

The background of the entire page is a repeating pattern of grey headphones, viewed from the side, scattered across the white space.

# **FINDING YOUR** *Sexual Voice*

## **A HANDS-ON GUIDE TO SPEAKING DESIRE, CONFIDENCE & EROTIC POWER**

*Created for curious hearts, and sultry throats everywhere—  
this is your permission slip to explore your desire out loud, one  
delicious word at a time.*

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With love,  
[@pleasepinchmehard](#)

# WELCOME TO YOUR SEXUAL VOICE LAB

You've read the article [How Voice Messages Help You Discover Your Sexual Voice](#). You know the theory. But now it's time to practice the art of using your voice to express, explore, and expand your sexuality.

This workbook is your safe, cheeky, and very hands-on playground for:

- Exploring the sound of your desire
- Practicing sexy self-talk (without cringing... too much)
- Creating intimacy through audio
- Building vocal confidence—solo and with a partner
- Tapping into erotic expression through sensual storytelling and voice play

Whether you're single, partnered, poly, or "it's complicated," this guide is for **you and your voice**.

## Why Your Sexual Voice Matters

Your sexual voice is the bridge between fantasy and reality. It's how you name what you want, ask for what you need, and bring your arousal into the airspace.

Most of us weren't taught how to talk about sex—let alone speak it out loud in our own unique, turned-on tone. This guide is here to help you rewrite that story. Literally. Audibly. Joyfully.

# PART 1: GETTING COMFORTABLE WITH YOUR OWN VOICE

## Exercise 1: Mirror Moaning (aka “Sound Check, Baby”)

1. Sit in front of a mirror.
2. Say out loud:
  - o “I want...”
  - o “I love when...”
  - o “It turns me on when...”
3. Try saying them in different tones: playful, whispery, demanding, soft.
4. Bonus: Record each version and play them back. What makes you squirm (in the best way)?

### *Reflection:*

How did it feel to hear yourself? What tones felt most natural or surprising?

## Exercise 2: The Erotic Echo

Choose a sentence from your favorite erotic book, or one of these to start:

- “I want you to touch me there, just like that...”
- “I need you right here, right now.”
- “Take me. Slowly. Then rough. Then slow again.”

Say it out loud three times, changing your pacing or breath each time. What changes? What hits different?

# PART 2: TURNING YOURSELF ON (WITH YOUR VOICE)

## **Solo Voice Prompts (Record Yourself)**

1. Describe a memory that made you wet/hard/wanting.
2. Tell yourself a fantasy story from beginning to end.
3. Say out loud: "If I had you here right now, I'd..."

*Tip:* Use a voice memo app. Keep it private. Play it back later as your own custom erotic audio. You are both the narrator and the star.

## **Erotic Reading Aloud**

Grab a juicy piece of erotica (or a fanfic, or that scene from Outlander) and read it slowly. Emphasize each word. Feel the sensations as you speak.

*Suggestions:*

- Delta of Venus by Anaïs Nin
- The Kiss by Rachel Kramer Bussel
- A Lesson in Thorns by Sierra Simone

Write your own 3-sentence scene and read it aloud.

# PART 3: SHARING YOUR SEXUAL VOICE WITH A PARTNER

## Partnered Voice Notes – Build the Heat

Start small:

- “I can’t stop thinking about your hands on me.”
- “Woke up needy. You’re to blame.”

Build to more:

- “Let me tell you exactly what I’d do if we were in the same room...”
- “If I send you a voice message, you better be alone when you open it...”

Challenge: Send a 30-second voice note. No emojis. Just voice. Just heat.

## Voice Game: “Your Turn...”

- You say one line.
- They respond with another.
- Keep volleying until someone “breaks” and says, “I need to see you.”

It’s flirtation, power play, and erotic tennis—no balls required.

# PART 4: YOUR PERSONAL SEXUAL VOICE MAP

Use this section to create your personal profile.

1. Tone(s) I feel most confident in:  
(e.g., soft, commanding, giggly, sultry)

2. Words or phrases that turn me on to say aloud:

3. Fantasies I love to voice (or want to explore voicing):

4. My comfort zone right now is (circle one):

- ☐ I talk dirty like a pro
- ☐ I'm learning, but I play
- ☐ I feel awkward AF but I'm trying

# BONUS: 7-DAY SEXUAL VOICE CHALLENGE

Each day, do one of the following:

Day 1:

Record a flirty message to yourself

Day 2:

Whisper a fantasy to the mirror

Day 3:

Read 3 lines of erotica out loud

Day 4:

Describe a sexy memory into your phone

Day 5:

Send a voice note to a lover

Day 6:

Say "I want..." and finish the sentence 5 ways

Day 7:

Replay your favorite message and... respond to yourself 🔥

# FINAL WORDS: A LOVE LETTER TO YOUR SEXUAL VOICE

This guide is more than just a workbook. It's a permission slip, a playground, and a soft, sultry nudge into your own unapologetic erotic power. It's a love letter—to your breath, your words, your wildness. To your vocal cords, your clit, your cock, your kink. To the sacred moment when you stop performing and start owning your desire out loud.

Your sexual voice doesn't need to be porn-star polished, Shakespearean, or Instagram-worthy. It doesn't need filters, finesse, or French lingerie (though we're obviously fans). It just has to be yours. Raw, real, and resonant.

Because when you speak your pleasure—whether as a whisper in the dark, a dirty voice note, or a moan meant only for you—you're not just turning yourself on. You're rewriting your erotic story. In your own voice. In your own rhythm. On your own damn terms.

So go ahead:

*Say it like you mean it.*

*Whisper it like a secret.*

*Moan it like a hymn.*

Tell the truth of your body in the language only you can speak.

Need more inspiration? My books are dripping with it. Dive into:

**GIVE IT TO ME!** – a collection of raw, realistic erotic short stories that explore the messy, tender, awkward, and deeply human moments of intimacy. These aren't polished fantasies—they're permission slips to feel more, want more, and speak your truth. Also available as an **audiobook on Spotify**, narrated by me. ENG

**SEX SEX SEX** – Your workbook for more pleasure, confidence & connection – over 100 exercises for solo and partnered exploration. Playful, reflective, and shame-free, this interactive guide helps you discover your desires, set boundaries, and talk about sex—without awkwardness or apology. DE / ENG

These stories, like this guide, are not just about sex. They're about self-expression, freedom, and pleasure on your own terms.

Now... press record.

Speak it into being.

Let the world—and your body—hear you.

You're ready.