHAT IS IN THIS BOOK?**

In the following chapters, we’ll talk about how spankings feel to those of us who receive them, what we wish and hope and fear when it comes to a spanking experience, and what we wish the people giving the spankings knew about what spankings are like on the “receiving end.”

We’ll also talk about what you get out of spanking your partner (the benefits may surprise you!) and how to keep yourself safe in the process of exploring adult spanking.

And perhaps most important, we'll talk about simple, easy ways to give your partner what she wants, without requiring you to devote more time and energy to spanking than you are ready, willing or able to give.

As with everything related to spanking, there is little in here that's definitive or that applies to everyone. Nothing in this book is intended as the final, authoritative word on the subject of what your partner wants from a spanking. Only your partner can tell you that.

That said, after 23 years of personal experience with spanking relationships, and a background in the psychology of sexual power and sex roles, I am confident that most, if not all, of what's in this book will apply to your partner. Your task, then, and hers, is to use this book as a springboard for communication – not as a substitute for it.

❧ HOW TO USE THIS BOOK

This book is intended to be a resource for you and your partner to use – together – to communicate with each other about spanking.

Many people who want their partners to spank them have a very strong fantasy that all they will need to do is tell their partner they want to be spanked and their partner will automatically know what to do without any further communication from them.

This fantasy is, of course, unrealistic. There are many, many kinds of spanking and many, many kinds of people who want spankings. (For a more detailed discussion of the destructive role

of fantasies in real-life spankings, see Chapter 1, *How to Get the Spanking You Want*)

If your partner simply hands you this book and expects you to read it and begin spanking her without further discussion, you may need to help her to see that she is an individual and not a cookie cut-out. If she really wants the spankings she says she wants, you and she will have to communicate – out of fairness to both of you.

And if you are the person who wants the spankings, please don't just buy this book and hand it to your partner and expect him to do all the work and spank you with no further communication from you. As an adult, you have a responsibility to step up and communicate clearly and maturely about what you want. If you do not take the time and energy to communicate to your partner what your specific desires and needs are, there is no reasonable way that he can possibly know how to please you. No book, no matter how insightful it may be, is definitive enough to substitute for one-on-one dialogue.

Instead, please use this book as a starting point and a resource. You may want to print it out and read through it yourself first, making notes in the margins, or highlighting the sections that are particularly relevant to you (and crossing out the ones that aren't!).

So without further delay, let's talk about this somewhat strange request...

CHAPTER 1 ∞ “HONEY, I WANT YOU TO SPANK ME...”

Why would a liberated, enlightened woman in the 21st century want to be spanked?

In this chapter, we’ll look at some of the more common reasons why someone might want to be spanked by her partner, and what’s in it for each of you if you do decide to incorporate spanking into your relationship.

We’ll also look at the important issue of how to keep yourself safe when spanking your partner (yes, there are safety issues for the spanker, too!), and we’ll start looking at just what kind of spanking she actually wants (yes, there are different kinds!).

Don’t stop now! To find out exactly how to give your partner the spankings she wants, go to:

www.HowtoGiveASpanking.com

for your full 165-page copy of “How to Give a Spanking: Advice from the Receiving End”