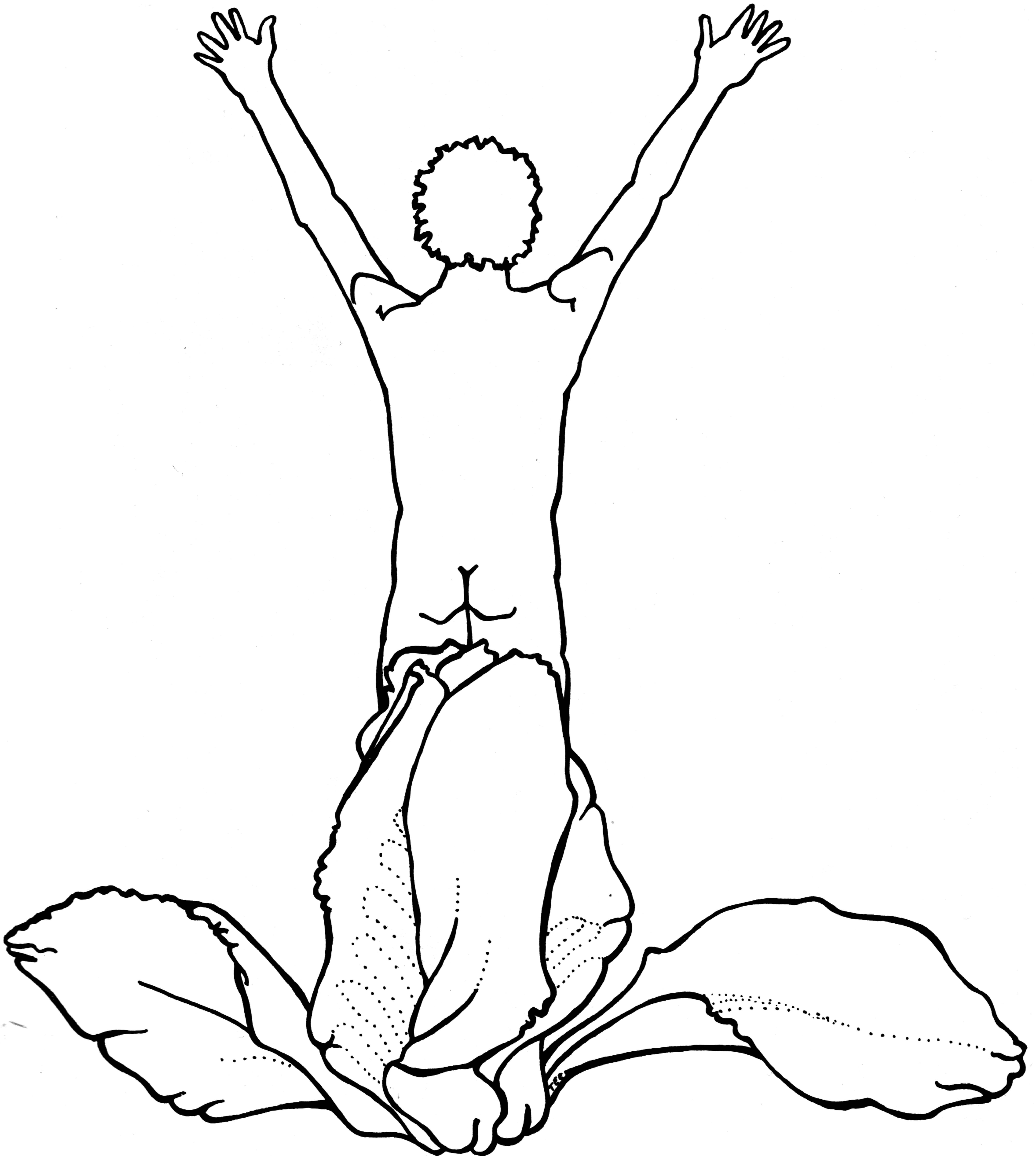


# THE PLAYBOOK FOR MEN-ABOUT SEX



*invented and handlettered by joani blank \$ 3.00*

10

6/24

# PLAYBOOK: for Men/about Sex

Invented and Handlettered by Joani Blank  
Cover by Tee Corinne

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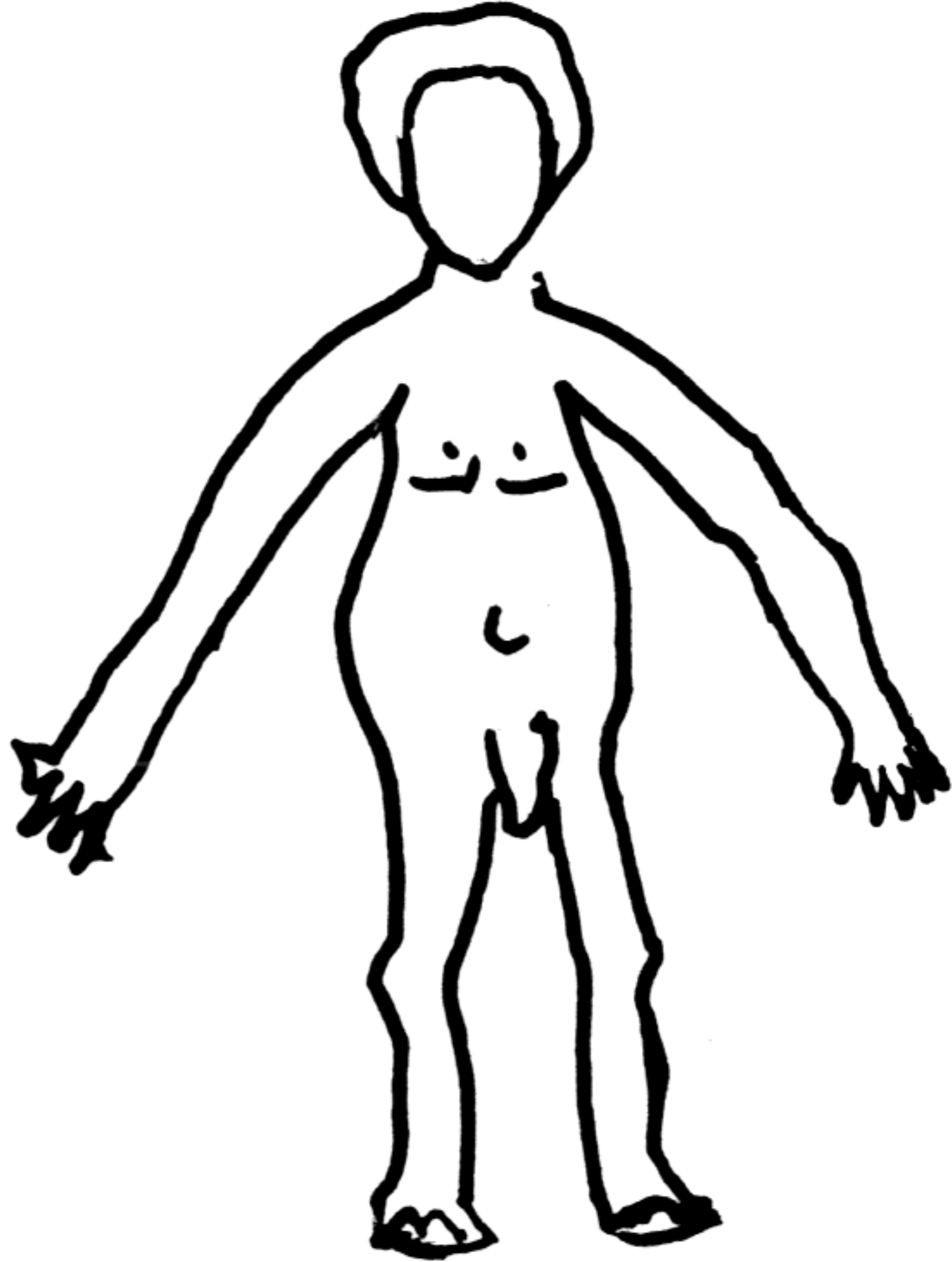
This is a sexual self-awareness book for every man. When you have filled out those sections which interest you, you can hide the book, show it to a partner or friend, throw it away, or make it public. You may want to go through the book again after a time to see if or how you've changed.

How come a woman's writing this book? Well, the Playbook for Women/about Sex needed a companion piece and no man had written it yet. All the technical advisors, reviewers and editors of this book are men, and I am appreciative of their encouragement, support, and suggestions.

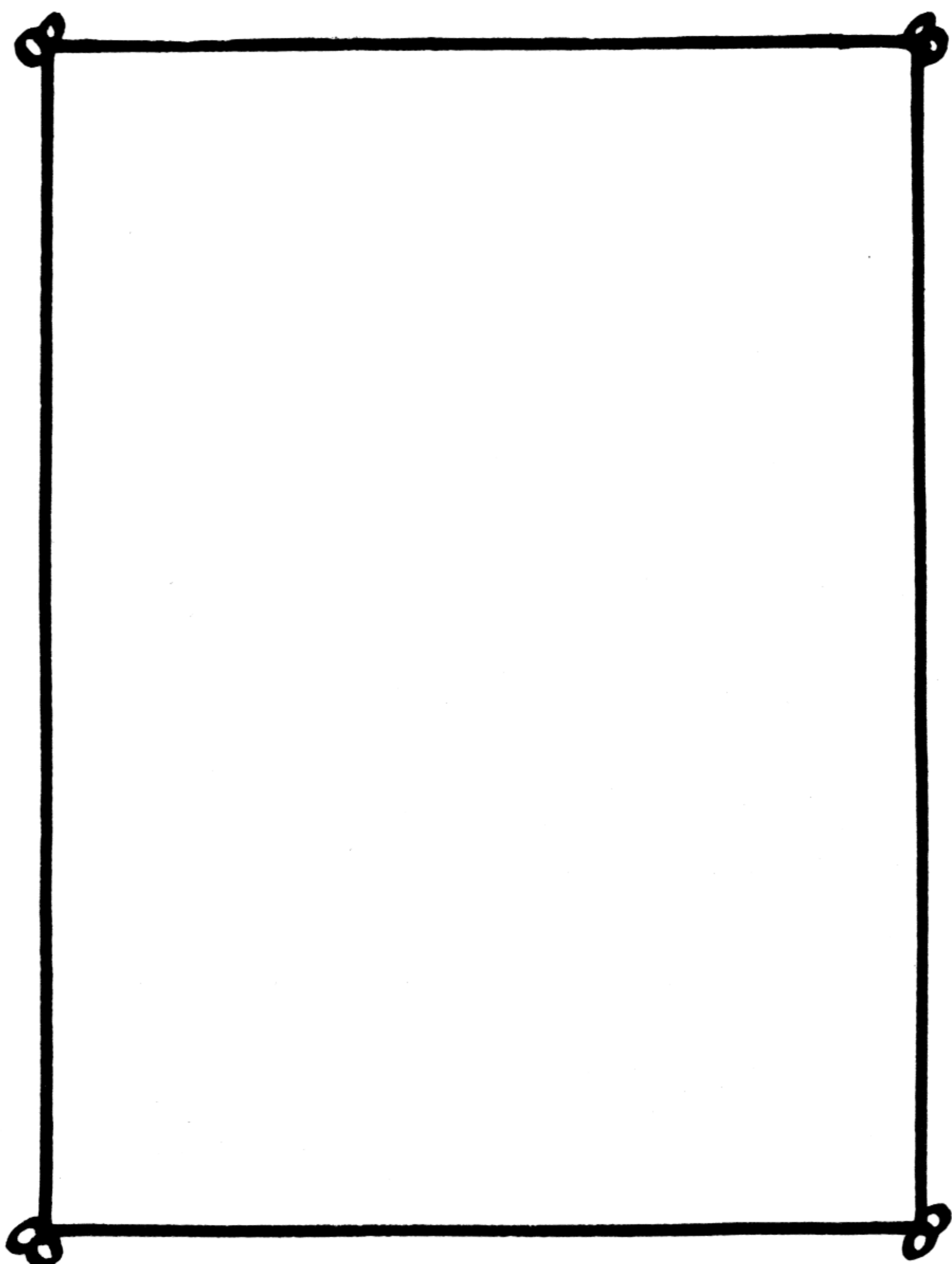
Myth: There is only one male body beautiful: flat stomach, slim hips, broad chest and shoulders, muscular arms and legs—a good physique.

Fact: Every man's body is different. Each has its unique proportions. A healthy body is a manly body.

How I look:



How I look:



How I think I ought to look:

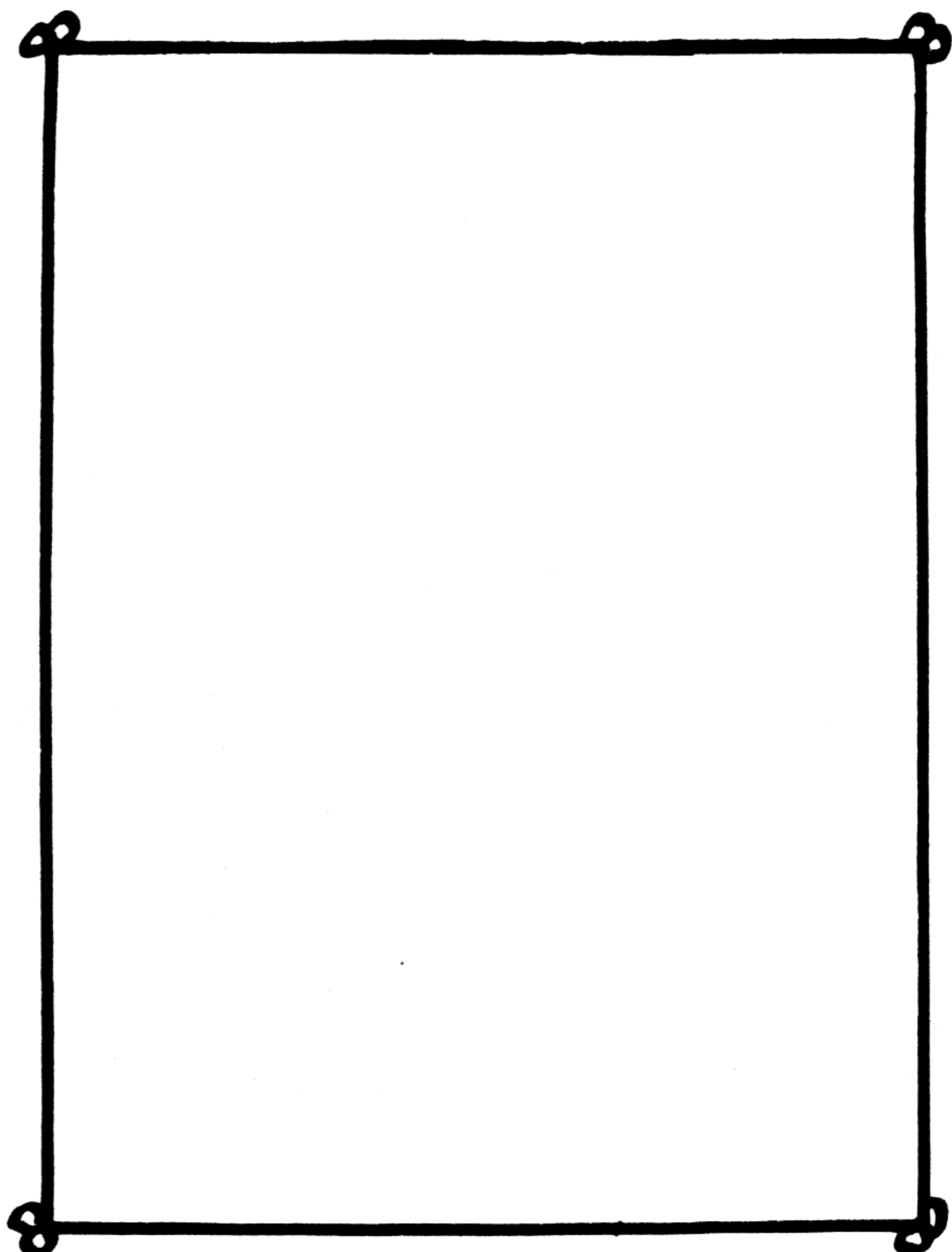


more tapered waist

square shoulders

longer legs

How I think I ought to look:



... We're never satisfied...

I don't like my belly because it is soft and hangs out

I don't like my \_\_\_\_\_ because \_\_\_\_\_

I don't like my \_\_\_\_\_ because \_\_\_\_\_

I don't like my \_\_\_\_\_ because \_\_\_\_\_

... On the other hand...

I like my legs because they are straight and long

I like my \_\_\_\_\_ because \_\_\_\_\_

I like my \_\_\_\_\_ because \_\_\_\_\_

I like my \_\_\_\_\_ because \_\_\_\_\_

The thing I dislike most about my body can not be changed. Aaargh!

The thing I dislike most about my body can be changed. This is what I can do to change it:

	I will do it	I won't do it
_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>

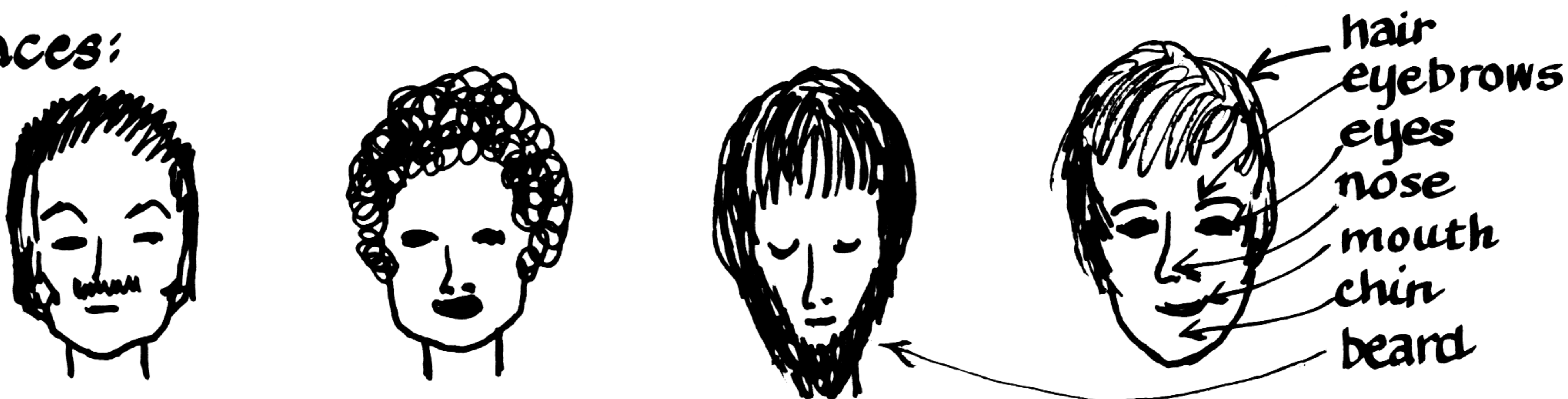
Here are the people who have told me what's wrong with my body. ☹️

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ A pox on them!  
name name name

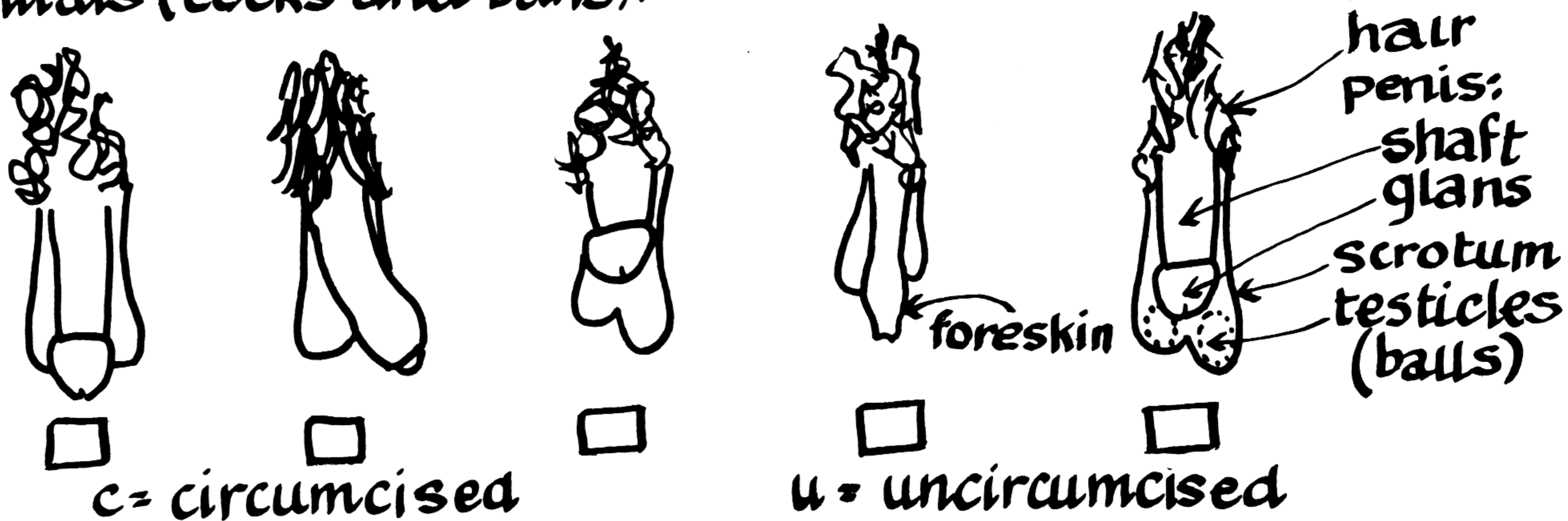
Myth: Men's penises all look pretty much the same (except bigger than mine). They are ugly, dirty, too easily hurt, and they do embarrassing things.

Fact: Genitals are like faces. All the same parts in varying styles and arrangements. They look like men's genitals and they like to be touched and given attention.

Faces:



Genitals (cocks and balls):



I (am glad I am) (wish I were) (circumcised) (uncircumcised) because \_\_\_\_\_

Here are some words I've used, heard or read for men's genitals:

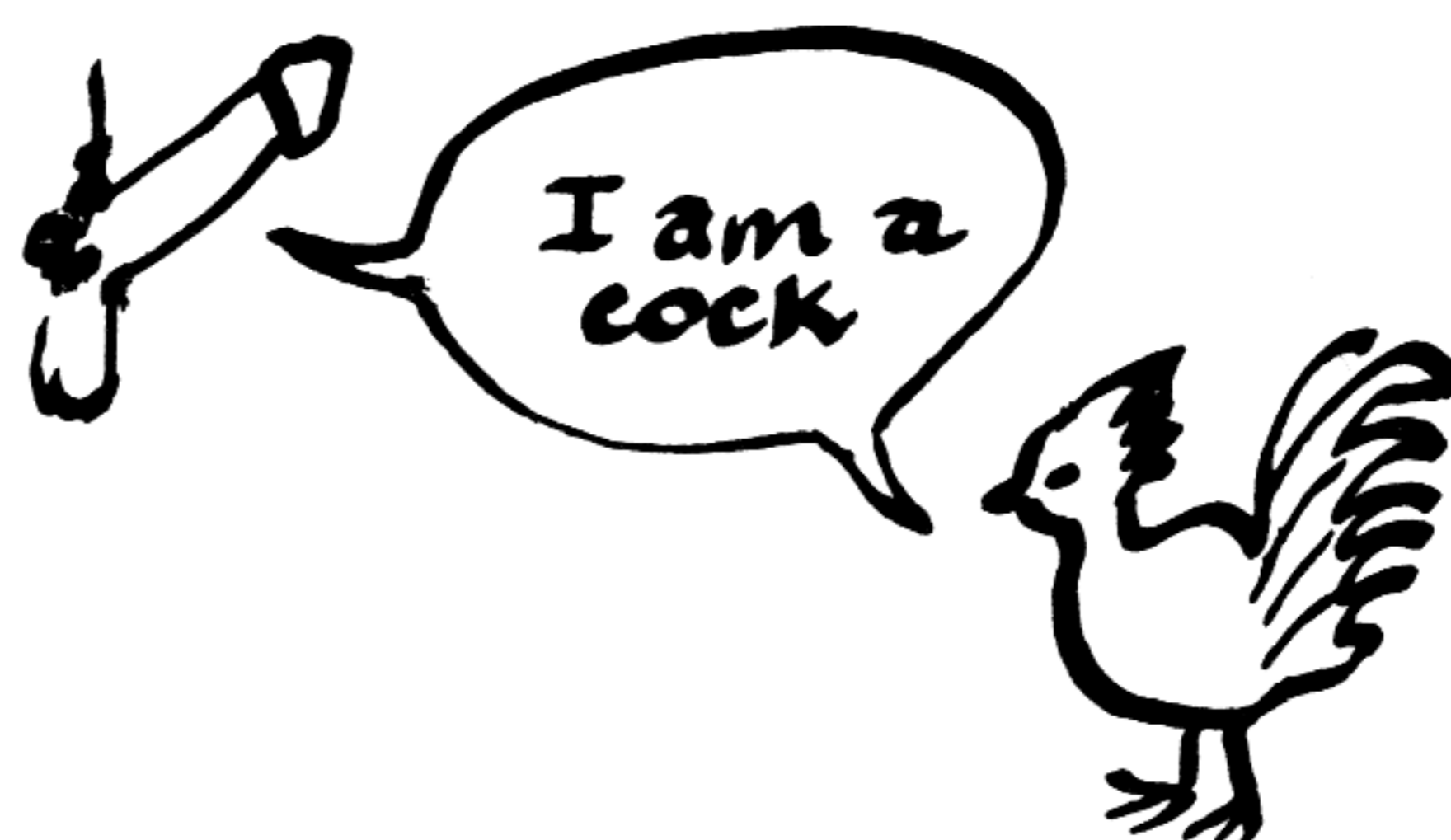
\_\_\_\_\_

\_\_\_\_\_

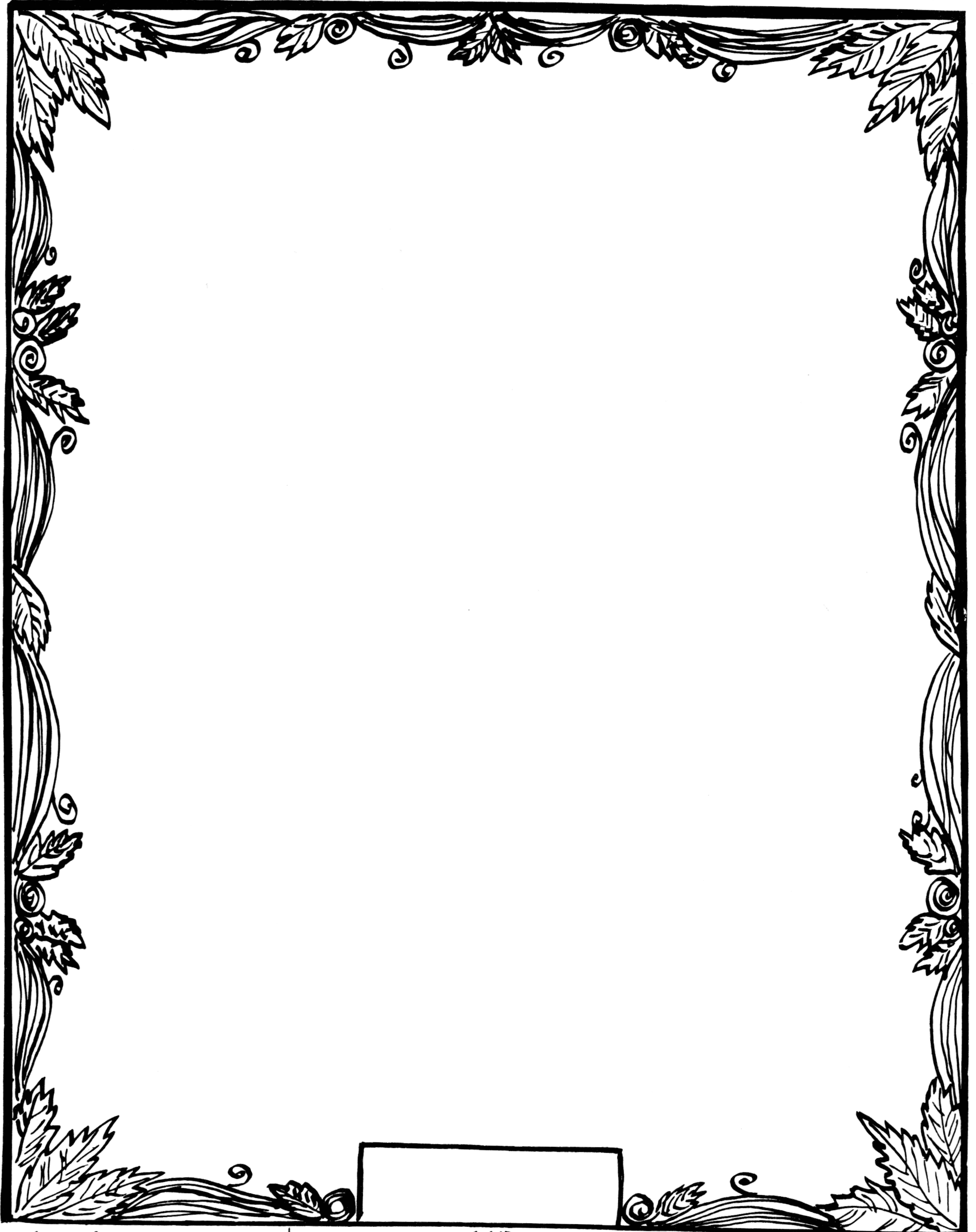
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# my "SELF" PORTRAIT\*



\*as in "Don't play with your self!"

Men's cocks are:

- beautiful
- ugly
- some are beautiful; some are ugly
- I'm reserving judgment

Compared to other  
cocks, my cock is:

- shorter
- longer
- skinnier
- fatter
- crookeder
- about the same
- don't know

compared to other  
balls, my balls are:

- longer
- smaller
- lopsideder
- hairier
- wrinkleder
- about the same
- don't know

- I know this because I've seen lots of cocks and balls.
- I know this because I've seen lots of erect cocks.
- I haven't seen very many other men's genitals but I still feel this way.
- I can't compare because I rarely look at other men's genitals. (I would/wouldn't look more if I had the opportunity.)
- People keep telling me that penis size doesn't matter, but I don't believe it.

The last time a partner let me know s/he didn't like the size or shape of my penis s/he said \_\_\_\_\_

\_\_\_\_\_

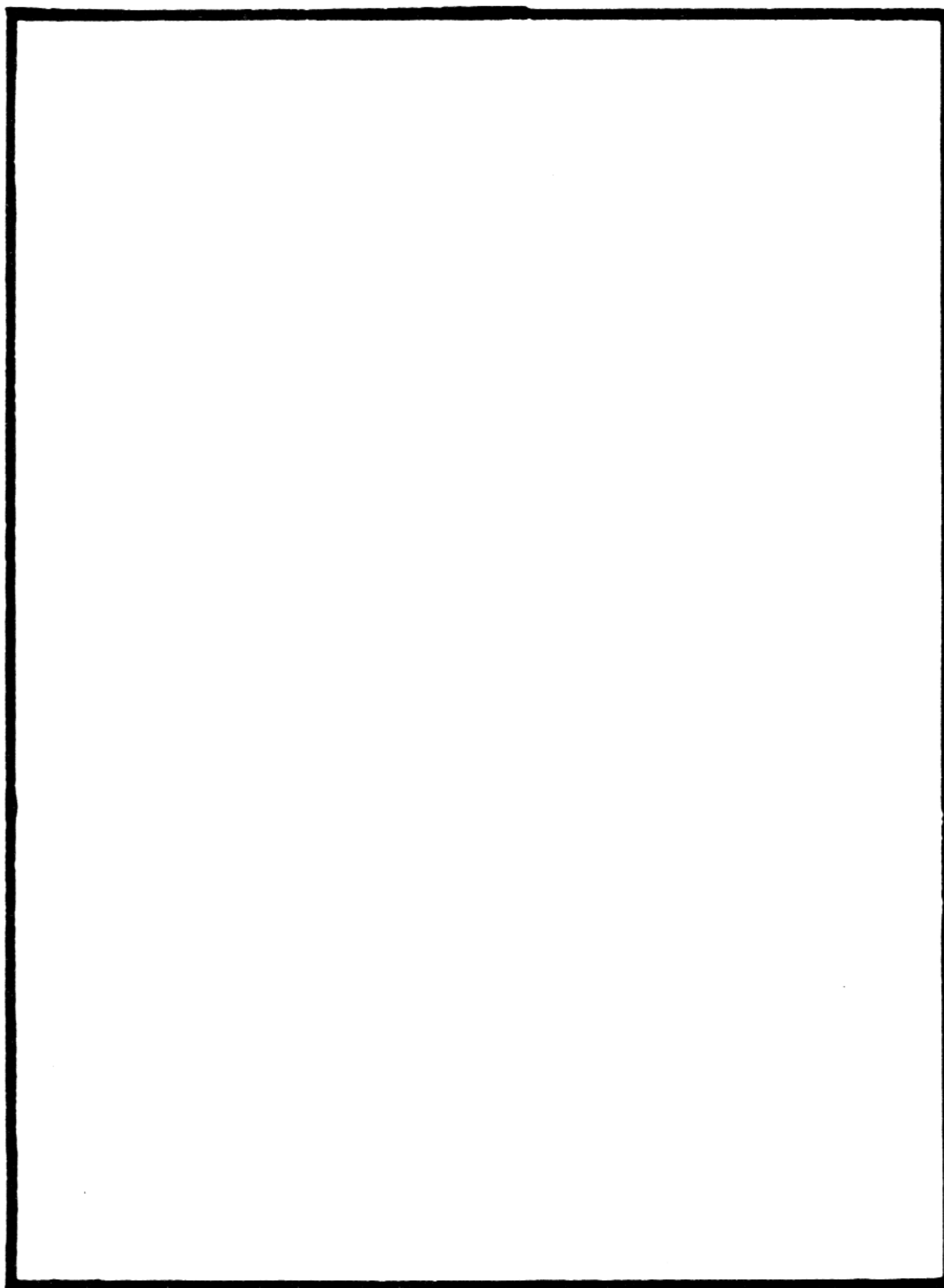
and I \_\_\_\_\_



When I talk about my penis, I call it my \_\_\_\_\_

♂ Give your penis a name and put it on the self-portrait nameplate. Name \_\_\_\_\_

♂ Draw another picture of your genitals here. This one is going to be a sensitivity map.



(draw arrows)

When it's soft and I touch:

here it feels \_\_\_\_\_

here it feels \_\_\_\_\_

here it feels \_\_\_\_\_

When it's hard (erect) and I touch:

here it feels \_\_\_\_\_

here it feels \_\_\_\_\_

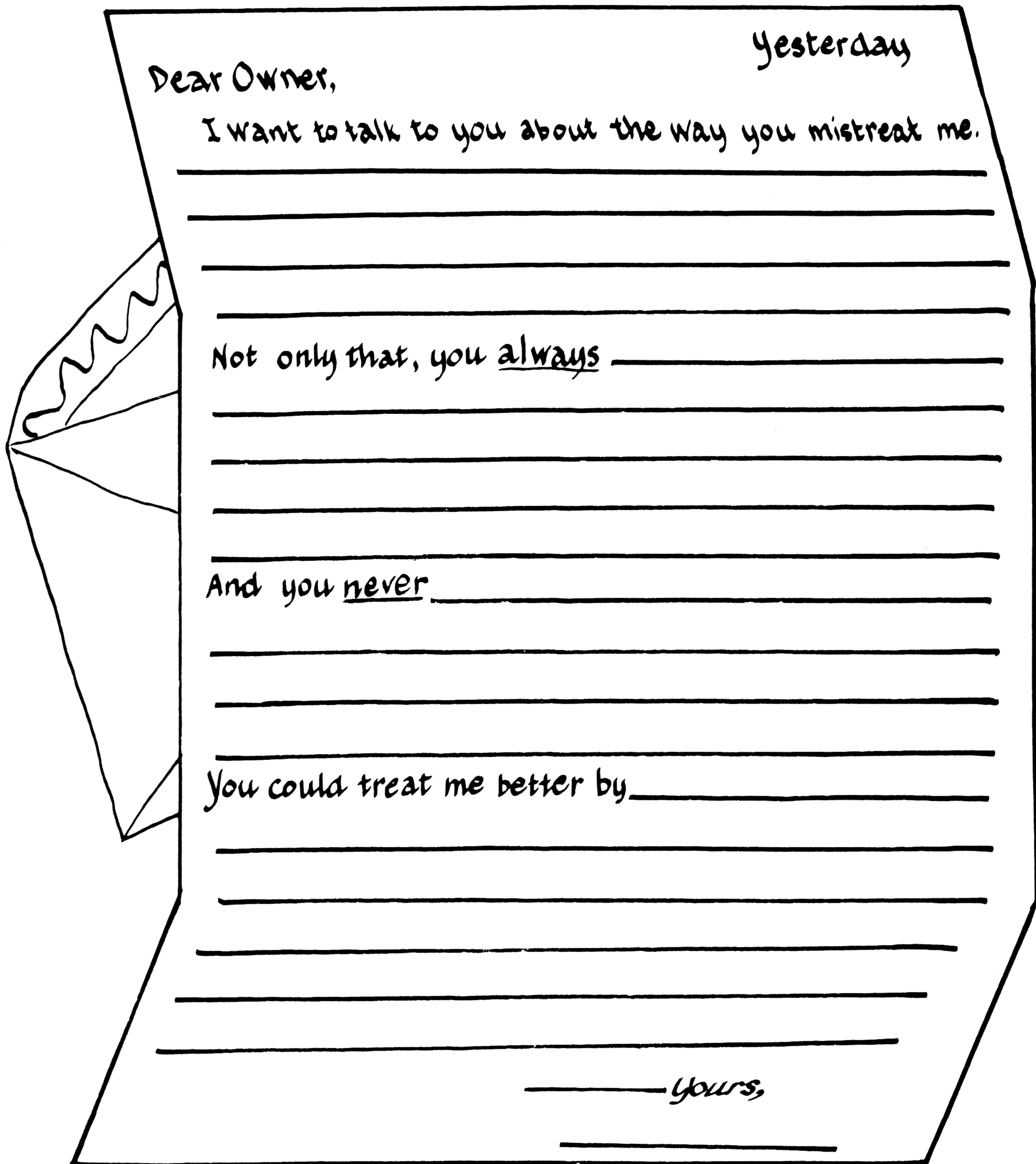
here it feels \_\_\_\_\_

The very most sexually sensitive area for me is \_\_\_\_\_

What I like least about my cock and balls \_\_\_\_\_

What I like most about my cock and balls \_\_\_\_\_

This is a letter from one of the erotic (sensual) parts of my body (penis, testicles, nipples, anus, feet, \_\_\_\_\_, \_\_\_\_\_) He has some well-spoken words for me:



When I was a kid \_\_\_\_\_<sup>name</sup> told me this negative thing about "playing with myself" \_\_\_\_\_

---

So I  stopped  
 went 'underground'

No one told me anything but I got the idea from somewhere that it was wrong.

No one told me anything and I've been enjoying myself ever since

Here are all the terms I've ever heard for masturbation:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

This is the one I like best \_\_\_\_\_  
I (do) (do not) ever say it.

Here are my reasons for masturbating

1. \_\_\_\_\_  
\_\_\_\_\_  
2. \_\_\_\_\_  
\_\_\_\_\_  
3. \_\_\_\_\_  
\_\_\_\_\_

Here are my reasons for not masturbating

1. \_\_\_\_\_  
\_\_\_\_\_  
2. \_\_\_\_\_  
\_\_\_\_\_  
3. \_\_\_\_\_  
\_\_\_\_\_





S.O.C.M. application... page 2

When I masturbate, I:

- stroke lightly
- stroke hard
- go fast
- go slow
- make sounds

Besides my penis, I like to stimulate my \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ when I masturbate.

A common masturbation fantasy for me is \_\_\_\_\_

This fantasy is (the same as) (different from) those I have with a partner:

I usually spend <sup>how long</sup> \_\_\_\_\_ masturbating.

I think the way I masturbate is \_\_\_\_\_ imaginative \_\_\_\_\_ common \_\_\_\_\_ weird \_\_\_\_\_ how should I know

I (have) (have never) told a sexual partner about my masturbation. This is what happened \_\_\_\_\_

I (have) (have never) showed a sexual partner how I masturbate. This is what happened \_\_\_\_\_

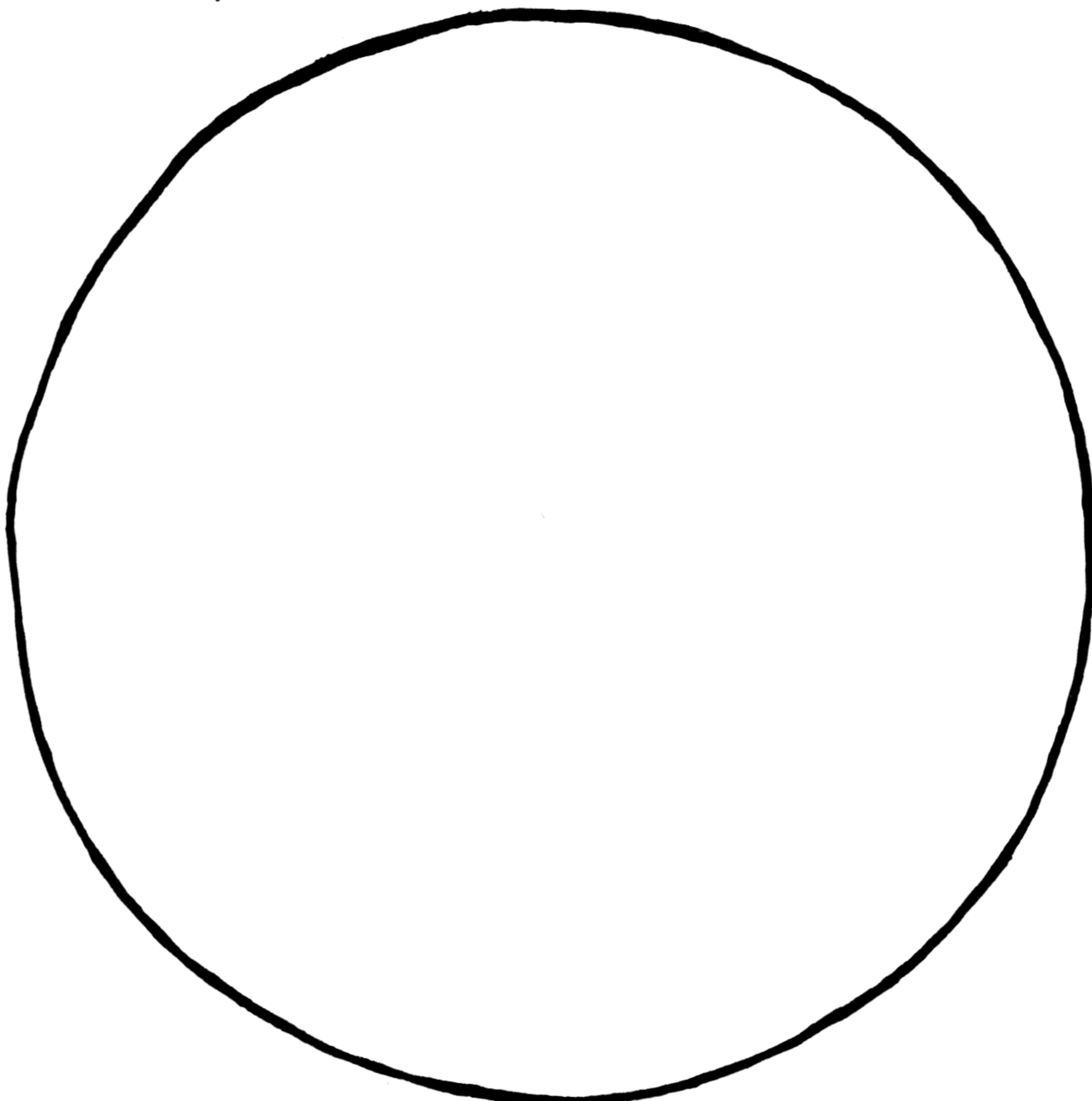
I (would) (would not) like to see a partner masturbate

- All this stuff about masturbation is silly. I outgrew it years ago.

When I get turned on, I:

	yes	no	sometimes	never noticed
breathe hard	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
feel warm	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
get tense muscles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
feel tingly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
move a lot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
make noises	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
feel my heart thump	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
have fantasies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
get scared	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
feel guilty	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

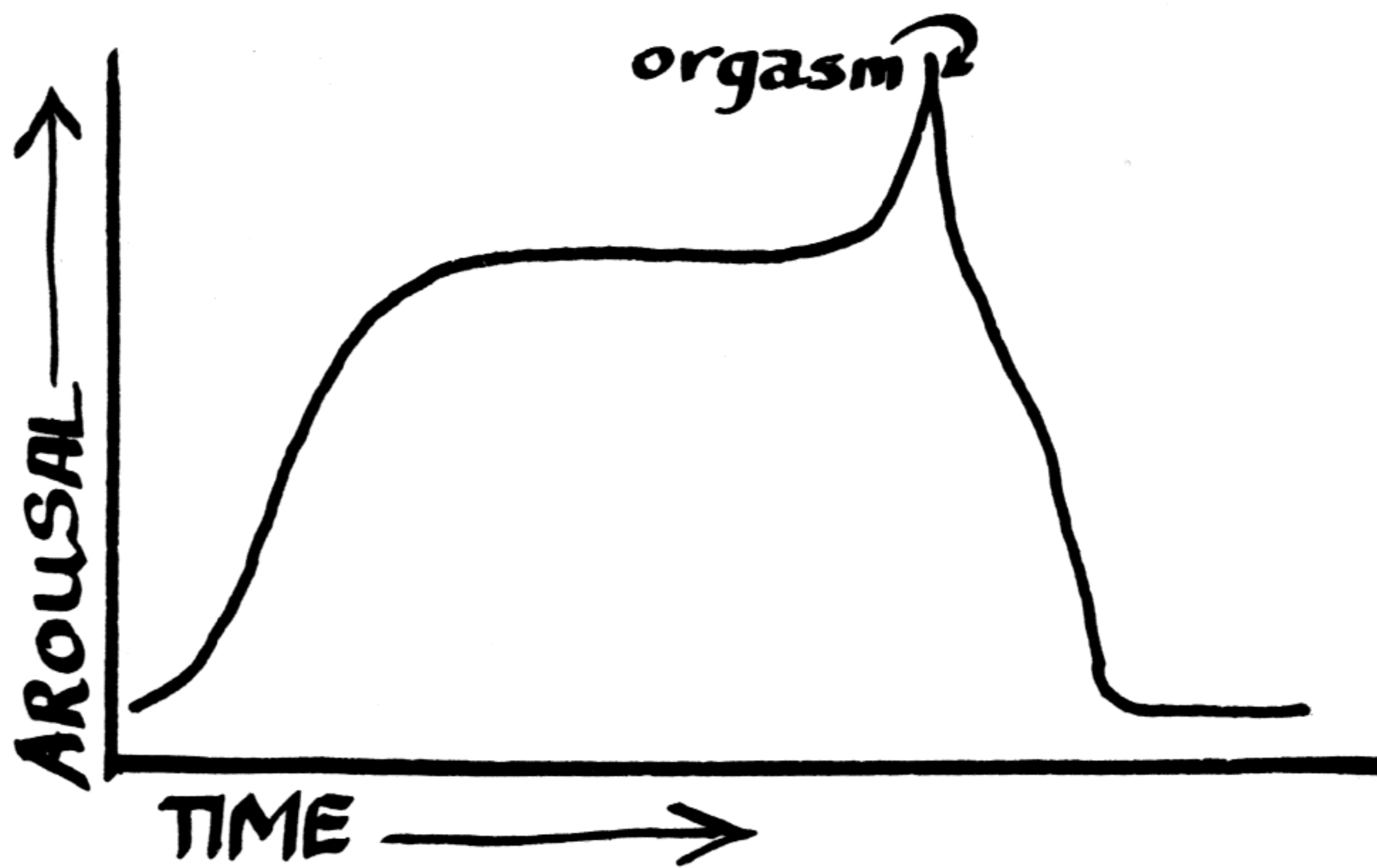
This is a picture of something that turns me on:



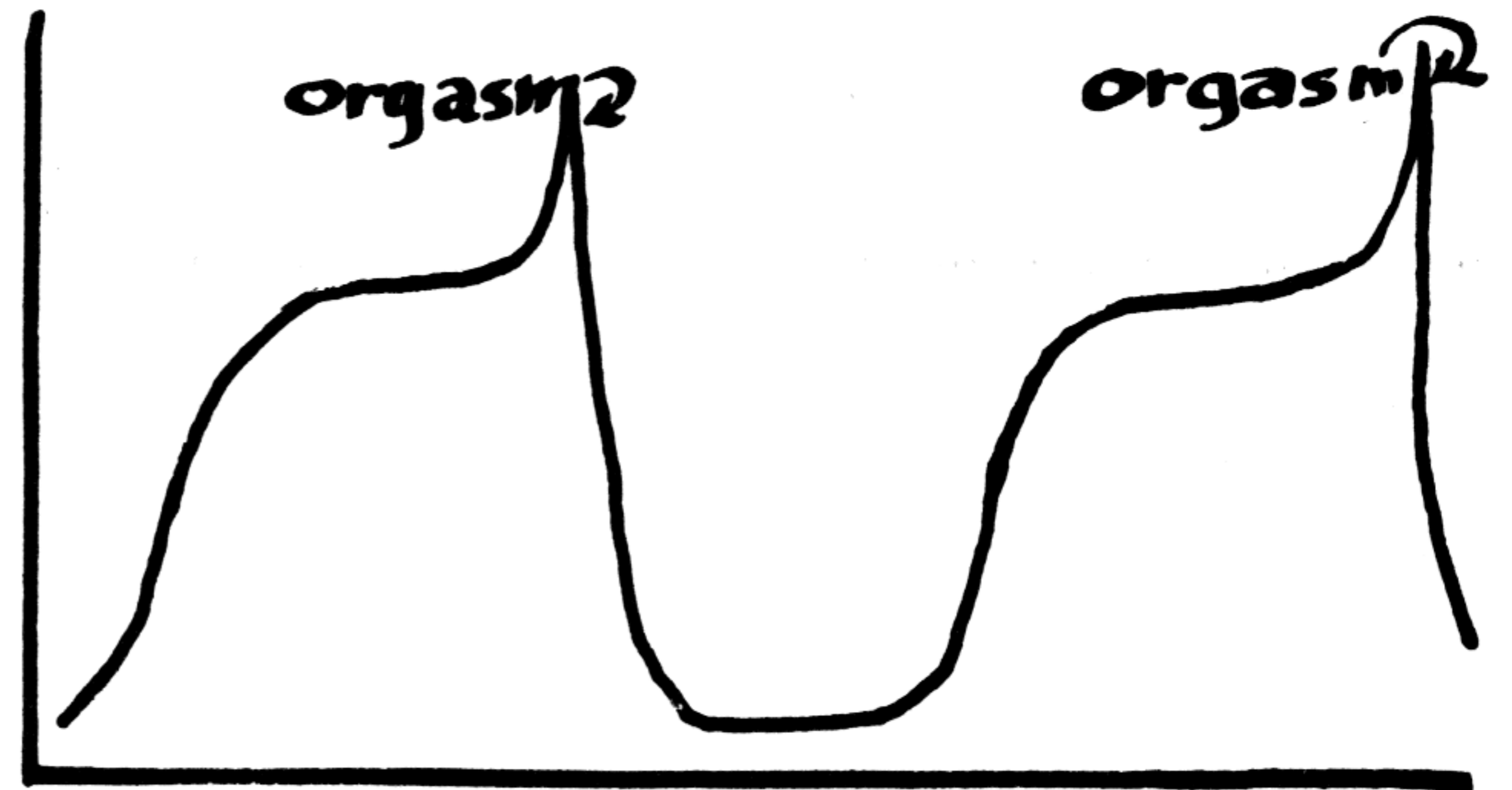
Myth: There's only one way for a man to respond to a sexual turn-on

Fact: Each man responds differently and to different things, people, activities, environments

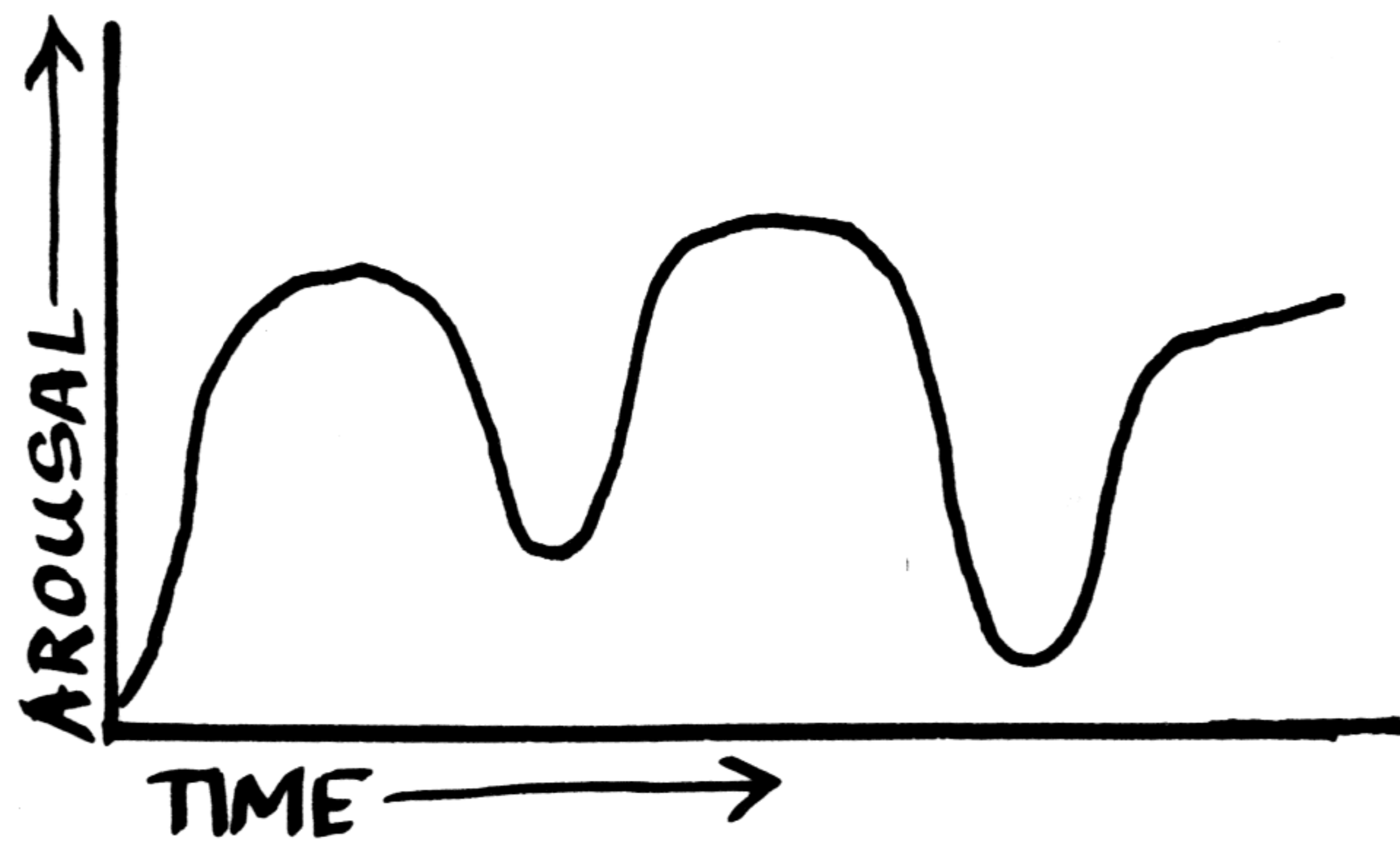
Here's one pattern



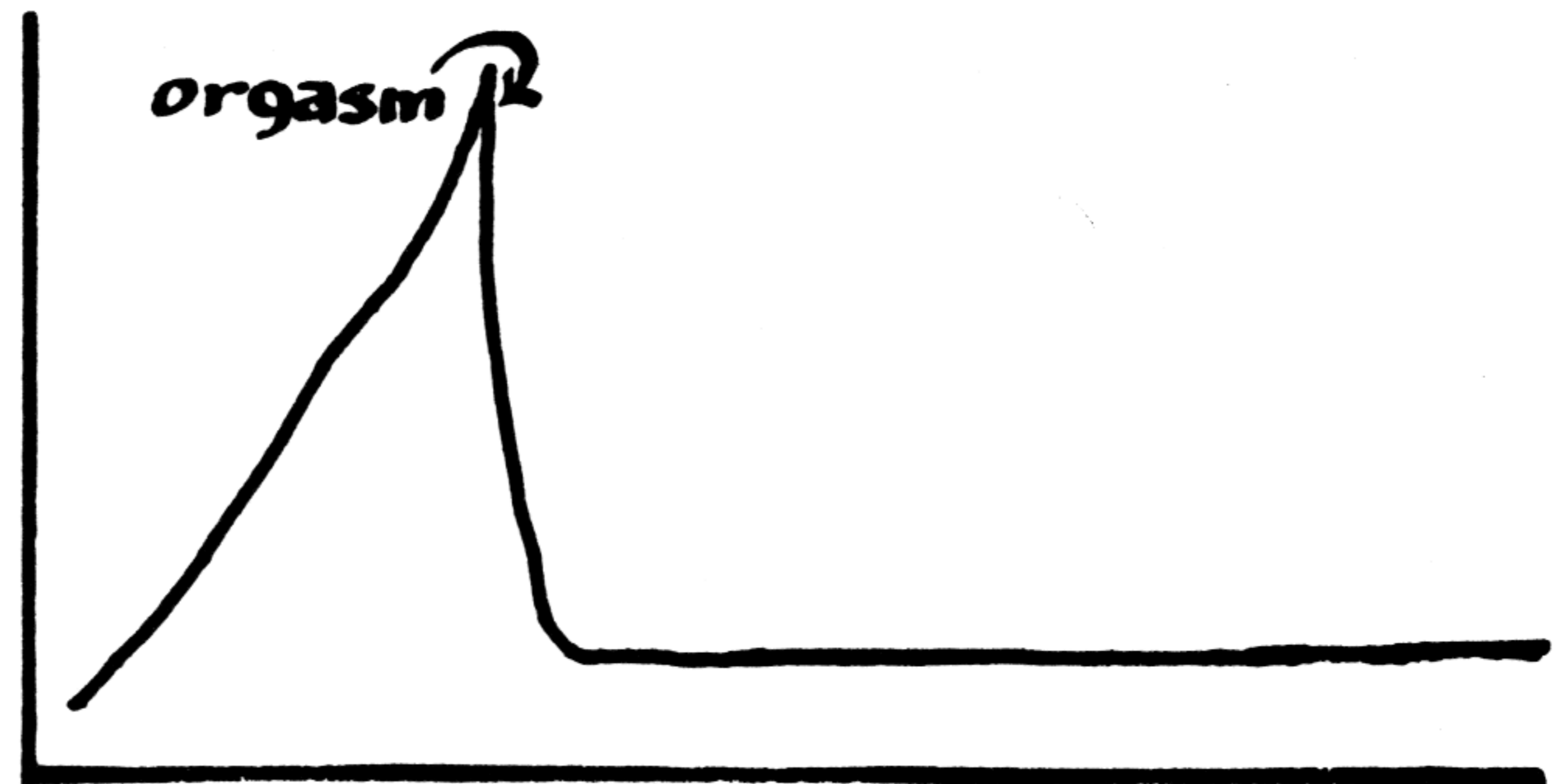
...and another



...another



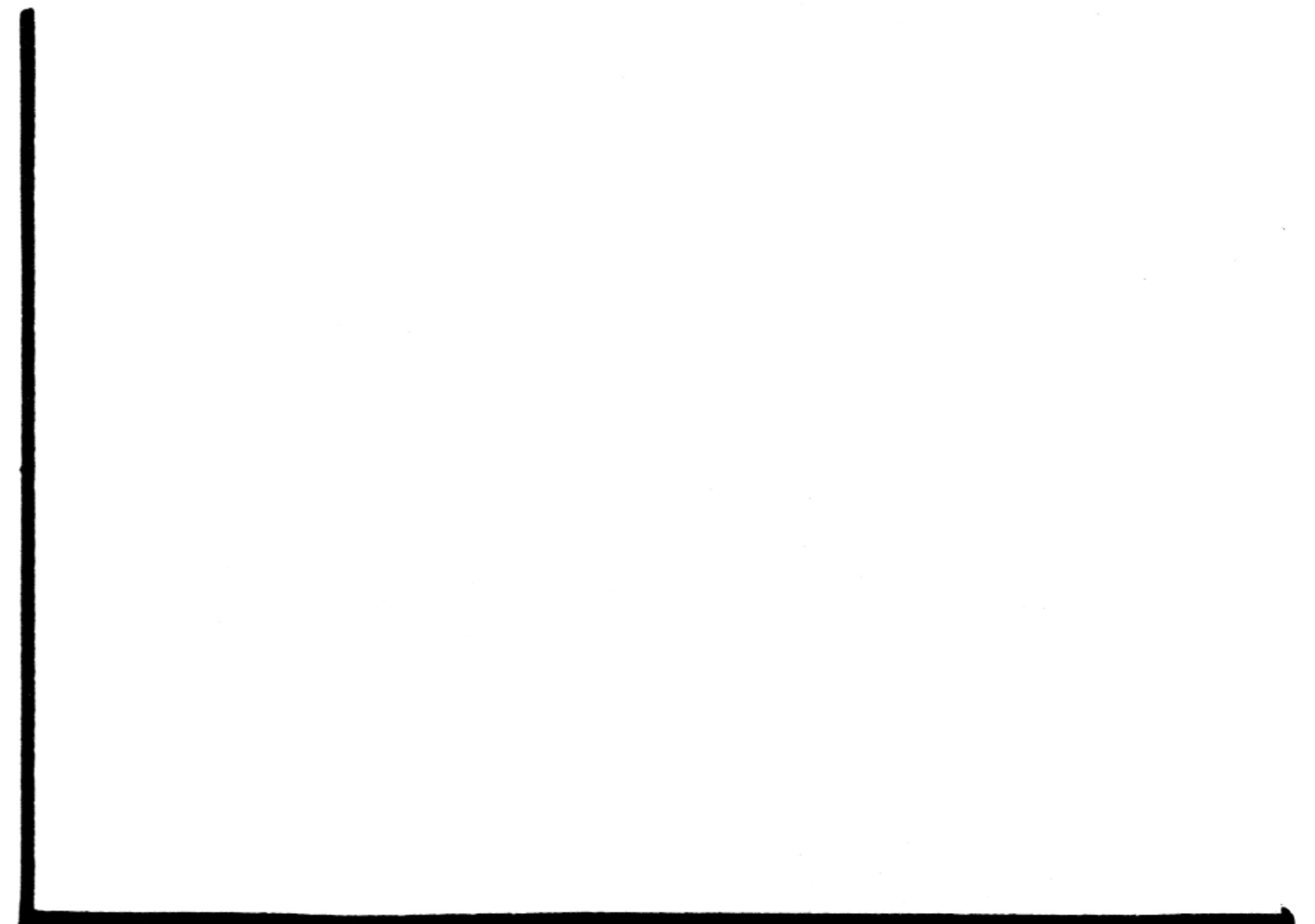
...still another



My usual pattern



...or sometimes like this







MEN ♂ PARTNERS ♀ WOMEN

- All my sexual partners are (men)(women).
- The thought of having sex with a (man)(woman) makes me sick.
- (Being 'gay')(Being 'straight') is fine for other men but not for me.
- I sometimes have fantasies or dreams about sex with a (man)(woman) but I don't want to do it.
- If I had sex with a (man)(woman) my current partner (might)(would) drop me.
- I'd like to be closer to (men)(women) but not be sexual with them.
- I'd like to try having sex with a (man)(woman).
- I'm equally turned on by men and women.

Men whom I like are similar to me in these ways: \_\_\_\_\_

and different from me in these ways \_\_\_\_\_

These are things I have done with a partner:

- |  |  |
|--|--|
| <input type="checkbox"/> Make love             | <input type="checkbox"/> Oral sex            |
| <input type="checkbox"/> Fuck, screw, ball     | <input type="checkbox"/> getting it          |
| <input type="checkbox"/> Touch genitals        | <input type="checkbox"/> giving it           |
| <input type="checkbox"/> mine                  | <input type="checkbox"/> Anal sex            |
| <input type="checkbox"/> my partner's          | <input type="checkbox"/> getting it          |
| <input type="checkbox"/> partner touches mine  | <input type="checkbox"/> giving it           |
| <input type="checkbox"/> Touch or suck breasts | <input type="checkbox"/> Masturbate together |
| <input type="checkbox"/> Use vibrator          | <input type="checkbox"/> Dominate my partner |
| <input type="checkbox"/> _____                 | <input type="checkbox"/> Be dominated        |

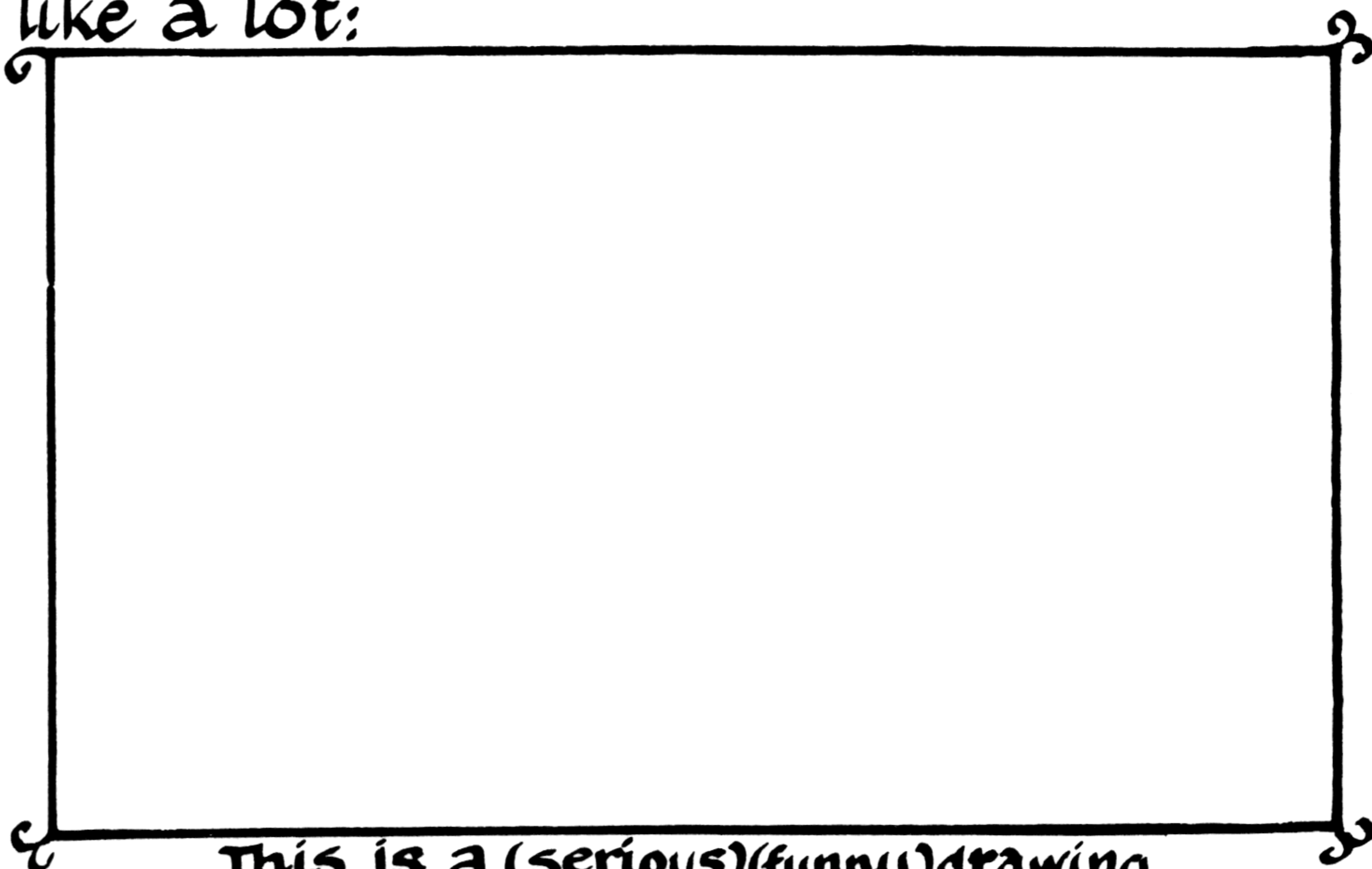
This one (or combination) is a real treat. I want more of it: \_\_\_\_\_

This is something I've tried and will probably never do again: \_\_\_\_\_

This is a combination I'd really like to try: \_\_\_\_\_

I (could) (couldn't) arrange to have it happen.

Here is a picture of a position for sex with a partner which I like a lot:



This is a (serious) (funny) drawing

When I want to have sex with (my)(a) partner, I usually say \_\_\_\_\_ or otherwise indicate it by \_\_\_\_\_

I (never)(sometimes)(always) persist if my partner is not interested.

- I usually do the same things in the same order.
- I never do it the same way twice.
- It depends on who my partner is and what s/he likes. Sometimes I ask my partner to \_\_\_\_\_

I (rarely)(never) ask for anything.

I know it's all over when \_\_\_\_\_

Sex is (not at all)(somewhat)(very) routine for me.

I am (totally)(partially)(not at all) responsible for my partner's response.

If I can't get an erection (hard on), I feel \_\_\_\_\_ and this is what I say or do \_\_\_\_\_

If I come too quickly, I feel \_\_\_\_\_ and this is what I say or do \_\_\_\_\_

If I can't come at all, I feel \_\_\_\_\_ and this is what I say or do \_\_\_\_\_

- I never, never worry about "performing" well sexually
- "Performing" is something a person does for someone else. I like sex for me.

When I want my partner to stimulate me or turn me on in some way, this is how I make my wishes known....

WHEN (or if):

♂ choose letter  
from below

- |  |          |
|--|----------|
| 1. I silently move my body into position,...   | 1. _____ |
| 2. I sigh and/or moan with pleasure,...  | 2. _____ |
| 3. I say, "You don't do it right....",   | 3. _____ |
| 4. I ask for what I want, but not specifically,...                                     | 4. _____ |
| 5. I say, "I really like it when you....."   | 5. _____ |
| 6. I ask, "How come you never....?"  | 6. _____ |
| 7. I assume my partner knows what I like so I don't do or say anything,...             | 7. _____ |
| 8. I move my partner's hand or mouth to where I want to be touched and say nothing,... | 8. _____ |

THEN (this happens):

- A. I get what I want and we're both happy.
- B. I get what I want but my partner is resentful.
- C. My partner gets angry and says so.
- D. My partner gets angry and doesn't say so.
- E. My partner pays no attention.
- F. I feel embarrassed or guilty.
- G. My partner goes out for a walk.
- H. My partner gets upset.
- I. Nothing changes.

This page is irrelevant for me because...

(I don't have any partners)(I don't know what I like)

There's something I enjoy having done to me which my partner doesn't like doing.

...More specifically?, o.k.

I enjoy having my toes sucked:  
but my partner says  
(or thinks):  
.. they taste yucky  
.. it's weird  
.. the position is awkward  
.. feet are dirty  
.. it takes so very long  
.. it's cold outside the covers

I enjoy \_\_\_\_\_  
but my partner says  
(or thinks):  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Will I agree to, or negotiate for, a change that will make what I enjoy more likely to happen?

- No, I'll get it from someone else.
- No, I'll do without.
- Yes, here's my plan:

I'll start \_\_\_\_\_

I'll get and give specifics \_\_\_\_\_

These are some compromises I can make

If I don't get what I want, I'll \_\_\_\_\_

# Fantasies...ahhh

- I like to fantasy (daydream) about sex...
    - when I'm by myself,  when I'm with a partner
  - There's only (one)(one kind of) fantasy that turns me on.
  - I like to experiment with different kinds of fantasies.
  - I like to share my fantasies with (other people) (my partner)—(telling them)(act them out)
  - If I were to act out my sexual fantasies I'd be:
    - happy  breaking the law
    - very happy  hurting myself or others
    - disappointed  a weirdo
  - Fantasies are (more)(less) important to most men than to me.
- 

♂ Write this play on the back of this or several pages.

o o o o o o o o o o o o o o o o o

o THE SECRET SEX LIFE of \_\_\_\_\_ o

o a play in (one)(two)(three)acts<sup>me</sup> o

o o o

o Written, produced and directed by \_\_\_\_\_<sub>me</sub> o

o CAST OF CHARACTERS o

o Leading man..... \_\_\_\_\_<sub>me</sub> o

o \_\_\_\_\_..... \_\_\_\_\_ o

o \_\_\_\_\_..... \_\_\_\_\_ o

o \_\_\_\_\_..... \_\_\_\_\_ o

o The Time: \_\_\_\_\_ o

o The Place: \_\_\_\_\_ o

# CLASSIFIED

## \* PERSONALS

Slender attractive brunette, 25-35  
for weekday lunch-hour dates  
with handsome junior executive

Wanted:

Up-until-now-heterosexual man  
seeks understanding gay guy  
to introduce him to new pleasures

Wanted:

Friendly group of men and  
women to attend bisexual swing-  
ing parties at secluded country  
house. No holds barred.

MENTOR  
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