

# Male Masturbation

## Exploration List

TOUCH	RATING	NOTES
Wrap your fingers around the shaft and move up and down, moving the loose skin over the tissue underneath.		
Try this with a fist instead.		
Use hands- moving in the same direction or lightly in opposite directions.		
Play with pressure- harder, softer, rhythmic squeezing.		
Play with length of each stroke- down to the base of the shaft or over and onto the head.		
Play with slapping it- between your hands or against your stomach.		
Experiment with amount and type of lube.		
Run a finger around the ridge where the shaft meets the head of the penis.		
Massage the frenulum (the area of the underside of the penis under the ridge) in circles.		
Massage the frenulum using your thumb on one side and 2-3 fingers along the other. Try keeping one still while the other moves.		
No hands- try thrusting against a pillow, mattress, etc.		
Try a fun toy like a cock ring, sleeve, men's vibrator.		
Try retracting or tugging on the foreskin.		
Play with putting a finger between the foreskin and penis head.		



# Part 2

TOUCH	RATING	NOTES
Tug on your balls. Squeeze, stroke, or run nails along them.		
Use your fingers in an "okay" finger shape to hold your testes tight as you explore.		
Explore the perineum (between your anus and balls) and anus with different types of touch.		
Explore your anus while the other hand is on the penis (light touches or dipping a finger inside).		
If you enter the anus, a few inches inside will be a walnut sized bump on the side towards your belly button. This is the prostate- try pressing on it with different strength or stroking it.		
Let your arousal build, give yourself a little rest, and begin again.		
Allow yourself time to build up your orgasm, come down a bit, and then return.		
Use an arousal scale (1-10) to track and lengthen your arousal.		
See if you enjoy stimulating yourself through ejaculation. Trying stopping at different times.		
Utilize sound- moaning, sighing, etc.		
Utilize movement- thrust, gyrate, shake, wiggle, make figure eights with your hips.		
Utilize breath- slow and deep or quick and shallow. See how it changes your arousal.		

