



## **Swinging Clubs – Guidelines**

**Where do we begin, vanilla to swinger  
Adult lifestyle questions you should ask**

Should we, shouldn't we - Go from [Vanilla](#) to beginner swinger. It is very important that you speak to your partner openly about your desire to swing. Honestly outlining why you want to, what you hope to achieve, how often you think you may want to engage in swinging activities.

If you think swinging is going to be a great way to find someone to replace your existing partner forget it. Swinging have very stable relationships and will quickly tell each other if you overstep your bounds or suggest that they should overstep theirs.

The swing scene is based on a frank exchange of intimate information, honesty with each other, sincerity in the couples commitment to the existing relationship and is an expression of their respect for each other as individuals.

If you connect online with another couple tell your partner about it. Swinging is all about sharing and is not about furthering your own interests or making separate contacts. Ideally online swinging time should be spent together, although work schedules and other commitments do not always make this possible.

Decide whether you are going to swing openly (this is who we are) or discretely (tell no one). Just a note if you have decided to be discrete it is advisable to apply that discretion across the board - do not pick and choose who to tell and who not, you will only end up confused and constantly fear that one of your confidants might slip up and accidentally tell someone that you would prefer not know your private life.



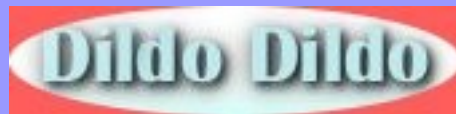
## **Swinging Clubs – Guidelines - Limitations and Limits**

**What are your personal limitations?  
Do you know your limits? Are you sure?**

**Setting the tone for your personal comfort zone - Decide in advance, the guidelines you set yourselves will be a great help in finding like minded partners with whom you can feel comfortable.**

- 1) What level of sexual encounter you feel fine with - Are you looking to meet others in person or do you just want to add a little excitement to your existing relationship. How much excitement - do you just want to talk with others, just talk and exchange photos or meet up to take things further.**
- 2) So you want to meet people - ask yourself do you want a one off encounter or are you looking for long term friendships. If you are thinking swinging (once you have convinced your partner) will be a neat way to get to sleep with your partners' sister, brother, friend etc., as part of a swinging night, think again. It is likely you will loose your partner, your friends and your self respect.**
- 3) How far will you go - Soft swing (Same room sex with another couple but you do not switch partners) or Full swing (Sex with partners other than and including your own) Is penetration Ok? What's your stance on same sex sex. Are there any sex acts that you would not wish anyone other than your partner to perform on you. Are there any sex acts that you would not wish your partner to see you perform or be seen performing.**
- 4) Before setting out to a club, private party or to meet a new couple. Let your appreciation for each other show through, nothing is more attractive then seeing the love two people have for each other.**

**If you are sure you both agree then proceed on your chosen course of action. Now you are ready find other swingers.**



## **Swinging Clubs – Guidelines - What If**

**What else do we need to know ?  
How to plan for positive swinging experiences**

**Always figure out in advance what your responses will be to these often encountered beginners dilemmas**

**Meeting someone you know – couple**

**Meeting someone you know - only one half of the couple  
with an unknown party**

If you are in the swinging lifestyle it is expected that others will respect your wishes and keep your participation in the lifestyle undisclosed. Likewise you should respect other peoples' privacy, even if you operate an open policy.

**Not being in agreement about a couple  
I like him but my partner doesn't like her or vice versa**

**It's my monthly**

**Pressure to do more than you want  
Or you thought you would have fun but it's turning  
into a nightmare and now you would like to leave**

It is usual for couples to have a set of keywords that they use within the general conversation (rather like a secret code) that tells their partner what they would like to do without causing embarrassment or offense. What words, phrases or actions will you use to silently communicate with your partner.

**Things are fabulous, what about the baby sitter  
did you check it would be OK if you are late  
or do not expect to get home that night**

**Agree not to disagree - no one wants a couple who are trying to score points**



## **Swinging Clubs – Guidelines - Jealousy**

### **Conquering The Green Eyed Monster**

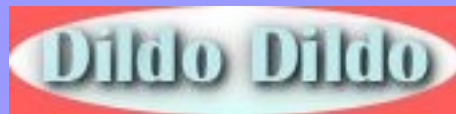
**By telling the truth - what do you want, what do you think you will gain. Exploring how you will handle situations before they arise and by communicating your feelings openly it is unlikely that you will succumb to jealousy. You will be safe in the knowledge that your partner will not be shocked or angry at any emotions that overwhelm you.**

**An understanding, supportive partner will not treat your concerns as trivial but will talk them through with you.**

**The best way to handle jealousy is to ensure you reassure your partner as to what it is that you find attractive about them and to re affirm your love for them. Before, during and after and of course don't forget to **thank your partner** for sharing the experience with you.**

**Listen** to their concerns, it is **OK** to have concerns, don't dismiss their feelings as silly or small minded. **Be honest** about what is making you feel uncomfortable and try get to the root of the issue, then work towards a solution together.

**There is no on off switch it takes time, just like in any other emotional situation.**



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**Often it is usually one partner who fantasizes about sex who wants to try swinging, as all that free sex is anticipated they press their partner into their first encounter. This is usually when something unexpected happens, their partner has an amazing time.**

**Unfortunately swinging had only been considered from their own perspective, the partner who suggested swinging now feels rejected**

#### **Here's Why**

**They felt ignored, the reality did not match the fantasy.**

**They were not the center of attention.**

**They feel less secure in the relationship as a result of seeing their partner enjoying and actively participating in sexual acts with someone else.**

**They see their partner doing something they have not done with their partner or their partner expressing an interest in “kinky sex”.**

**They are suddenly confronted by the desire to engage in a sex act that forces them to re-examine their own attitude towards that specific sex act.**

**They realize that they are not the sex god/goddess they thought they were.**



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### **Conquering The Green Eyed Monster**

**Many men and women in the lifestyle are bisexual, if you are respectful this should not be a problem.**

**The following behaviour is very much looked down on and is considered rude enough for you not to be invited back to a swingers encounter night.**

**Although it may be a great turn on for you to imagine your partner with another woman. Do not push your partner into this act, nor should you suggest others initiate this type of action for your gratification. When your partner wants to explore that side of her sexuality she will, with a partner of her choice.**

**It should be noted that making bisexual advances to other men is not the lifestyle way, unless you have specifically agreed to meet with couples looking for this type of encounter too.**

**Of course we know you wouldn't do it ... but a swingers encounter night is not the night for your partner to discover this or any other previously undisclosed side of your sexuality.**

**Open and honest communication are the first steps towards a satisfying adult lifestyle and a necessity for creating a positive force in your everyday life.**