

## What Some of Your Most Common Fantasies Mean

- Dr. Yvonne K. Fulbright

Lovers are really flattered when you go the route of fantasy. It's not always easy to tell others some of your deepest longings, even a lover, especially if you're afraid that they seem "kinky", "taboo," or "weird. Partners know the two of you are treading on member's-only territory and that you're taking a leap of faith in them and the relationship.

Furthermore, fantasies can also be terribly flattering, especially if your honey has been the main star for quite some time. When I was writing *The Hot Guide to Safer Sex*, Brad\*, a graduate student, told me why exchanging fantasies is such a gift and turn on, "I tell my partner that I fantasize about her. Doing so is one of the strongest types of foreplay because you've actually constructed a realistic image that explains your attraction and involvement in someone else. It makes them feel important and it's a part of your sexuality."

But before you go off divulging all of your innermost secrets, consider that some are best left for your own vices, e.g., you're having trouble climaxing and your "secret" is the only thing that will help you to reach the Big O.

Also, consider well what your partner can handle. In being honest and open about your fantasies, test the waters with fairly "safe" fantasies first to see how your partner reacts to some of your most personal and inner thoughts.

Lastly, consider well what your fantasies mean and how they can be (mis)interpreted, either enhancing or ruining your relationship. Visions of cheating on your partner are likely not to go over so well and are a big red flat in your relationship. Or springing your fantasy threesome on an unwilling partner is just asking for a disaster.

While fantasies don't always represent unconscious desires we have, there can be a little bit of meaning in why we fantasize about certain things, especially if we fantasize about them a lot. Consider the following popular fantasies...

**Tying Up Your Partner:** Either you want to take charge and control your sexual rendezvous or you want to pleasure and tease your helpless, unresisting partner to no end.

**Being Tied Up by Your Partner:** You want your partner to take charge of your sexual being. You long to relinquish control and let yourself and your inhibitions go wild.

**Having Sex in Public Places:** You get a rush off of the fear of getting caught and your life is screaming for some excitement.

**Having Anal Sex:** You're into the forbidden – doing what is "nasty" and taboo turns you on. You're open to exploring this kind of sex play.

**Being Lusted after by Others:** You're looking for an ego boost and long to be desired by everyone.

Any of these fantasies can involve more of a role-play, actually sometimes made a little more realistic by condom use. For example, pretend that you're a call girl whose customer has asked to be tied up. You are all about keeping a clean bill of health, so you demand that he wear protection, showing him how it's done. Really getting into the act, e.g., giving yourself a fake name, will only help your cause and make the situation feel more realistic. Your partner will also respond more the better you can tap into your acting skills.

Another route - pretend you're a stripper who has developed a crush on a certain special customer you've taken back stage with you. Explain that in order to stay on your platforms, you're going to need to make sure he sports a coat of armor, before giving him a private lap dance of his own.

Acting out any one of your fantasies takes a little bit of planning, some smarts, and a good amount of confidence. It also requires an amazing partner, with whom you feel safe, who is worthy of this honor. And no matter what happens, it can pretty much be guaranteed that your partner will appreciate your efforts to make sharing your wildest phantasms truly memorable.

**Yvonne K. Fulbright, Ph.D., M.S.Ed.** - Originally from Iceland, sexologist, sex educator, and relationship expert Dr. Yvonne K. Fulbright is the author of several books, including *Touch Me There! A Hands-On Guide to Your Orgasmic Hot Spots* and *The Better Sex Guide to Extraordinary Lovemaking*. Regularly featured in media outlets worldwide, Dr. Yvonne is the "sexpert" columnist and sex expert for Foxnews.com, a regular contributor to disaboom.com, and a professor of human sexuality at Argosy University. She founded Sexuality Source, Inc., a communications and consulting organization specializing in the topics of sex, sexual health, sensuality, and relationships in 2004. For more information on Dr. Yvonne, her projects, and services, visit [www.sexualitysource.com](http://www.sexualitysource.com).