



## Threesomes

One of the first couples I ever interviewed about sex were in their early 70s and had been married for more than 35 years. They were church-going pillars of the community. The most important thing in their lives were their kids and grandkids. When I sat down in their tastefully-decorated living room, the woman said, “Why don’t you look through the photo album of our last vacation that we took with some good friends?”

Within minutes, my grad-student mouth nearly fell off its hinges. Not a single person in the pictures had a stitch of clothes on. Their vacation had been on a cruise for swingers. They said that just last weekend six couples had been going at it in this very living room. And then the man looked lovingly at his wife and said to me from the depth of his heart, “Mama here is the best little cocksucker of any woman in the group!” His wife beamed with pride and gratitude.

The second couple I interviewed had never had a single threesome, let alone done any swinging. They were soon to be married. They were madly in love and very pleased with each other sexually. They even invited me to their wedding. They had a traditional relationship in every sense of the word. We stayed in touch for the next two years, when their marriage suddenly ended in divorce. I never heard from either again.

A few years later, I was having a conversation with a young woman about computer software. She asked me what I did. After I told her I’m the author of a book on sex, she said she lived with two men and had sex with both of them. One was her husband, and the other was their roommate. This had been going on for a couple of years, and she said they were all very happy together.

So I gave up long ago on trying to predict what makes a relationship work or fail, and whether having a threesome was a good idea or bad. I figured it is a good idea for some couples, and a bad idea for others. I do know that of the thousands of women who have taken our sex

**From the Guide To Getting It On – 9th edition**

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survey, having a threesome is one of the two most common sex fantasies. So if you are considering a threesome, this chapter was created to help you sort out the possible pluses, minuses, and what you'll need to consider if you want it to be a good experience.

### **A War on Tradition**

Threesomes can evolve in many different ways. They can be a once-in-a-lifetime event when your husband's old college roommate visited for the weekend, or something you do a couple of times a month.

Adding a third person in sex isn't like adding another cherry to your banana split. Threesomes are a declaration of war on two-thousand years of marital tradition—namely, that if you want to include another person in your sexual mix, you are supposed to lie to your partner and cheat on the side. So caution is in order. A threesome revolves around the emotions of three people instead of the usual two. The potential for everything goes up—from the level of sexual excitement to the degree of hurt and anguish.

### **The Definitions**

There are many ways that people have sex in numbers, with a threesome being just one of them. It used to be that there were more set boundaries between the following groups, but not any more:

*Threesome:* This usually means two males and a female, or two females and a male. One of the Ms and one of the Fs are frequently in a committed relationship, with the third M or F being a free agent.

*Open Marriage:* This is when a primary couple agrees that each person can hook up with outsiders for sex. The past few decades have seen an increase in couples who agree on the open-marriage option from the start. However, they usually don't announce this at their wedding.

*Swinging:* This is when an established couple gets together with a larger group for sex. It has many variations, from when two couples get it on in tandem, to sex in large party rooms where almost anything goes. While the swinging couples often form friendships or microcommunities or tribes, it is the recreational part of sex that initially draws them together. (The original term for *swinging* was *wife swapping*.)

*Polyamory:* This is when a relationship involves more than two people with the consent of everyone involved. It can include group

relationships, or it can be a single person who chooses to have multiple relationships without an agreement of monogamy. It used to be that poly-people prided themselves on not being the type to have sex with anything that moves. There was often romance, friendship and intimacy, but with more than just a husband or wife. But now, a date for coffee or lunch can be relationship enough to have sex. People who describe themselves as polyamorous tend to be more liberal and younger than those who describe themselves as swingers and they tend to welcome diversity in sex roles more than swingers, but there is now an increasing amount of line-blurring between *swinging* and *polyamory*.

### Let There Be Three

Why do people have threesomes? For starters—alcohol. Plenty of threesomes occur when three friends have been drinking enough to lose their inhibitions, but not enough to lose their erections. Threesomes created on the vapors of ethanol are seldom planned or repeated. Threesomes that endure usually take forethought and planning.

Threesomes are often structured like a triangle or pyramid. At the base of the pyramid is a male-female couple involved in an ongoing love relationship. The third person is the extra at the top. There's no reason why a threesome can't include three males or three females, but for most people who are straight or bisexual, threesomes are MMF or FFM. The decision to have two males and one female, or two females and one male is often based on the preference of the primary couple.

While some successful threesomes just fall out of the sky, most take a great deal of planning and thought. Here are some things to consider:

In MMF threesomes, the chemistry between the men can range from "I'm fine with you doing her, but touch me with your dick and you're dead!" to "Oops, your dick kinda slipped into my mouth!" Regardless of whether the MM contact is casual or planned, when two guys are having sex with one woman, there's going to be body contact between the two men. This is important to consider if one of the men is homophobic.

In FFM threesomes, the over-riding dynamic is often the desire of the women to experience more than the usual girl-hugs and kisses. This kind of threesome is often about letting the women explore, with the man providing a safe, solid, masculine backstop.

There are many ways the male in an FFM can help the FF exploration



feel safer. The women might want him to be lying on his back, with one of them sitting on his penis while the other is sitting on his face. Both women are facing each other and they can kiss and caress while being connected to a man sexually. (This combination might be more comfortable when all three are on their sides.) Or maybe the women will be happier if he just watches and strokes himself, or if he joins one in doing the other.

Unless both women are totally into the guy, it's usually not a good idea for an FFM to focus around pleasing the man. FFM threesomes tend to work better if the man takes a background role and allows the women to lead. He should never try to script the threesome or attempt to set the tempo, unless it's a BDSM scene with a master and his two naughty slaves.

In a threesome, the women's orgasms are seldom the end of anything. They're more like the "fasten your safety belt" sign. However, the men's orgasms in a threesome can put a dent in the sexual build up. This may be one of the reasons why FFM threesomes often spend the night together, nestled in each other's arms, while in MMF threesomes the third-wheel guy often goes home after the men have come a couple of times.

### **Planing and Logistics**

Spontaneous sex is a gift of the gods that is bestowed upon couples who have undemanding jobs with predictable hours, no children, and friends and relatives who live in other states. For everyone else, planning and compromise are essential to a good sex life. Triple that for sex with three. So the next part of this chapter is divided into four sections:

1.) Things to consider when considering a threesome; 2.) From how to find a third wheel to pre-penetration negotiations; 3.) Possible positions and positions on what's possible; and 4.) Don't let the dawn get you down.

### **More Than a Fantasy, But Not Yet a Plan**

This chapter assumes that your threesome is made up of an established couple and a third wheel. That's how it usually is, but it doesn't need to be that way. There are debates about whether threesomes are best when they are made up of three individuals versus a primary couple and a third wheel. There are also debates about whether the third

wheel should be a friend, an acquaintance, or a stranger. There are no absolutes. But since it usually happens with a couple and a third wheel, this part is for the couple, and a separate section for “the third wheel” follows. (A number of these suggestions are from Suzy Bauer’s e-book, *Step By Step Threesomes*, Nina Hartley’s *How-To Threesome* series of videotapes, and Violet Blue’s chapter on threesomes in *The Ultimate Guide To Sexual Fantasy—How to Turn Your Fantasies into Reality*.)

👁️ When you are first discussing the possibility of a threesome with your partner, avoid blurting out a list of potential lovers, such as “Your friend Ally would be sensational!” or “I’m sure Jason would add a lot!” What your partner will hear is that you can’t wait to screw someone else. If your partner is receptive to having a threesome, you might ask who he or she thinks would make a good third.

👁️ Anticipate that the threesome could sour your relationship. What if one of you fell for the third wheel or the third wheel fell for one of you? Discuss these possibilities and strategies to deal with them ahead of time.

👁️ Try to imagine the sight of someone attractive having sex with your partner. Your partner is laughing, flirting, sighing, and enjoying being with this person. Talk about ways you can signal to your partner if jealousy is getting the better of you.

👁️ In a threesome, an erotic connection can sometimes build between two of the participants, with the third person being left out. This is fine as long as the third person enjoys watching, but if not, discuss how you would deal with this.

👁️ What if the third-wheel MMF guy drops his drawers and you and your partner drop your jaws? What if nature blessed him with a package of penile perfection? Ditto if you are a woman and the second woman in your FFM has the kind of body that someone only gets when she’s cut a deal with the devil? Are you prepared for a bit of envy?

👁️ Before trying a threesome, watch some threesome porn together that shows the different positions and possibilities. Talk about what you’d like to try and what you’d like to avoid.

👁️ You can get a better sense of an FFM threesome by going to a strip club where you can pay one of the women to do a lap dance for each

of you. However, it's not necessarily a good idea to take nude dancer or prostitute home for a threesome. She might be so experienced that it gets strange. It's better to stick with someone whose sexual perspective and experience level is closer to your own.

👁️ If you are considering an MMF, both of you might see what it's like to be in a strip bar where male dancers are the ones who get naked. Since they usually don't allow males in the audience during male stripper shows for women, you might need to visit a bar or club where there are gay dancers who get naked. It will give both of you a sense of what it might be like to have another naked male in your presence. And it could be worth a chuckle to see other guys trying to pick up your husband.

### Creating a Pre-Penetration Plan

👁️ To prepare for your first MMF, the woman might get a dildo and butt plug for practice. She can simulate different penetration scenarios with her partner by using the toys, which can help the eventual threesome to be more manageable rather than overwhelming. (Most MMFs don't do double penetration, but even having a penis in your mouth at the same time that you've got one between your legs will provide more stimulation than most women are used to.)


👁️ Having a threesome with a friend can deepen your friendship or it can mess it up. While it might be good to have a threesome with someone you know and trust, it's not such a good idea if he or she has a secret crush on you or your partner. Likewise, an ex boyfriend or girlfriend could make a good third or a horrible third. This is why you should talk it over ahead of time.


👁️ To find a third wheel who is not a friend or an acquaintance, you might attend the clothes-on social gatherings that swingers groups have. Other possibilities include ads on websites and apps. The ads need to be carefully worded and carefully placed.


👁️ Don't overlook single moms for an FFM threesome. Suzy Bauer and her husband were thinking back over the numerous women who had joined them for threesomes over the years, and it suddenly hit them that the majority were single moms.

👁️ If the prospective third wheel is an unknown entity, protect your identity. Do not tell them where you live. Set up a face-to-face meeting

at a neutral location where you can meet with your clothes on. Discuss things like setting up personal boundaries, safe-sex precautions, and what you hope to get from your threesome. If the pre-penetration meeting doesn't increase your desire or the chemistry doesn't feel right, consider that you don't have the right combination. If you go through with it, try having your threesome in a hotel room instead of your home until you get to know the person better.

 Before your pre-sex meeting, decide what is and isn't off-limits. For instance, one woman might be fine with a third wheel giving her husband a blowjob, but will melt into a psychotic puddle if the third wheel and her spouse French kiss. So make a list of the things that you'd like to encourage and discourage. Discuss them during your pre-sex meeting.

 If a man is being invited into a threesome with an established couple, he needs to have a thumbs-up from the primary-couple's male partner, as in "Don't worry, I won't kill you if you fuck my wife." One way to do this is for the male of the primary couple to be the one who brings up the subject of a possible MMF threesome to possible candidates. Likewise, for an FFM, the alpha female needs to invite the other woman to join. There are exceptions to these rules, but respecting them will serve you well.

 As with any situation where a new partner is involved, you need to protect yourself against sexually transmitted infections. Do not take a stranger's word that he or she is disease-free. Be sure to use condoms and lube, and protect against unwanted pregnancy. If you are having an FFM, the M will need to change condoms when going from one woman to the next. So have a bunch of condoms and lube handy.

### Let the Party Begin

First and foremost, consider the following advice by Nina Hartley from *Nina Hartley's Guide to Threesomes* videos:

"Start slow, with lots of teasing and foreplay, kissing, petting, massage. It's likely two of you will be part of an existing couple where you know each other's sexuality better than the newcomer, so don't rush. Take your time bringing the newcomer into the situation. Unlike us [porn stars], you aren't making a movie. You don't have to be so goal-oriented. Let things unfold naturally instead of pushing for the kind of



acrobatics you see in porn. It may take more than one get-together to make it all work, so don't be discouraged if the first threesome ends up with a double blowjob or handjob. It may take time for the three of you to get comfortable enough for actual intercourse. It is not necessary for all three partners to be equally engaged at the same times. Kicking back and watching can be exciting, too. Don't assume that dicks in every hole at all times is a measure of a successful threesome. Do the easiest things first, and see what develops. Don't forget to talk about your feelings afterward. You'll want to learn as much as possible from each experience."

👁️ Be sensitive that you are inviting a stranger into your love-making lair. Don't assume that he or she has a clue of what to do or how to be. This is the moment when what used to be a total fantasy becomes reality, which is not always the prettiest of transitions. Be gracious, kind, and offer lots of reassurances. The third wheel is not a fuck-bot who is there at your convenience, unless you are paying them by the hour.

👁️ Just being naked together, feeling relaxed, and opening up sexually is a major accomplishment. Pay attention to the chemistry of the threesome rather than to your own need to get off. Don't try to script your threesome. It may take a couple of times together before the three of you find your groove.


👁️ Your primary concern should be that your partner feels loved and valued by you. This may mean paying more attention to your partner than to the third wheel—unless you agree that one of you mostly wants to watch.

👁️ Be sober enough to legally drive. If you are too anxious to proceed without getting stoned or plowed, consider it a sign that this isn't something you should be doing.

👁️ Don't be afraid to stop half way through the lovemaking to talk about what's going well and what could be going better. With three, you need to huddle often.

👁️ There could be a time during an MMF when the woman is on all fours and is doing oral on the guy who's in front of her while the other guy is behind her and thrusting, aka "spit roasting." The male who is thrusting into her vagina or rectum needs to check in with her about rhythm and depth, since his thrusting might be causing her to gag on

the penis of the guy who's in front. Likewise, the guy in the front needs to establish a comfortable pelvis-to-face distance. Both males need to be aware that the woman is between a rock and a hard place. You will probably need to work out a nonverbal signaling system, given what's in her mouth and all. In an FFM, if the man has his penis inside one of the women who is giving the other woman oral sex, he needs to check in with her about the best speed and depth for thrusting. Otherwise, his thrusting might be making it difficult for her to perform oral sex.

 Make sure your phones are turned off and the kids are safely away at their grandparents'. Use a hotel or another location if there's any chance that teenagers might show up, and don't even think about doing this when you are on-call.

### **The Morning After**

No matter how enjoyable your threesome may have been, it's possible you will wake up the next morning with worries and bad feelings. Some people in this day and age still feel shame after they masturbate, and that's nothing compared to having two penises in them at the same time or their first same-sex experience while their spouse was watching.

Try to make sure no one leaves with self-doubt. Take the time to express your thanks and gratitude to one another—to both your primary partner and to the third wheel. If you enjoyed the experience, it's important to send the third wheel something like flowers if she's a woman, or perhaps something manly if he's a guy. Be sure the card has both of your names on it, and maybe a separate line from each of you if you are an established couple.

An established couple has each other to talk over any morning-after doubts with; the third wheel has only him- or herself. The flowers or gift will help with that process. Do not slip up on this one. Doing something nice for the third wheel and talking over your post-threesome feelings with your partner are as important as all the planning that went into making the threesome click, especially if you had a good time.

### **When You Are the Third Wheel**

There is a certain freedom in being the third wheel in a threesome. If things don't go well, you can avoid seeing the other two again. They probably live together and won't have the option of avoiding each other, although they can also comfort each other.

👁️ Always meet with the couple ahead of time to get a sense of your chemistry together. Talk about the things the three of you might like to try. Whether you are male or female, it's an important time to discuss the kinds of things you will and won't do. Come up with safe words that will either slow or stop the action if you find yourself feeling overwhelmed. Discuss everything from STIs to birth control. Don't assume that because they are a couple they have their act together.

👁️ You will most likely be joining an established couple with lots of history together. As a third wheel, you will need to deal with the reality that you are the third wheel.

👁️ If you are a woman, it's likely that a big part of an FFM threesome is for you to explore sexually with the other woman. If it ends up being all about pleasing the man, consider bailing early unless he's the chair of your dissertation committee.

👁️ You will be having an intimate experience with three separate entities as opposed to two. You will be dealing with each of the others as individuals, as well as with them as a couple. The couple may have its own dynamics that are different from those of the individuals who make it up. In some threesomes, being mind fucked can outpace the body-fucking. You didn't sign on to do couples therapy. If you find yourself being placed into that role, BAIL!

👁️ Things might go spinningly well, or they could get very weird. If the threesome starts to get weird, don't hesitate to suddenly remember an important meeting or a sprinkler you are sure you left on. Don't be afraid to call it a day, no matter what stage the threesome is in. Do not for a moment be intimidated because it's them against you. If you start feeling this is the wrong situation, grab your pants or purse and make tracks for the door. Be sure to drive to the location separately, or have an escape route that doesn't depend on them.

👁️ The three of you will have a much better time if you don't feel the need to prove what sexual all-stars you are. This is a time to blend, rather than stand out, unless they have specifically asked you to have your way with one member of the couple while the other watches.

👁️ If you are a third-wheel guy in an MMF, seek the other M's approval before trying things with his partner, even if she's inviting you to do it. It's not like you need to check with his attorney, a simple

moment of eye contact and a confirming nod are all that's needed. Likewise, if you are a woman in an FFM, you're not there to upstage the other woman. Be respectful, and the chances are good you will receive pleasure in spades.

👁️ Ah, the single-dude dilemma. It is going to be significantly more difficult for a single man to find a willing couple for a threesome than it is for a single woman. It's the same problem with almost every species on the planet, be it a single male elk, sea lion or homo sapien.

👁️ This is probably just psychobabble nonsense, but try to think about any less-than-conscious reasons that might be propelling you, as a single person, to have sex with an established couple. Freud might wonder if it has something to do with unconsciously wanting to outdo one of your parents. Some of Freud's followers might wonder if it has to do with wanting to be loved and taken care of by an idealized mommy and daddy. Again, we all do sexual things with motives. That's no reason not to enjoy the experience. But being more aware of it can sometimes help us from getting stuck in situations that aren't always the best.

👁️ Make sure that someone knows where you are going, including the address and phone number. You don't have to tell them what you are doing, but leaving a trail and an expected return time is never a bad idea. This is just as true for males as for females. The only exception would be if you already know the people. While joining an unknown couple for sex is probably no more dangerous than joining an unknown single for sex, taking precautions is in order.

👁️ Just because they are married and say they are disease free, don't believe it. Be sure to bring your own condoms and lube.

### **Threesome Resources:**

For a list of the resources mentioned in this chapter, as well as others, visit [www.Guide2Getting.com](http://www.Guide2Getting.com) and put "threesomes" in the search box.

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