

End the Problem with Jacqui Olliver
Easily Achieve Orgasms!

Arousal Scale



YOU NEED: More focus on sexually arousing thoughts, feelings and actions to get turned on and stay turned on.



Switch focus to sensing the feeling in your vagina.

How sexy he is, how much he turns you on.

Push down with your vagina as though you are blowing bubbles with your vagina, then switch to enjoying the sensations.

Think images of sexual fantasies and how GOOD it would feel to be DOING that!

Match his RHYTHM. When he thrusts in, push out and against him. When he withdraws, also withdraw so you are pulling away from him.

Contract your vagina muscles as though you are squeezing his penis with your vagina, then switch to enjoying the sensations.



Consistently switch your attention between your vaginal actions: push/relax/feel... contract/relax/feel... and sensing the feeling in your vagina to easily achieve orgasms!