



>>> Sexual Services for Disabled People <<<

## Dealing with Sexual Frustration

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Everyone is different, so some readers may not share these feelings, and suggestions may not apply to you. You may read this and sigh "easier said than done". Don't despair. Select the one thing which might be easiest for you to do and try that. Work your way through at your own time and only attempt things when you are ready. Keep a diary to chart your progress, recording all your dodgy days and wonderful wanks.

You may initially reject some of these ideas as "soppy", "hippy crap" or "too threatening" but, if your problem is causing you pain, surely now is the time to open your mind to all possibilities, begin adventures and follow a journey to find sexual happiness with another wonderful person!

What is Sexual Frustration?

Sexual frustration can be experienced in many forms. A disabled person without the use of their arms and limited movement may be unable to masturbate. A man may have many sexual encounters in prison yet still pines for his wife. A woman who has sex every day with her husband and nearly reaches orgasm each time will most probably feel frustrated. A man who comes too quickly with his wife feels terrible frustration. A married person who doesn't get the type of sex they crave for, goes crazy with frustration.

This article is aimed at people who are sexually isolated. However, it's sometimes helpful to realise that having a partner does not always lead to sexual fulfilment. Many married couples never have sex. Here are some of the feelings which people describe when they complain of sexual frustration.

### Feelings of Sexual Frustration of the Single Person

- A deep longing for sexual intercourse
- A deep longing just to touch someone you fancy
- Your genitals are about to burst
- I want sex NOW!
- Self pity
- Deprivation, depression and sadness
- Jitteryness, inability to concentrate
- Low self esteem
- Masturbation reminds you of your isolation
- Denying your true yearnings
- Despising the people you desire

Some Ways to Cope

### Your Deep Longing for Sexual Intercourse

This is innate, rather like the deep desire to have a baby. Instead of dwelling on the feeling, try to accept it and try to put it on one side until the opportunity arises. Then, make sure that

when the opportunity arises, you do not blow it. Keep yourself looking gorgeous and all of your body smelling lovely.

Adjust your life so that you are most likely to meet a sexual partner. Places where most people meet partners are at work, in the gym and at parties and clubs. If you cannot meet people very easily, join clubs such as Outsiders and dating websites such as Disabled United.

You can use Neuro Linguistic Programming, or any technique which works for you, to change the way you look at things, so that you become more likely to find a partner to enjoy sex with. Perhaps you need to change the way you value people. You may need to stop aiming for a glamour model or pop star and look beneath the surface of the people you meet, in order to find someone compatible to love.

Many people imagine they are having intercourse while they masturbate, which is fine. Fantasies are to be enjoyed. They are a way of reaching the depths of your desire, all on your own. However, it can usually feel more satisfying to concentrate on the wonderful feelings in your body rather than fixating on a dream. The beautiful feelings of the build-up and the orgasm are your own reality, rather than the end result of a fantasy.

Some people pretend to be having intercourse by "fucking" the mattress or using a home-made or commercial sex toy. This is fine but may make you feel lonely afterwards, when the other body you crave for is not there. By all means have fun, but be respectful to yourself and don't set yourself up for dashed hopes and dreams when you're not feeling strong enough to cope.

And please understand that most sex toys are over-priced garbage, manufactured by capitalists who know nothing about the finer details of sex. Sex shops exploit sexually frustrated people and that's why they find it so easy to make so much money. Don't be a sucker. The best implements for sexual pleasure are saliva, fingers and friendly objects and vegetables from around the home.

If you are unable to masturbate, this is dealt with in later sections. Don't spend every minute of the day seeking a partner. Partners come along when you are looking in the opposite direction getting on with life.

#### A Deep Longing Just to Touch Someone you Fancy

Touch is basic human requirement and deprivation brings skin hunger. One sexually isolated person said that it was not sex on the television that upset her, but seeing people hand-in hand and touching each other. Many disabled people complain that they never get touched, just prodded.

If you feel deprived of touch, try to engage in activities which bring you into close contact with others. Hopefully this will include someone you really enjoy feeling close to.

Some dance classes will bring you into close proximity – especially the Tango, which involves clutching your partner

closely to your bosom. Massage classes will bring your fingers to the bodies other students. There are all kinds of other classes which involve touch, some aimed at increasing trust in other people and others exploring human interaction. Search around till you find something local that is suitable.

If your disability makes all such ideas impossible, don't give up. You still need to get touched in a tender way. Hire a masseur or masseuse, and request that your fingers are allowed to touch their body too.

The British are not very good at touching one another except in a sexual situation. Most of us who crave touch are probably already putting a physical barrier around us, so we don't get touchy-feely with other people around us. Unlike other Europeans, we don't go "kiss-kiss" on both cheeks when we say hello to friends, or sit and stroke a colleague as we listen to their tales of woe. Most would probably feel quite threatened by these suggestions but if you go with the fear, go for it, you might find it extremely helpful.

Feeling comfortable and having the confidence to touch someone without intruding on their space is an important skill to learn when you are hoping to date people and start a relationship. The secret is to know how to hold them supportively rather than putting a trembling hand on them, or present them with a clammy palm. It takes confidence to hold their chin, wait for that smile and kiss them on the mouth, but people welcome courageous step-by-step seduction, so long as you never take them for granted, never do things they don't like, and don't overstep the mark.

One young man lost his fear of touching a woman when he found himself in the position of having to lead a blind girl over some rough terrain. This experience would never have presented itself if he had just sat at home dreaming. Many people satisfy their need for touch by keeping a dog or a cat as a pet, enjoying the very special relationship and physical closeness.

Your genitals are about to burst

You are feeling very horny, and this can be a great feeling, so long as you have a happy outlet for your horniness. It is important that you satisfy your sexual desires somehow, and the most accessible way will most likely be via good masturbation.

One of the problems with masturbation is that it is almost always furtive and not the sort of thing you chat about to your mother or neighbour. Most people feel guilty about doing it. It's a shame that there aren't masturbation clubs where people can swap notes and chat about techniques. This can be done in chat-rooms on the Internet (ensure you set up an anonymous, free, web-based account such as Yahoo or Hotmail so that any potential stalkers can be easily ditched. Never give out personal details or numbers.

Pornography can be sexually stimulating but pornography is nothing like real sex. Most pornography is soul-less and only makes you want more. We know this to be true because some men confess to going out to buy a girlie magazine, wanking over

it, throwing it away and then setting off the next day to purchase the very same mag! Masturbating over a film or magazine is not fulfilling in the sense that it satisfies the genitals but not the body, mind, or soul. It's fun for people who get plenty of sex and want a wank on the side, but for people who don't get any sex at all, it is a pale imitation of what they pine for.

So, rather than dreaming or peeking at celluloid pussies or grunting sounds, spend time pampering yourself. Surround yourself with sensual and comforting things and feelings. Enjoy the five senses of touch, smell, taste, sound and vision (visual and hearing impaired have only four), slowly relishing each treat you have supplied for yourself, feeling good and getting aroused. The longer the build-up, the better the orgasm. Hover near orgasm for a while to enter a sublime world of unbelievable ecstasy. Deep, long-lasting whole-body orgasms feel life-enhancing and never empty. They make your heart pound loud and it's like cocoa is coursing through your veins. Utterly fulfilling, they bring a lasting warm sense of contentment.

Some people are unable to masturbate in the conventional way. Hopefully what follows will open up some doors to orgasm.

i) Our bodies have many erogenous zones. They come in a range of sizes, from the ear lobe to the brain. Most people are fixated on their genitals and think of masturbation as the arousal of the penis or clitoris from which orgasms explode. This is incorrect. People with spinal injury usually become very sensitive just above the level of paralysis and, using sensory amplification, manage to feel orgasm by having this area stroked. Some men with MS who cannot reach orgasm or ejaculate from the stimulation of the penis find they can come from stimulation of the prostate gland which is situated just inside the anus. A man who was paralysed from the neck down had erotic feelings in his testicles and was able to reach orgasm from a gentle vibration of them. Try to explore every potential.

ii) If you need someone to help you reach an orgasm because you cannot move or stimulate yourself, then it is important to find a friend or a sex angel who will be sweet enough. Nobody else can find such a person for you, so you need to explain your needs to all the understanding people you meet and hope that someone will volunteer. Make it absolutely clear that you are just borrowing a hand, and not expecting emotional involvement. Getting a reputation for being totally trustworthy will help you in your journey. Many people who might consider it will be afraid of losing their jobs or otherwise damaging their reputations and so utter discretion is required. Make sure they are over 16.

iii) Many women cannot reach orgasm. They find that however much stimulation they give themselves, and however much they feel stimulated, orgasm is never reached. Or their body does not respond at all. Orgasm is the triumph of stimulation over inhibition, and occurs more easily with practice. If you cannot come, you need to get over the hurdle of being too inhibited or providing more stimulation.

It could be you need to use a vibrator. There are small ones and

more powerful ones, and obviously the more powerful ones provide more stimulation. However, this can make you numb instead of coming. You need to establish a technique which gets you off. Sometimes using fingers on a wet vulva (not right on the head of the clitoris but all around it) will do the trick.

Your inhibitions may be preventing you from coming. This might be fear that someone might come into your room to disturb you (your parents or care assistants?). It may be that you were abused as a child and have clammed up sexually. It could be that you think it is "dirty" to be fingering or stimulating yourself in a place where we were brought up not to touch ourselves. Reading lots of sex positive books and chatting with friends can help to free us up. Betty Dodson's books and videos are a great help to pre-orgasmic women (see below).

iv) Some men experience retarded ejaculation because of problems with their muscles or nerves. People who have had polio complain of this. It is rather similar to the situation with women in (iii) when it takes more than the usual stimulation to produce results. There is medication on hand, so it's worth visiting your GP for a prescription. Otherwise enjoy having long sex sessions without coming, and enjoy the long slow build up of your super-stimulation.

I want sex NOW!

People who find it easy to score, easy to pull, easy to find a sex partner just go out and find one, whether it's at the disco, in a bar, on the bus or in the park. For the rest of us, it's not that easy. Still, you've got the urge and you need to get out there. Here are some tips

i) Don't fall into the trap of thinking that you're more likely to score with a sad or vulnerable person. The truth is that you're more likely to have sex with someone who puts it about. So, no hanging around the divorce courts, graveyards or battered wives homes!

ii) Get down to the disco. Walk (or wheel) tall, wear a hat and wear a smile. Remember that you may get a shag, but probably not a relationship. Never forget that you may need to ask a hundred times to get that single "yes".

iii) Using the Internet may feel like instant sex is around the corner but many people are lying or playing around, and there are more disappointments in store than on the dance floor.

iv) Cruising is great for gays. They go to the cruising area and have impersonal sex with other men in the bushes. This activity can get quite addictive because it's so exciting and it can feel unfulfilling. It's also somewhat dangerous.

v) If you can afford it, a sex worker may well be the best solution. See "How to Make the Most of a Sex Worker" at the end.

Self pity

We've all been there. "Everyone else is at it and I'm left on my own" "Nobody will ever want me now I'm 34", "If only I could lose weight and look like (famous skinny rock star) I could start having great sex". Well, the truth is that everyone else isn't at it, and those that are include 80 year olds and people with plenty of

padding.

Instead of feeling sorry for yourself, why not find a way to put your finger on WHY you are being rejected or WHY you are not able to make the move to engage in an erotic relationship. Don't blame it on your disability because you can't do anything about that. Find things you CAN change.

Look at yourself, ask friends or see a therapist. Go on a Relationship Weekend, Work on yourself to crack the problem

Deprivation, depression and sadness

You are right to feel deprived and sad but please try not to get depressed. Plan your life so you don't notice couples hand-in-hand in the park, don't spend Easter and Christmas on your own in front of the telly, and don't go to dinner parties where they are all couples.

Don't sit alone at home feeling sorry for yourself because there is such much to be done. Hurry up and do it before you get hitched and no longer have the time. Treat yourself to a good haircut, a massage and the odd drink with a solo dance to your old favourite tracks turned up high on the stereo.

If you are already depressed, try to get some counselling. If you trust your GP not to fob you off with anti-depressants, he/she may know a good local counsellor, otherwise phone for some numbers of counsellors or ask a friend to help you find one.

Jitteryness, inability to concentrate

You need to take up projects to help you focus.

- i) Martial Arts / Sport Everyone is different but most people find Tai Chi and Kung Fu the best form of exercise to set you straight, If you are not physically capable, try yoga, meditation or healing
- ii) DIY and Art Creating something you can be proud of is fulfilling and provides you with a good excuse for people you meet to admire your work
- iii) Campaigning and Helping the Community fight for whatever you believe in and help people who need it. Don't get sucked into church or religion because this will shovel loads of sexual guilt on you which is the last thing you need right now

Low Self Esteem

There are self-help and therapy groups available to help people gain self-esteem. Try one out.

There are also other ways. Amateur dramatics force you to take on a different persona and brings confidence. Outsiders offers support to isolated people with physical and social disabilities – see [www.outsiders.org.uk](http://www.outsiders.org.uk). The best way of all is to excel at what you are most good at, and allow the people around you to admire and compliment you as a result.

Masturbation reminds you of your Isolation

You can use chat rooms to masturbate with someone out there in cyberspace. You can also use phone sex lines, which are answered by professional sex workers to help you reach your orgasm by talking sexy.

You may also feel better if you gain a more positive attitude to self pleasuring by doing something positive about your home environment and your attitude to your body. For example, you could build an erotic shrine in your bedroom with all the objects and pictures you like best laid out on a beautiful cloth (or the garment you first wanked in or on, or whatever). Adorn your objects with church candles (long lasting and calming) and flowers (fresh, dried or made of fabric) to make them look special. A beautifully bound copy of Portnoy's Complaint or whatever makes you feel "normal" can be a centre-piece. When you feel like masturbating, light the candles, chant to Aphrodite, the God of Onan, Marilyn Monroe or whoever tickles your fancy. Make yourself feel warm, surreal and loved by humanity. Caress your body and admire all the various textures beneath your fingertips Think of all those other people out there who are masturbating at the same time, all around the world, and feel connected. Some people believe that the orgasm gives us magical powers and if you make a wish while you are coming, it is more likely to come true.

Amuse yourself by thinking of your boss to stop you coming, or imagining your cock growing to twice its size, or try to suck yourself off, or use something ridiculous to stimulate yourself with. Write a wank-diary. Don't feel alone!

If, at any time, you find yourself feeling lonesome, come back to this website and share our ideas and notions once more.

#### Denying your deepest yearnings

Many people in this repressed, sexually uptight society are unable to come to terms with their true sexual desires. This is especially true of women, and of men who are homosexual or have unusual fetishes.

Some women get over their predicament through consensual S/M, where they are bound up and 'subjected' to the sexual pleasure they can not even speak of. If single, they fantasize about being raped or forced into sex and orgasm. But there are other women who are so afraid of their desires that they cannot have sex or masturbate. This denial makes them repressed and sexual frustration is expressed as uncontrollable bursts of anger, or other nastiness.

Many men feel it would be impossible to admit to their homosexuality or unusual fetishes, and similarly refuse to acknowledge anything is wrong, burying their desires, becoming repressed. and sexual frustration makes them do bad things.

The best way out of this predicament is to go abroad to a place where you are not known and where it might be easy to explore, with sex workers or liberated people, in an attempt to overcome your inhibitions.

#### Despising the people you desire

This is extremely negative but sadly, quite common. Zillions of women become man haters after they have been jilted or been abused by their partners and zillions of men feel hostile to women when they are unable to find the sex and love they so desperately need. Zillions of homosexual men are in denial, homophobic and some actually attack gays, especially after having illicit sex with them.

All this makes for a pretty unsatisfactory society. If you feel hatred, it is important to have a change of heart. It is stupid to hate or fear half the human race – especially when it's the half that you desire sexually.

What you need to do is understand them better, understand what makes them tick, what it feels like to be them. Reading literary books, watching quality films and forming deep friendships will get you a long way. Dressing up and acting as them will help even more (in amateur dramatics, at the fancy dress party or tranny club).

Set yourself a goal to feel loving towards them, and rid yourself of negative feelings.

#### Changing your attitude

Sexually frustrated people usually find it very difficult to start sexual relationships because they are so desperate. You need to change your attitude to the people you fancy. Here are some tips

- i) They are people not prey
- ii) If you chase they will flee; walk away they will follow
- iii) Never stay too long or talk too much. Listen and be busy
- iv) Feeling nervous will make you appear strange. Admitting to being nervous will make them realise you are human. Showing your vulnerability is endearing

Do something to remind you how precious life is on a regular basis so that other people will get the message that being with you can be very special. Studying (and marvelling at) the stars, nature, different cultures, etc or something else that really appeals to you as a individual, are good examples.

Becoming a self-sufficient, secure individual will make you very attractive, especially if you are able to laugh at yourself and at life and take a real interest in people you meet.

#### Prostitutes and Surrogates

#### Various kinds of Sex Worker

There are the ones to avoid. Street walkers who are addicted to drugs work to fund their habit. They are likely to provide a bad service. There are girls who work in clip joints in red light districts, and they will give you a minimal service while stealing your wallet and emptying your pockets.

Escorts will travel and visit you in your home or hotel, and charge you for the time it takes to reach you and the time they spend with you. This can be very expensive but a great treat if



you can afford it.

Those who work in brothels, massage parlours and saunas can be wonderful, but may be sorry characters if they are employed by gangsters who treat them abusively. Many of these establishments are not wheelchair accessible.

The sex workers who work for themselves from flats are usually the best bet, because they run their own show and usually take pride in their work.

Finally, there are the rare (or in our case, non-existent) breed called sexual surrogates. A surrogate someone who works in conjunction with a sex therapist to provide the client experiences to help the therapeutic process. Often used for phobic and inexperienced clients

#### How to Choose

If you wish to hire a sex worker, you need to make a choice and this will depend whereabouts you live, and your circumstances. The Midlands tends to have good massage parlours (serving the NEC) and the North (e.g. Sheffield and Edinburgh) have great saunas.

If none of the people listed on the TLC site are suitable, the best way forward is to look in your local paper, *Loot* or *The Sport*. Read the ads in the appropriate section (Personals, Massage, Sauna or whatever the preferred term might be) and mark the advertisements that seem most suitable. Some papers use more blatant language than others but remember, however friendly someone appears, "generous" means they want to be paid.

Make several phone calls to compare services and get the feel of what it's all about. You may be asked to specify your sexual needs so have them listed in your mind or on a piece of paper. Some professionals do not discuss sexual needs over the phone because they are paranoid about attracting trouble.

If you receive sensible replies and the person on the other end of the line listens respectfully to your requirements (anything from access, handling and the price structure) you may feel comfortable about making an appointment. Once an appointment has been made it is respectful to turn up on time or else phone to cancel.

If you are disabled and find a treasure out there, perhaps you could pass on our website so that other disabled people might share the benefits.

#### TLC and Sexual Surrogates

TLC aims to have a network of trained sexual surrogates all over the country, funded by the Department of Health. Surrogates provide a much more structured service than other sex workers.

#### SURROGATES

- i) the surrogate is trained
- ii) the surrogate receives supervision and support

- iii) surrogate works in conjunction with a therapist
- iv) the surrogate enters into a formal contract with the client to work together for a specific period of time, to achieve specific goals.

TLC has no funding and does not take money from the professionals listed on this website. With no income, we cannot pay rent or salaries. We continue to run the website as volunteers, frustrated that we have not yet been able to set up a training scheme.

The professionals who have approached us so far are sex workers who want to include disabled people in their client group, and people who want to provide sex for sale to disabled clients in order to meet the real need. None of those who have joined us this far wish to work alongside therapists, receive supervision or provide feedback reports. This is not to say they do not provide a good service, but just to explain that our hands are tied with no funding and nobody on our books who wishes to begin a career as a professional sex surrogate.

Our story is not unusual. Attempts to set up surrogate services have failed elsewhere, notably in Sydney and Toronto. The government-funded agency in Holland called SAR is the only properly functioning surrogate service for disabled people in the world. It is extraordinarily difficult to provide a reliable service for disabled people, many of whom have health problems and very little money, using people who, by very their very nature are free spirits with an aversion to paperwork and authority.

How to Make the Most a sex worker

Visiting a sex worker can help you overcome your frustration in more ways than one, especially if you enter into the spirit of all that's on offer:

- i) Get your money's worth by having the time of your life. Sex in relationships rarely gives you the opportunity to write a wish-list and subsequently have everything listed, on a plate
- ii) Ask the sex worker to give you tips It may be that you have bad breath, dandruff, a disagreeable manner or unattractive body language. Pay her extra to be honest
- iii) Ask for sex lessons Having excellent technique will give you added confidence to initiate a sexual relationship. Get some lessons in asking, negotiating and trusting, as well as kissing, sucking, fingering, massaging, and fucking
- iv) Show your gratitude – practice at being a lovely human being by being really appreciative and make the sex worker glow with pride after you have left. A tip always helps!

Please feel free to print this out and give it to anyone who you fear may be suffering from sexual frustration.

TLC does not get involved in any way with the transaction between client and sex worker/surrogate. All trademarks are © their respective owners, all other content is © e107 powered website.

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