



## **Tender Places – Inside Story**

by Sossity Chiricuzio, PQ Monthly

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The body is a road map of discovery, full of hard truths and tender places. It is also the only thing that most definitely belongs to us. Despite all the ways the world has tried to steal them away and sell them back, our bodies can still be a place of sharing and compassion and knowledge and power and joy. I've been a sex radical writer and educator for decades, talking about sex and bodies, sharing stories and unlearning shame. Send me your questions, and we'll find some answers together.

*Dear Sossity,*

*Are double-ended dildos a thing that works in practice, or mostly just porn? It'd be rad if there was a toy that could penetrate both of us at the same time (cunt-to-cunt) more equally & effectively than the Feeldoe. Position recommendations also solicited!*

## *-Two Hopeful Switches*

Dear Hopeful

In my experience, traditional double-ended dildos are mostly good for giving you a UTI because a straight line from your insides to your partners is not actually how cunts are shaped and angled.

Especially once you maneuver your bodies into a position that will accommodate double penetration.

That said: there are new styles on the market, and if you really want that scissoring plus experience, they could be worth a try. Sheboptheshop.com has a few intriguing models listed!

You could also try a toy that is similar to the Feeldoe, but shaped in a way meant to fill you both more equitably. I've got a few suggestions that could work well for you - though I recommend contacting the support staff at your favorite shop for more thorough vetting. I'm listing the Nexus first because I can personally recommend it. My favorite toy to use with a partner for well over a decade, and it never fails to work for me, too. There is a minimal size difference in the the two ends, and it comes in two size ranges.

The Fuze Tango is similar in design to the Nexus, but with a larger difference in the two ends plus a clitoral stim pad. There's also the Share, which holds a bullet vibe in a very well placed spot. All of these are recommended to use with a harness, but positioning and PC\* muscles can often do the trick to hold it in place and give you more skin to skin contact. I've been able to use this type of toy in many positions, but I get the best results in friction and penetration for both when one person straddles the other (facing either direction,) bent over from behind, or missionary style (modified as needed). Have fun exploring!

*Dear Sossity*

*"I want to work up to being able to be fisted vaginally - are there good exercises I could be doing? I feel really tight and little and my partner hasn't been able to open me up enough to take more than three fingers."*

*- Dreaming of Red on the Right*

Dear Dreaming

Asking for information is a great place to start. Most vaginas can be fisted, but every one of them is different, and some are more accommodating than others. Fisting is a trust exercise for everyone, as you're both going to be vulnerable and exposed by an act which leaves a part of them fully and intricately enveloped by a part of you.

Being able to open up enough to take their whole hand is not so much about stretching out, as letting go. Some pieces to consider: Has your partner fisted anyone else before, or done homework around techniques? Are you feeling connected, and communicating what's happening for each of you when you try? Are you taking the time for a long build up of activities that ground you in your body and turn you on?

There is a wealth of resources online, everything from tips and tricks to how to instructions, so I'm going to cover a few basics and let you take it from there. I recommend making it into a sexy homework project for you both!

1. Lube.\*\* Lots of it, and try using latex or nitrile gloves as they are smoother than skin, avoid hangnails or other sharp edges, and don't soak up the lube as much.
2. Communication. Describe what you're feeling to each other, ask for more, less, a break, a kiss – support each other in this adventure, don't get locked into your own heads.
3. Patience. Take your time getting excited and engaging in sex play. The more aroused you are, the more likely you'll be able to open up and let your partner in.
4. Research. If you are not already familiar with Kegel exercises and the muscles of your vagina and pelvic floor, learn more. Locating and understanding what you're trying to relax can sometimes help the process.

If you find yourself getting to that place that feels like it's not gonna happen, you can't take anymore, just slow down and feel the fullness of two or three or four fingers. Take some deep breaths, give your PC muscles a flex, and then release them. Relax into feeling full and desired and open. Come a few times if you can, or just enjoy the sensations. Breathe. Relax. Enjoy. Repeat. You may finally get there, and even if not, remember it's not a failure, it's just a different kind of joy.

*\*The pubococcygeus or PC muscle stretches from the pubic bone to the tail bone, forming the floor of the pelvic cavity. PC exercises can help increase pleasure and control in the pelvic region.*

*\*\* Be sure you check in about allergies before making your glove and lube choices.*

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