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EXPERTS

sex advice

from Amy Levine, Cosmo's Carnal Counselor

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"How do I initiate light bondage?"

Q My boyfriend and I want to try light bondage, and for our first time, I want to be the one in charge. How do I begin?

A The word *bondage* often conjures up images of leather, chains and handcuffs. But you don't need hard-core accoutrements to experiment with power play. What you do need is mutual CTC (consent, trust and communication), and the desire to expand your sexual boundaries.

When you and your guy are fooling around, roll him onto his back and straddle him, raise his arms over his head, and loosely bind his wrists with a scarf, his tie or your stocking. Once he's under your control, have your way with him: Rub your nipples up and down his torso; lick your way from his toes up to his groin, skimming -- but not quite touching -- his package; use your tongue to run a luscious, wet trail from one hot zone to the next.

The idea is to tease him into a frenzy until he begs for mercy. If you really want to push the erotic envelope, blindfold him. Cutting off one sense intensifies the others, so every time you touch him you'll send shock waves coursing through his bod. Then, next time reverse the roles. Remember: Dominating can be intoxicating, but surrender is sweet.

While dabbling in bondage is a great way to have mildly kinky fun, there are a couple of safety rules you need to know: Make sure you keep the restraints loose (you don't want to cut off his circulation), don't leave him unattended, and have him choose a nonsexual phrase or signal before the games start that he can use anytime he wants to be untied.