

# FTM CBT: Genital Torment for Queer Bodies

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Let's admit it: doing genital torment on transguys is different than doing it on other bodies. In some ways we struggle, but in other ways we get the best of all worlds, so let's talk about our desires to torment, tease, punish, and pamper our amazing flesh. After discussing the varieties of genitals out there to play with (and what we call them), and how our hormones and modifications (or having had neither) have affected our CBT and sex, we will demonstrate and discuss a wide variety of torment options. Abrasion, piercing, bondage, clamps, caning... plus more advanced concepts like playing with trans genital humiliation will all be up for grabs. Add some dirty talking and negotiation skills into the mix, and watch us squirm!

## **The bodies we are playing with:**

Today's Lexicon

Your Lexicon and Translating – What do you call it?

We are not here living our play to offend you- its ok if our experiences are different

## **Awareness of modifications and their influence on genital torment:**

Non-mod bodies (and their WIDE varieties)

Bartholin's glands – secretes mucous for moistness

Cervix/Top of the Front Hole

Clitoris/cock - clitoral hood/foreskin, glans, shaft & wings

Gräfenberg Spot, or G-Spot/Hot Spot

Labia/balls – labia major and labia minora

Skene's gland – aka “female prostate”

Urethra/piss hole

Vagina/front hole

Vulva/crotch

... plus whatever you call it, plus intersex bodies, plus asses....

Medications and Hormones

Descent/growth of clit/cock

Stretching/changes of hood/foreskin

Relaxation of sphincters

Loss of moisture production

Elasticity of front hole

Ejaculation changes

Changes in desires/sensations

The myths and truths of libido changes

Hysterectomy

How much was removed?

Metoidioplasty

Phalloplasty

Vaginectomy

Testicular implants  
Clitoral release  
Piercings  
... and other body adventures

**Types of genital torment:**

Abrasion  
Biting  
Caning  
Chemicals (know sensitivities and counter-agents first!)  
Clips/clamps/chopsticks  
Cock pumping  
Compression  
Cutting  
Bondage:  
    Rope  
    Chain  
    Saran  
    Chastity devices  
    Rubber bands  
Electricity (outside, inside)  
Energetic and astral body play  
Needles/stapling  
Punching/kicking/slapping/paddling  
Saline infusion  
Super glue  
Temperature play: ice, wax, water, heat packs  
Weights (from piercings or clamps, or holding inside)  
Whipping and flogging  
Insertion:  
    Sounding  
    Front hole  
    Anal  
Sex Play:  
    Mouths (How do we like it? Hate it? Licking, sucking, biting, blowing)  
    Cocks (Prosthetic, Cis-gendered, Trans cock)  
    Hands on  
    Hands in  
Playing on the Edge:  
    Removing prosthetics  
    Acknowledgement of front hole/physiology  
    Name calling, embarrassment, humiliation, objectification

**CBT concerns on trans bodies and minds:**

Tissue tearing  
Blood and other body fluids  
Urinary tract infections (UTI)  
Sexually transmitted diseases and infections (STDs/STIs)  
How do we cover trans cock for safer sex?  
Yeast infections  
Smaller margin for error / Higher degree of skill  
Lube/lubrication  
Body awareness issues (for communication of experience, especially with dysphoria)  
Put a condom on that! (The ass has a steady stream of traffic to clear itself out, the front hole does not, be aware what you put in there)  
Latex allergies and sensitivities  
Other allergies  
Dysphoria, dysmorphia, and mental to body incongruity  
Packers and “accidental castration”  
Other mental/emotional concerns  
Playing with emotional buttons  
Levels of comfort talking  
Self-hatred and internalized transphobia

**Tools for hotness:**

Porn language/dirty talking  
The power of mixing in D/s  
Blindfolds for the win!  
Dressing for steamy success  
CBT is okay does not mean ALL CBT is okay  
Talk about what you mean by CBT  
What do you like to do?  
What is hot about that for you?

**Other thoughts:**

Compassion  
Not treating as freak show (unless that’s hot)  
Don’t assume what folks will like  
Everyone’s body is different  
Safety to explore options  
Respecting pronouns and language preferences, but don’t obsess  
Don’t overthink or be hyper-aware or fixate... unless partner shows otherwise (some folks love it)  
Stop apologizing/but own your mistakes (all parties)  
Just because they are having challenges does not mean it is yours to “fix”  
Don’t take someone else’s journey personally, its not about you  
The map may change  
Breathe  
Love