



## **Sexy Parties For Couples: Yes, Please, But Also. A Guide to Getting Started.**

by Adrian Iselin

So, you're in a committed relationship with a primary partner, monogamous, open or polyamorous, and would like to go to a sexy event. How to best approach this?

A good starting point is to share with your partner in a completely hypothetical scenario (even if you have a specific event in mind) what it is that attracts you about the idea of going to a sexy party. Being honest about your wishes and fantasies will play a big role in building a strong trust foundation as well as in enabling you to experience those very things. Whether or not you end up going to such a party, this type of sharing can be a great bonding and intimate connection exercise for you and your partner and a chance to share desires and interests you might not have shared before. Typically, these kinds of conversations are accompanied by feelings of excitement regarding the possibilities as well as concerns as to whether it could lead to an argument: might my partner become upset about something I share, or jealous? Will they judge me for something I want or will revealing a desire of mine change the way they think about me? A committed relationship of any sort is typically strong enough to withstand such feelings, even if they do come up, so this should not be a substantial worry. If it does bring up an argument, it might be a conversation worth having. In many cases, however, this kind of sharing can be the starting point for a beautiful, shared exploration, in mind and/or in body.

While it's helpful to start this conversation by sharing things you're excited or curious about, respective space should be given to sharing fears or concerns: will one of us feel

jealous of the other connecting? What if we don't find anyone to play with? What if I'm not in the mood the night of and affect my partner's experience? It is especially helpful to be quite concrete with potential scenarios you're concerned about. The more concrete, the easier it is to respond to them and find a solution or way to handle such a scenario. The quality of question and answer reflect each other. In some cases, you might find when asking a question out loud, the answer reveals itself without further input. Your partner might even share that they have the same concern. In some points, one partner might be worried about something the other didn't even think of and they're happy to know this is the case, so they can respond to it and avoid potential upset.

After getting a well-rounded understanding of your own fears and desires, as well as those of your partner, it makes sense to make some agreements and clarifications. These can be as general or specific as all parties need in order to be comfortable. It typically creates a more comfortable scenario to be a bit stricter the first time around and possibly loosen the rules on the second go, than run into a scenario in which one partner feels uncomfortable, casting a shadow on the whole experience. You can also agree on meta rules, such as: can we change the rules during the event or do we stick to our agreement for the evening and only adjust the agreement after a debrief back home?

Aspects that are helpful to be clear about include the following:

- Do we stay together the whole evening or do we allow space to explore individually?
- If we explore individually, and lose sight of each other, should we check in at regular intervals and maybe arrange a meeting place? (Many sexy events don't allow cell phones or don't have reception)
- How far do we go in solo/shared play?

- Is there specific shared play that we do or do not want? I.e. only other couples? Having a single join? Do we have feelings about the gender of respective play partners?
- Do we have feelings about certain sexual acts?
- Is it ok to connect with more than one (new) person/group? Should there be dedicated check-ins between?
- Do we have a determined departure time?
- Are we clear on how to get home?
- Are there no-go scenarios?
- What if it turns out I am excited about something I thought I wouldn't like?
- What if something comes up I didn't anticipate that I feel drawn to? (It is common and very ok for this to come up, and if you are not sure if this aligns with agreements made, it's always a good time for a private chat with your partner.)
- What about substance consumption, anything from alcohol to hard drugs?
- How do we want to handle safer sex?
- Do we have a veto option? If a scenario comes up for one of us that the other partner is not excited about, can we express this and let the scenario dissolve or does one partner step out and let the other have their experience?
- Is it ok to take the details of a new connection and be in touch with them after the event?
- Is separate play allowed or does play only happen together?
- How do we feel about penetration?
- Do we have a safe word? What does it mean? Typically having some kind of safe word or expression that lets the other partner know you would like to talk with them in private for a moment before anything moves further is very useful. It should be clear that this expression can also be used in the middle of a scene and that the partners support each other in taking this moment of time out without letting it turn into an argument.

During the conversation beforehand as well as at any point in the evening, if either of you feel your mood drop, be honest and share this with your partner. This should always be met with support to enable each other. Neither of you should ever feel guilty for their feelings or feel responsible for creating a scenario for the other. This kind of exploration can only work if you feel genuine excitement about enabling an experience. It will always serve your relationship to be truthful and also to give your partner the information they need to be considerate toward your wishes.

All these ideas apply equally to social gatherings and events, whether they are explicitly sexy or not. If any agreement turns out to be unnecessary, you can always drop it. It creates a lot of trust to make sure that you're on the same page in all aspects.

Also, agreements don't have to be symmetrical. It might be ok or even exciting for one partner to experience or watch the other person indulge with a new connection, while this might not be desired the other way around. This is perfectly acceptable.

This entire conversation applies equally if one partner decides to go to an event on their own or with another friend or lover.

If you have this conversation a considerable amount of time before an actual event, make sure to take time on the day of the event to double check on your agreements and whether they still reflect your wishes (rather than not talking about it for a week and then meeting at the venue coming straight from work, for example).

Make sure to take some time (and save some energy) for a debrief after the event. It is always possible that unforeseen scenarios and/or feelings come up, no matter how much you talked about it beforehand. Even if tension does come up, it is most helpful to try to hear these feelings with understanding rather than from a place of defensiveness.

If all these points are covered, things are looking pretty good for you to have a fantastic night out and for it to deepen the connection you share with your partner.

For more information or to get in touch with the author, you can visit [www.adrianiselin.com](http://www.adrianiselin.com)