

AUDITORY AROUSAL

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(rev 9/2017)

What is Auditory Arousal?

Auditory Arousal describes the utilization of some form of verbal expression or auditory sexual stimulation as erotic fuel for escalating arousal and desire by the husband, wife and/or both within the sexual interplay of lovemaking. It's an added component of caressing or exciting each other with words and sounds to unlock the door to her ecstasy. It's especially beneficial for women (who tend to be more auditory than visual) but can also be valuable to the spouse that has a harder time staying focused on the sensuality of sex. It's important that men be tuned into their wife's arousal level so that they don't come on too strong verbally (or physically) while she's still warming up.

Types of Auditory Arousal have been divided here into levels to help those who may be new to this concept to identify an application that fits within their comfort zone. A few beginning examples are also given to help the rookie ease into utilizing this helpful sexual tool. Comfort with the varying levels will also be dependent on the level of arousal within lovemaking. The beginning stages of lovemaking may warrant lower levels, whereas as arousal increases with its unique state shifting, comfort with the higher levels of auditory arousal may be desirable.

How it Helps

Some of the benefits and purposes of utilizing Auditory Arousal are:

- Increased focus on the sensualness of lovemaking instead of getting stuck in one's mind.
- Decreased mental distractions.
- Decreased self-consciousness or spectating (mentally observing yourself during lovemaking instead of being fully immersed in the sensuality of it).
- More open, active engagement in lovemaking instead of feeling inhibited and passive sexually.
- Increased level of sexual arousal and orgasmic responsiveness due to the physical and sensual focus.
- Enhanced ambience and heightened romance in the lovemaking experience.
- More harmonious connection between husband and wife throughout the sexual arousal scale without one getting too far ahead of the other.
- Increased understanding of and better negotiation of sexual rhythm, needs and desires.
- Increased sexual self-confidence through immediate and affirming feedback on particular moves and motions.
- Increased surrender to the sexual experience leading to greater satisfaction and increased incidence of orgasm.
- A broader sensual experience with the addition of auditory stimulation in addition to the senses of touch, taste, sight and smell.
- Increased novelty, variety and adventure.

Level	Description
1	<p>Level 1 -- Sensual Sounds</p> <p>Level 1 is a starting place for utilizing auditory arousal in lovemaking. This level describes the addition of the softer yet still erotically stimulating verbal expressions of pleasure, such as Mmmms and Ahhhhs, Uhhhs and moans.</p> <p><i>Examples: "Mmmm," "Ahhhh," "Uhh!" and "Oh Yeah!"</i></p>
2	<p>Level 2 -- Sensual Communication</p> <p>Level 2 auditory arousal steps it up from sensual sounds to include erotically enhancing "sex talk" or sensual communication/ verbalizations about how one is feeling, what one is experiencing, what is happening in that moment, what one likes about what is happening, what one is doing to the other or wants to do to the other or wants to have done to them.</p>

	<p>Examples: "I love you so much!" or "Your body is so beautiful!" or "I love it when you touch me like that!" or "I love how you kiss my neck like that!" or "I love how you look at me like that!" or "I love it when you run your fingers down my spine!" or "I love how you unbutton my shirt so slowly!" or "I love it when you tease me with your tongue!" or "It turns me on when you...!"</p>
<p>3</p>	<p>Level 3 -- Sharing Sensual Scenarios</p> <p>Level 3 lets you escape into any sexy scenario you can create in your mind without ever having to leave your bedroom. It's a great way to command your focused attention by recreating a "chick flick" scenario with your spouse. Couples can either decide ahead of time what they want to do in this regard or they can just let the moment take them to a moonlit beach on a deserted island , for instance, where they are making love in the soft, warm sand. Couples can play verbally with many different tantalizing scenarios significantly enhancing the ambience of the sexual experience. Couples can determine what scenarios or role playing feels appropriate to them since every couple will be a little different. The relationship and your spouse is still the sexual focus, since this isn't about pretending to have sex with someone else. Creating and sharing sexual scenarios and fantasies is a great way to pretend you're NOT just in your bedroom next to a sleeping baby or other potential distractions! Many couples have found that sometimes if one spouse has a particular fantasy that it may be easier for a couple to role play the scenario than to do it in real life. With the power of the mind it can be an incredibly exciting experience even when it's just make believe.</p> <p>Examples: Act out making love on a secluded beach on a warm moonlit night. Act out making love in a public place. Act out making love in an elevator. Act out having sex in a backseat of a car, etc.</p>
<p>4</p>	<p>Level 4 -- Naughty Talk</p> <p>Level 4 is technically an extension of level 2, but because it tends to be further outside one's comfort zone I define it as level 4. This level of auditory arousal basically ratchets things up a few notches for a hotter and more heated or erotic passionate encounter. This is often what people think I mean when I suggest Auditory Arousal, thus it's important to understand the differing levels. Some women do find it especially arousing to move beyond soft and flowery expressions to more raw, rough, naughty, suggestive, steamy, spicy, passionate and erotic communication where they may want to be "taken" and "seduced" or to do the seducing. Again, this will be dependent on the couples' comfort levels, their individual arousal levels, and may need to be something discussed together ahead of time. Women tend to be most likely to be helped by this kind of verbal stimulation if they have embraced their sexuality and see it as good and a valued part of their identity. This level also requires higher levels of arousal. This kind of talk is likely to be awkward and a turn off at lowers levels of arousal. It's important to remember that the state of arousal changes how we might experience or perceive things, so it may be something a couple might want to stretch themselves to try but with the realization that they will need to be exquisitely tuned in and attentive to each other, each other's arousal level, and responses to any such naughty talk, so as to not squelch the burgeoning passion and excitement!</p> <p>Examples: "Do me!" or "Take me!" or "I want you bad!" or "You're so hot!" or "You turn me on!" or "I want to rock you all night!" or "Talk dirty to me!" or "Do what you want with me!" or "I'm gonna do what I want with you!" or "You make me so crazy for you!"</p>

Concept originally introduced by Laura M. Brotherson in [And They Were Not Ashamed--Strengthening Marriage through Sexual Fulfillment](#), pgs. 133-135.

Additional information also available in [Knowing HER Intimately: 12 Keys to Creating a Sextraordinary Marriage](#), pgs. 137-141.