Sexual Empowerment for Men: Love and Understanding for Men Who Wear Panties

By Dr. Doris Jeanette

Licensed psychologist and sex therapist, Doris Jeanette is the author of “Opening the Heart,” “Overcome Anxiety Naturally” and 14 other self-help products. She has been a “Sex and Love” columnist for New Visions Magazine, The Sex and Spirituality Journal and PhillyFit. Dr. Jeanette is the director of the Center for the New Psychology, founder of http://www.drjeanette.com; radio host of Live at the Edge at newvoices.com and her popular, free weekly newsletter “The Vibrant Moment” has inspired thousands for eight years. She has been featured in Men’s Health, Women’s Day, My Business, Grazia, Philadelphia Inquirer, PBS, NBC radio, Fox TV and many other venues.

This special report is written for men who enjoy wearing women’s panties and cannot stop thinking about wearing women’s panties.

You need to get to know yourself better. You need to know what the behavior of wearing women’s panties tells you about you. You need to get over your guilt, shame and embarrassment about wearing women’s panties.

If you come to some understanding of your sexuality and your behavior at a deep and meaningful level you will feel better about yourself.

My first psychological journal article was written on this topic in 1978. My name was Doris Jeanette Keller at the time. Here is the reference if you want to look it up and read it: Keller, DJ and Goldstein, A. Orgasmic reconditioning reconsidered. Behaviour Research and Therapy, 1978, 16, 299-301.
First, let me say that wearing women’s clothing does not mean that you are gay. No. One behavior does not have anything to do with the other.

Being gay is fun and delightful. However, wearing women’s clothing is not a sign that you are gay. As a matter of fact, you probably prefer to be sexual with women. At least that is what the statistics say.

Second, let me say that having an orgasm while you are wearing women’s clothing does not mean that you are perverted, sick or deranged.

No, it does not. However, it does mean that you have learned to associate your orgasm with wearing women’s clothing. This means you have a conditioned response.

This conditioned response is limiting you and controlling you. This means that your conditioned response is unhealthy for you. Wearing women’s panties has become an obsession for you.

You cannot stop thinking about women’s panties. Obsessing about anything reduces your energy, focus, effectiveness and success. You cannot be successful in life while obsessing.

Third, you need to stop judging yourself and making yourself feel wrong about this unusual, strange behavior. You make your life more miserable by finding fault with yourself.

So I give you full permission to stop judging yourself immediately.

Judging yourself about wearing women’s clothing is sure to make you more anxious, not less. Judging yourself for wearing women’s panties will make you feel worse about yourself.

Therefore, it is not helpful.

Stop your self-judgments whenever you notice them. Instead, give yourself compassion and understanding.

Fourth, I encourage you to begin or continue your journey of personal growth and development. You deserve to feel good about yourself. You deserve to relax, find happiness and pleasure.

You deserve to have self-respect. Self-respect leads to more solid self-confidence.
Sexual Empowerment, Sexual Help

When I work privately with men who like to wear women’s clothing, some want to stop wearing women’s clothes, and some do not. In either case, the approach is the same.

Let yourself wear panties whenever and however you want to. Do not stop yourself or try to control yourself. To stop you from wearing women’s panties is not helpful.

Let yourself enjoy panties anytime you want and wear them all day long. Wear them until you are totally and completely comfortable wearing women’s panties. Get used to the pleasure and enjoy it.

The goal is to help you relax and feel good about yourself ---with or without women’s panties.

**Therefore, the first thing I do is teach my client how to relax.**

You need to relax your body so that you can enjoy life, enjoy sex and enjoy pleasure. If you are uptight and anxious, you do not enjoy anything.

So the first thing you need to do is learn how to relax your body.

You want to be relaxed if you are not wearing women’s panties. You want to be relaxed if you are wearing women’s panties!

Why do I teach my clients to relax? Because they are anxious!

**Why Do You Wear Women’s Panties? Why do You Obsess About Women’s Panties?**

The reason you obsess about women’s panties is because you are anxious. If you were not anxious, you would not even think about women’s panties.

Instead, you would wear panties whenever you wanted to and enjoy them. And you would not wear when you didn’t want to wear them. Simple and easy.

You would not think about women’s panties--ever!

When you think about women’s panties more than three times you are obsessing. Obsessing about anything, even sexual things and women’s panties, is a serious sign of high anxiety.
Your Sexual History

In addition to anxiety, your first sexual experience is also important. You need to take a look at what you learned, the first time you had sex.

Look at what, how, when and where you were when you had sex for the first time. This is how you learned to have an orgasm.

Your first sexual experience has a profound effect on you for the rest of your life.

No matter what happened to you when you had your first orgasm, this learning affects you for the rest of your life.

Therefore, you need to take a look at your first sexual experience.

- What were you wearing?
- Where were you?
- Who were you with?
- What happened?
- How fast did it happen?
- How did you feel afterwards?
- What did you do afterwards?

See your first sexual experience clearly in your mind and feel it in your body. Let those memories tell you what you learned.

How much are you still carrying this way of having sex with you now?

Are you trapped in the past with unhealthy learning?

What does your first sexual experience tell you about yourself and your sexual behavior?

This exercise may shed some light on how you learned to wear women’s panties in order to have an orgasm.

Perhaps you do not have to wear women’s panties in order to have an orgasm. Even so, take note of what you do need in order to have an orgasm.

Your entire sexual learning history is important in terms of your current obsession with women’s panties. To find out exactly what your learning history is and how it is affecting you today, I would need to do a private consultation in order to find out the answers to your problem. If you would need to set up a
Frequently I find men who have any sort of sexual problem had an unhealthy sexual experience the first time.

From the beginning many men are too fast, quick and anxious. They are not relaxed, feeling secure and enjoying themselves.

**Does this sound like you?**

- Did you engage in anxious sex?
- Were you in a rush?
- Did you love the person you were with?
- Were you only focused on your orgasm and not your whole body?
- Were you aware of your emotions, feelings and sensations?
- Did you express your feelings?
- Did you feel comfortable and relaxed before, during and afterwards?
- Whatever sexual experience you had the first time, sets the tone for your future sex life.

If your first experience was anxious, fast and quick, then you learned to have orgasms in this way. If so, this is not a joyful, relaxing or rewarding sexual experience.

This kind of quick, fast way to have an orgasm is not good for your health or happiness. This type of sex is full of guilt, shame and yucky feelings.

To change the way you have sex you need to stop thinking and start feeling. You need to stop living in your head and start to live in your body and heart.

When your body and heart are included in your orgasms you will find your sexual experience improves dramatically. Your sexual experience will be much more meaningful, rich and rewarding.

**Your whole body can be so turned on that you have whole body orgasms!**

Wouldn’t that be **WOW?**
What You Need To Learn

If you learned a fast, quick, guilty way to have an orgasm, you have to unlearn this fast, quick, guilty way of having an orgasm. This means you need to take a course or work with a coach to unlearn this unhealthy sexual pattern.

You need to improve your current pattern by learning healthy, slow, easy, relaxed, delicious lovemaking skills.

It is not sick to wear women’s clothing. It is not perverted to love the feeling of silky underwear and feminine things.

However, it is extremely unhealthy to obsess about women’s panties.

Everyone loves the feeling of soft, delicious things against the skin. Everyone needs to wear soft, silky things against their skin.

Men need soft, silky and delicious things against their skin, just like babies do.

**What is not healthy for you is a fast, quick conditioned response that gets in your way of wonderful, divine sexual pleasure.**

A conditioned response, like having to wear women’s clothing in order to have an orgasm, is extremely limited and very, very controlling.

This makes for a very unhappy situation for you and your partner.

**Ask yourself these questions:**

- Where is the love energy for my body?
- Where is the feeling of being completely relaxed?
- Where is the feeling of being open?
- Where is the intimacy between my partner and me?
- Where is the long, slow, over the top pleasure that lasts forever?
- Where is the to-die-for desire that makes me fly to the sky?
- Where is the whole body pleasure that comes with finally letting go?
- Where are the divine feelings of ecstasy and joy?
- Where are the feelings of safety, contentment and closeness afterwards?
- Where is the feeling of being proud of myself for how I make love?

If you are missing any of these, begin to include them in your lovemaking.
Increase Relaxation

To become a better lover, you need to learn to relax. Relaxing is the first thing you need to learn how to do. You need to practice relaxing every day for several weeks until you get the hang of it.

Relaxing is the opposite of obsessing. Relaxing is the opposite of anxiety. Relaxing is letting go.

**Letting go is not being obsessed or anxious.**

Slowing down will help you begin to savor and love your body. Slowing down will help you begin to savor your feelings and the moment in front of you. Yum.

You want your body to become calm so that it can be relaxed throughout your day.

You want your body to become calm so that you can be relaxed and feel more pleasure during sex. Any sex. All types of sex and so on.

Being relaxed is the most important skill you need to learn.

Decrease Self-Judgments

The next thing you need to do to become a better lover is remove your self-judgments. You need to focus on becoming more aware of the self-judgments you have in your head. These nasty thoughts will be about you and they will be about sex.

If you are thinking about other people, keep noticing your thoughts until you find the judgments that are about you and your behavior.

Your thoughts are sure to be judging you for wearing women’s clothes and enjoying such a thing. You may think it is other people judging you but other people do not have any control over you.

Other people do not know you are wearing panties! Or like to wear panties. Or are thinking about panties.
You are in charge of your own thoughts and you have to tame them.

When you criticize yourself for wearing women’s panties—this puts you in a lose-lose state all the time. You are wearing women’s panties so why make yourself feel wrong and bad about it?

Instead, you need to learn to be patience and loving. Then you can put yourself in a win-win state all the time. You want to accept everything that you do and everything that you are.

You must accept the part of you that loves to wear panties. Then you can help that part of you become more secure, strong and self-confident.

If you put yourself in a win-win situation, you can then help yourself relax. Then you can let go of obsessing about women’s panties for goodness sake!

**Just look at how much energy you give women’s panties. My goodness, women’s panties take away all your good, juicy energy!**

It does not matter that you like to wear women's clothing. You must become accepting of this behavior and this part of you. Then you can expand and grow into more of your human potential.

You can become a better lover for yourself. You can become a better lover for you partner. You can be proud of who you are and what you do.

When you are able to relax and feel your feelings, you will have a chance to slow down your sexual activity so that you can last a very, long time and enjoy the whole trip instead of just one little bit of it.

Then you can have enjoyable sexual activities again and again with panties or without panties.

When you accept and love the part of you that loves to wear women's panties, you are in the position to establish a good trusting relationship with someone else. You will be able to be open and loving with your partner.

**Let yourself become the best lover in the world.**

Expand your behavior so that you have many possibilities for enjoying your orgasmic experience. The sky is the limit. Be creative and have lots of fun.
You Can Overcome Anxiety Naturally

Can you be still for 15 minutes without talking, reading, going to the computer or jumping up to "do" something? Can you go for days without thinking about wearing women’s panties? If not, some level of anxiety is keeping you from relaxing and feeling peaceful and calm.

The man in the sauna who is reading his newspaper and the man who cannot slow down and savor sex are both expressing anxiety.

**The man who cannot stop thinking about wearing panties is anxious.**

This ever present and contagious anxiety diminishes your experience of life so much that you don't have peak experiences and daily joys. Anxiety is frequently what ruins your relationships and cuts short your sex life.

There’s absolutely no doubt that anxiety makes fun impossible.

The major reason drugs and herbs, both legal and illegal, have been so popular is because they reduce your anxiety for the short period of time that the substance is in you.

**However, drugs do not get rid of what is causing you to be anxious. Neither does wearing women’s panties.**

The good news is you do not have to live with anxiety. And neither do you have to take drugs or herbs to sneak past the problem. You can tackle the chronic anxiety at its source.

**Let’s explore some ways to become more relaxed, happier and healthier without using panties.**

First you need to learn the difference between real fear and anxiety.

Fear is a normal feeling that alerts you to real dangers, such as a fire raging in your home or a car rushing toward you. It propels you out of the house or back on the curb!

You do not want to eliminate fear. It is essential for your survival. Fear keeps you safe.

Anxiety, on the other hand, is a maladaptive, learned response. It interferes with your highest functioning and delicious enjoyment of life.

You do want to eliminate anxiety because it ruins your life. And since anxiety is learned, you can unlearn it.
It may require a little effort on your part, but you can definitely move beyond your conditioned responses to a higher level of lovemaking.

You can eliminate anxiety out of your body and nervous system and reclaim your physical and emotional strengths.

These strengths will make your life more fulfilling and colorful! These strengths will improve your ability to make love as a way of life.

### Signs of Anxiety:

1. Thoughts are obsessive, racing or telling you all the things that you have to do. For example: thinking of wearing women’s panties.
2. Not breathing fully into the bottom of your lungs.
3. Hyperventilating, gasping for air through your mouth.
5. Unaware of your physical surroundings.
6. Unaware of your physical body.
7. Body contracts and tightens up.
8. Body is loose and fat.
9. Cannot stop thinking about women’s panties.

Most people deny the anxious, static energy that is buzzing around their nervous system. They "bind" their anxiety by wearing women’s panties, watching television, talking, eating, drinking, or constantly "doing" something.

Men who wear panties bind their anxiety by thinking about panties all the time.

**Facing your real fears makes you more secure.**

When you deny your anxiety and fear, your energy is drained and you become weaker. When you face your anxiety and fear, you free up energy for creative living.

Creative living means sex is better, food is tastier and colors are brighter.

Verbal therapy is limited in terms of helping you overcome anxiety because you need something that directly affects your autonomic nervous system and your physical body.
I have developed a body energy approach that is nonverbal and helps you reduce your anxiety more effectively.

**Ways to Reduce Anxiety:**

1. Breathe Fully into the Bottom of your Lungs
2. Sense Physical Sensations and Physical Feelings in Your Body
3. Sit Still in Silence
4. Use Touch, Self-Touch is Great
5. Spend time in Nature, Lean Against the Trees, Walk on the Ground Barefoot
6. Listen to Harmonious Music
7. Get Body Work
8. Get Energy Work
9. Get a Massage, Self Massage is Great
10. Spend time sensing emotions

So your first task is to learn to tell the difference between your real fear and your anxiety.

The second is to acknowledge your real fear and stay with yourself through the real fear.

If you do this you will soon be more secure. You will experience more calmness and you will not let your thoughts make you jump up and "do" something."

**Your thoughts will not make you jump up and put on women’s panties!** Instead, you will put on women’s panties any time you want to and enjoy it. Instead your body will be relaxed with or without women’s panties.

**Just imagine: You have tamed your thoughts!**

You are no longer full of anxiety, shame or embarrassment!
Here is an article I wrote to help you relax and become a better lover. This is a Divine Sex model for you to follow.

I was enjoying the kissing and squeezing and rolling around on the bed. My body was tingling and my spirit was soaring. The sex flush was spreading out around my neck and shoulders.

Just then an image of my mother popped into my mind. Immediately my passion diminished to a small, little flicker. Mother didn’t even say a word. All it took was for her image to enter my mind.

Nothing can kill your sexual response faster than a judgment. Or even the hint of one. Yes indeed, it's mighty hard to make love if your mother and father are in the bedroom. And that's exactly where they are, until you get your mother and father’s sexual judgments out of your head.

So the first step to great lovemaking is getting rid of your learned judgments against your body, heart and soul. If you are having trouble letting go and enjoying yourself, it is the result of your own self-judgments.

So the first thing you do is send the judgmental parts of you out of the room. Now you can relax.

Making love with someone, by definition requires that you love him or her and yourself. You need to get love and sex connected. This means that love has to be flowing in and out of your heart in the form of real, emotional energy at the same time that you are being sexual.

You need to be expressing this love by touching in tender ways with fingers, bodies, toes, breasts, ears, tongues and anything else you can get involved in the action. In addition, your fire, your desire, needs to get cranked up so that you can express and share this burning part of yourself with your partner.

This means the wining and dining period of a relationship must never stop. You need to attend to your partner as if she or he is dear to you. So over dinner communicate with him or her as if he or she is loved. This also applies to solo sex. I eat solo by candlelight. I sip the wine or after dinner drink slowly and with feeling. I get ready for solo lovemaking.
Appreciation and gratitude go a long way. This need to be with substance, not just words. Energy has to be exchanged. This means that you can't suddenly attempt to make love in the evening if kindness and affection have not been occurring between you throughout out the day. Forget it, Divine Sex ain’t going to happen.

Please don't correct my grammar. There are times when ain’t just feels (now spread that out like molasses) right. Making love and being southern go hand in hand for me. Believe me, the South has a lot to offer in the ways of love. So don't bring that grammar judgment back into this room.

Getting ready for lovemaking is as important as the lovemaking itself, because if you don’t get ready, you can't get there.

You already know that you have to be breathing and you have to be relaxed. You already know that putting your consciousness into your body is an absolute prerequisite and this takes time for mental people.

So you need to prepare yourself mentally, emotionally and physically. This means doing whatever is necessary to be relaxed, open and ready to make love.

**As you can see by my example with my mother, your mind can interfere with your lovemaking.**

**Your mind interferes by sending in Distracting Images such as Women's Panties!**

So you need to utilize your imagination skills to tame your mind. Your mind needs to focus on your body, your emotions and the moment. Not women’s panties.

Take a breath and feel the texture of your skin. The skin is the primary organ for lovemaking. It receives the energy in the form of pleasure and sends it around the body.

So the more you settle into your skin and let it receive pleasure, the more delicious your experience will be. You want to slow everything down so that you can savor what is going on in your body and heart. Not to mention, your penis.

Take another breath and feel your heart. What are you feeling? Take another breath and sense your root chakra. Are there any tingles there? Go back and forth between your root and your heart.
You want energy flowing up and down your spine between these two points. This is an important part of getting ready for your beloved. This is equally important if you are making love to yourself.

Perhaps you have planned ahead and have some grapes or cherries by the divine spot. Reach up, even if it is only in your imagination, and move slowly toward the grape, feeling the luscious sensations in your arm as you move through space. Movement is full of pleasure.

Touch the grape with your fingers and feel the smooth texture of it as you roll it around your fingers. Savor these private moments with this delicious, purple Goddess.

Breathe in the smell of her flesh as you bring it slowly toward your open, receptive mouth. Roll the grape around your mouth and sense its size and smoothness. Suck on it. Now bring your teeth together even so slowly to break open its fruits.

Finally let the essence of the grape explode in your mouth and send chills down your spine.

Now you are settling into your skin and the moment. Which is exactly what you have to do if you want to have a divine, sensual experience.

When any thought, image, annoyance or defensiveness inhibits your sexual energy flow, stop. Breathe and Feel. Don’t go into an anxiety mode.

**Do not let thoughts of panties take you away from this divine, sensuous moment.** Stay with yourself and move through the moment with love and support.

**A Secret Learning Trick:**

When your anxiety is higher than your pleasure, you must stop immediately.

You need to reduce your anxiety before continuing.

Use your relaxation techniques and breathing in the moment to relax. You need to stop and slow down frequently in order to decondition yourself to more pleasure, more relaxation and more love.
You must wait until your anxiety comes down before continuing lovemaking. If you do not, you will not unlearn the quick, fast, guilty way of orgasm.

Once your anxiety is below the desire then you can get back into the moment. Do this by focusing on the good feelings of pleasure not your distracting thoughts.

Get back into the silky feeling of your skin, her skin and so on. Get into the silky sensations of the tongue and how it can move and so on.

Focus on receiving energy, feeling good, feeling loved, feeling joy, feeling pleasure.

Panties, thoughts of panties, images like these are nothing but distractions. These thoughts are all distractions just like the image of my mother coming into my head during my lovemaking.

**Thoughts of panties are a distraction.** It is the way that you control yourself. It is the way that you stay in your head instead of being in your body and heart.

Get into your flesh, which will help you, get into the moment. Get out of your head and thoughts.

Get into your silky, sexy body. **You do not want to be controlled by your thoughts.**

Don’t let thoughts of anything, even panties control you, and distract you. Get back into the moment.

Any thought that takes you away from the moment is a distraction! Any thought that takes you away from your body and the pleasure that’s going on is a distraction like the image of my mother.

**Tame your controlling thoughts.** Your controlling thoughts constantly tell you---put on women’s panties! Tell them to shut and leave you alone!

You want to keep breathing and feeling during sex and during life. If you can stay present in the moment you can succeed at anything and everything.

Do not have quick, fast meaningless orgasms. They make you weak.

You want to be a strong, healthy man who is present in his body and heart and knows how to flow with his energy. You want to be self-confident.
What really matters is:

Do you feel loved?

The goal is for you to feel loved all over. To feel pleasure all over. You want to feel that you really care about yourself. You want to feel that someone else really cares about you.

The goal is to get as much delicious energy moving through your body as possible.

If energy is moving though your body and you are in the moment, you can become a wonderful lover to yourself and to your partner.

You want to focus on her. Focus on touching her and letting her touch you. Then you will be turned on and feeling divine.

You want to get high and stay high. You want to feel self-confident and secure about yourself as a lover.

Sexual Empowerment Summary

You can do as many creative and unusual things as you like in life. You can do as many creative and unusual behaviors as you want to in your bedroom.

Do what you will and harm none.

If you are comfortable and secure with yourself, others will be comfortable with anything you do.

So your success depends on self-acceptance.

You want to imagine yourself wearing women's clothing until you are perfectly and completely comfortable with it. Relax and imagine yourself in women's panties again and again until you have no anxiety about it—whatsoever. Relax and imagine yourself wearing women's panties again and again until you do not experience guilt or shame about it.

Now you are comfortable with yourself. Now you can expand, slow down and
savor the process of making love. You can be in your body and not in your head.

**Expand your sexual and loving pleasure.** You deserve to feel good. You deserve to walk with your head high, feeling secure about your manly nature.

You deserve to be strong and proud.

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**The Next Steps Toward Solid Sexual Empowerment**

1. **Tame Your Thoughts.** Check out the one-hour audio, “Tame Your Thoughts” to get started. http://www.drjeanette.com/tameyourthoughts.html

2. **Take a course on how to relax and become better lover.** I highly recommend the online course, “For Men: Become a Better Lover.” This course is made for men who have any type of anxiety that interferes with their sexual performance. Read more and order: http://www.drjeanette.com/becomeabetterlover.html (This course included the Tame Your Thoughts audio.)

3. **Work with a sex and performance coach.** Private consultations help you stop obsessing about women’s panties and empower you sexually. Become more successful in your relationships and at work.

If you want a private coaching session with me, check to see if I am available. Men who wear panties need to learn to reduce anxiety and become more assertive. Coaching is a great way to achieve to learn these skills. Write: drjeanette@drjeanette.com Call: 215-732-6197.

**Hold Your Head High.**