

HEY, BI GIRL! WAS THAT 3-WAY A DISAPPOINTING, DRUNKEN TUMBLE OF LIMBS & BODY PARTS? Take heart!

# How to Have a MIND-BLOWING, DECADENT, ALL-DAY



## THREESOME!!!

By Ellen Forney ©2009 www.ellenforney.com

### ① Logistics

FIRST, ACQUIRE YOUR COUPLE  
(TRY TACTICAL FLIRTING, DIRECT  
SUGGESTION, OR LUSTLAB\*)

& MEET UP  
TO DISCUSS THE  
NOT-SD-SEXY STUFF. →

\* SEE LUST, THE "LUSTLAB AD OF THE  
WEEK" COLLECTION, BY ME! (FANTAGRAPHICS BOOKS, 2008)

### ★ HEALTH ISSUES

FRESHLY-  
TESTED!  
(Use  
condoms  
anyway!)

### ★ BOUNDARIES

No vaginal penetration  
for you two,  
and I'm  
allergic to  
strawberries.

### ★ EMOTIONAL ISSUES

NOTE: A ONE-TIME THING  
IS FAR LESS COMPLICATED  
THAN AN ONGOING MÉNAGE.



THE  
GUEST  
STAR!

### ★ WHEN & WHERE

TIME: early  
(noon?)

DATE: sometime  
you all have  
NO other plans

PLACE: whichever  
place is  
roomiest  
with no  
roomies.



### ② Setting the Stage

★ HOMEWORK:  
PONDER THIS OPPORTUNITY.  
IDEAS?

He's hogtied on the  
floor, while I go down on  
her on the chaise.



Both of them suck my  
nipples at the same time.



Missionary position while  
also getting pegged.  
... In my rhinestone  
chaps.



### ★ GATHER EVERYTHING SEXY YOU CAN THINK OF.

Clothes

motorcycle boots  
silk robe  
HAZMAT uniform

Music

Al Green  
Nine Inch Nails  
Mahler

Sex toys

ALL you have plus  
one new one

Food &  
drinks

olive bread  
goat cheese  
chocolate  
sparkling  
water  
wine  
scotch

### ★ TRANSFORM YOUR PLACE INTO A SEX DEN.

Push your  
bed into the  
middle of the room

candles  
incense

dim lighting  
fresh flowers

Drape a  
sheet  
over the  
sofa

What chairs  
do you have?  
no arms  
(versatile!)

recliner

throw  
unsexy  
things  
into the  
closets!

### ③ The Big Day!!!

...NERVOUS?  
CHAT! RELAX!  
Drink mimosas!

SPREAD OUT ALL YOUR  
CLOTHES & TOYS & MUSIC.  
SO DECADENT & SEXY  
ALREADY!

Okay ready go!  
SO MANY OPTIONS!

on the sofa!  
in the  
sheets!

TIP to the  
guest star:  
kiss her first!

review  
your  
home-  
work  
ideas

under  
the table!

change  
clothes/  
music/  
toys

speed  
up!

slow  
down!

on!  
in!

over!  
behind!

rest &  
feed each  
other  
pistachios

ice?

hot  
wax?

improvise!

rubber  
bands?

take  
lounge-y  
breaks

MY, TIME FLIES! HOW DID TEN HOURS GO BY? GUEST STAR, TIME TO GO. WHAT A PARTY! LIFE IS GOOD!