



Adam Armstrong's

**DIRTY  
TALK  
PHRASES**

Use Them to Drive  
Your Woman  
**Crazy** in Bed Tonight...



Here's a Massive List Of Dirty Talk Phrases That Are Tried-And-Tested And Proven To Work...

If You Want To Know Exactly What To Say To Drive Your Woman Crazy In The Bedroom And Make Her Literally ADDICTED To Your Voice, This Will Be The Most Important Thing You'll Ever Read...

**Better In Bed eBook:**

# **Dirty Talk Phrases**

**Use Them To Drive Your Woman Crazy In Bed Tonight...**

**By Adam Armstrong**

Author of *Better In Bed*

*Written for every man who wants to become a better lover*

## **Copyright Notice**

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Now that we're finished with this notice, let's talk about "Dirty Talk"...

## **Disclaimer**

The information in this book is provided for personal entertainment purposes only. You remain 100% responsible for your actions at all times.

Please use this information wisely, with caution and always with total respect for women.

## **Cautionary Note**

Some of the information in this book is hard-core. It's explicit. It's of an extremely adult nature (and is not intended for anyone under 18 years of age).

It may challenge your sexual beliefs about women and what you thought was the truth. At first you may think that some of the dirty talk phrases in this book are too extreme, too much, far more than any woman could possibly want to hear.

But I encourage you to read with an open mind because this book contains the types of things that women absolutely LOVE hearing from their men in the bedroom (but would never ask them to say).

I'd go so far as to say that mastering dirty talk could be the single most important thing you will ever do as far as SATISFYING your WOMAN in the bedroom goes.

This book will help you master dirty talk.



## About the Author

### Adam Armstrong is a sex coach.

He specialises in teaching men how to become better lovers. The reason why he is able to do this so effectively is because he has spent years figuring out why most men are clueless when it comes to women and why so many women are dissatisfied in bed with their men.

It wasn't easy to work all of this stuff out, largely because the mainstream Sex advice to be found in magazines (both those aimed at men and women), on television and on the internet proved to be mostly inadequate. And the stuff in so called "scientific literature" was often no better.

It seemed that most so called "sex experts" skirted around the real issues for fear of offending people, or simply because they did not really know what women wanted, needed and craved in the bedroom and much less how to teach men the skills required to become dynamite with women.

Luckily for you, Adam has this stuff figured out.

He is not afraid to speak his mind and at times uses some, how shall we say; colourful language! He might challenge your beliefs and seriously make you question much of what you previously thought was true about female sexuality.

But if you go with it and read, listen and watch Adam's programs with an open mind, you will become a better lover than you ever dreamed possible.

Simply by reading this one e-book you will learn more about dirty talk and how to blow your woman's mind with your voice than most men will learn in a lifetime...

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This book is going to teach you how to talk dirty to your woman. You'll discover how to turn her on, ramp up her sexual excitement and even extend her orgasms using the power of your voice. All you have to do is 'grow a pair' and put the techniques into practice. Have fun...

# “Silent sex is lame sex.”

Hey, it's Adam Armstrong here and welcome to Dirty Talk Phrases.

Dirty talk is a very powerful thing.

In fact, that's an understatement.

The truth is that if you want to be really good in bed and **totally sexually satisfy your woman** - dirty talk is **essential**. Said another way; if you want to give your woman sex so good she will only ever have eyes for you - you must talk dirty to her during sex.

This simple fact explains why there are so many sexually frustrated women out there. One of the major reasons why so many women are sexually frustrated is because the vast majority of men don't talk dirty in the bedroom.

Some of these men fail to talk dirty because they don't even realise that they should be doing so.

Others try once, don't get the desired results and this is enough to put them off ever trying again.

How lame.

Whatever the reason is for these average men failing to talk dirty, one thing is for certain - the outcome is not good. Such men will never truly please their women in bed.



The reason why dirty talk is so powerful for women is because sex is a very MENTAL thing for a woman. So it's no good just stimulating your woman's body with your fingers, tongue and penis. What you also need to do is stimulate your woman's MIND with your voice.

Of course, the way you stimulate your woman's mind in bed is with DIRTY TALK. One of the biggest questions I get from the guys who read my newsletters, the guys who send me questions by email and the guys who I coach on a 1-on-1 basis is:

*"Adam, what exactly should I be saying to my woman during sex?"*

In other words, these guys know that they should be talking dirty (very often because their women ask them to do so), but they have no idea what to say and when to say it.

Fortunately for you, that's why I've written this book... to give you a massive list of tried-and-tested, proven to work dirty talk phrases that you can use to drive your woman totally CRAZY in the bedroom and make her ADDICTED to your voice.

To make this book even better, I'm not only going to give you hundreds of dirty talk phrases that you can 'take and use as your own', I'm also going to tell you when to use the phrases. This is vitally important because the success of your dirty talk does not come down to just what you say - WHEN you say it matters too.

Finally, you should be aware that each chapter contains TIPS. Pay attention to these tips and use them wisely because they will help you to greatly increase the results you get from all of the dirty talk phrases in this book.

The end goal is not to become a robot and copy everything I say exactly as it is written, but rather to use this book for inspiration.

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Sure, you can use the phrases exactly as they are written, but over time you should get good enough at dirty talk that you can make up your own phrases and talk dirty in a very natural way; a way where you don't have to think about everything before you say it.

Have fun reading this book and have even more fun putting it into practice ;)

Having your woman react positively to your every word in the bedroom is one of the most rewarding things you will ever experience. Guaranteed.

Please send your comments, questions, suggestions and feedback to me at:  
[adam@betterinbed.tv](mailto:adam@betterinbed.tv)

I'd love to hear from you when you've read the book and used the material.

Your friend,

*Adam Armstrong*





**Chapter 1:**  
**How To**  
**'Turn Her On'**  
**And Get Her**  
**'In The Mood'**  
**With Dirty Talk**

In this chapter you will find dirty talk phrases that you can use to 'turn your woman on' and get her 'in the mood' for sex.

## Chapter 1:

# How To 'Turn Her On' And Get Her 'In The Mood' With Dirty Talk

The dirty talk phrases in this chapter are not hard-core or extreme, but they are very important because if you do not know how to turn your woman on, you will never get the opportunity to unleash the hard-core, downright nasty dirty talk that women love to hear so much during sex.

You might use the following phrases when you are on the sofa hanging out with your woman after dinner, when she is washing up or when you are giving her a massage. Basically, you are going to use them whenever you want to transition from a non-sexual scenario to a sexual scenario...

NOTE: These phrases are not listed in any particular order because dirty talk is not an exact science (it is more of an art). Try them out, experiment and have fun...

- ▶ **You smell so good**
- ▶ **Your hair smells so good**
- ▶ **You feel so good in my arms**
- ▶ **You're so pretty**
- ▶ **You look so good to me**
- ▶ **You're so hot**
- ▶ **You look so good in that dress**



- ▶ **Your legs look amazing in that skirt**
- ▶ **Your skin feels so soft**
- ▶ **Your tan looks beautiful**
- ▶ **You're beautiful**
- ▶ **Your skin is glowing**
- ▶ **You're so hot**
- ▶ **You're gorgeous**
- ▶ **You look so sexy in that underwear**
- ▶ **Your ass looks amazing in those jeans**
- ▶ **Your eyes are so beautiful**
- ▶ **You have the sexiest lips in the world**
- ▶ **You have the sexiest,  
most kissable lips in the world**
- ▶ **Your lips taste so sweet**



▶ **Your lips taste like sugar**

▶ **Your lips taste like honey**

▶ **I love the way your dress falls over your hips... it makes you look so feminine and sexy**

▶ **I'm thinking very naughty things right now**


▶ **You have no idea what I'm going to do to you very soon**

▶ **You've been a very naughty girl and I'm going to have to 'punish' you**

▶ **If you keep looking at me like that I'll have no option other than to come over there and give you a huge kiss**

▶ **If you keep looking at me like that I'll have no option other than to take you over my knee, pull down your panties and spank your ass**





## **Chapter 2:** **What To Say During Foreplay**

In this chapter I am going to talk to you about what to say during foreplay. At this stage your woman is wet, she is turned on and she is very sexually excited.

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## Chapter 2: **What To Say During Foreplay**



Both you and she know that sex is going to happen.

This is where the dirty talk starts to get a whole lot dirtier...

- ▶ **Suck it like a good girl**
- ▶ **I can't wait to taste your wetness**
- ▶ **You smell so good**
- ▶ **You're so wet**
- ▶ **Your wetness turns me on**
- ▶ **Your wetness makes me so hard**
- ▶ **You want to suck my cock don't you?**

- ▶ **Suck my cock**
- ▶ **You taste so good**
- ▶ **Your pussy tastes so good**
- ▶ **Your juices taste so good**
- ▶ **You make me so hard**
- ▶ **I'm so hard for you**
- ▶ **You're so wet for me**
- ▶ **Your tits look so sexy**
- ▶ **Your tits feel so good**
- ▶ **Your ass is so sexy**
- ▶ **My cock feels so good between your tits**
- ▶ **You want me to lick your clit don't you?**
- ▶ **I'm going to lick your clit**
- ▶ **Do you want to feel my tongue on your pussy?**
- ▶ **Do you want to feel my fingers in your pussy?**
- ▶ **Do you want to feel my cock in your pussy?**



- ▶ **You want me to fuck you don't you?**
- ▶ **You're my naughty little girl**
- ▶ **You're my bad girl**
- ▶ **That feels so good, doesn't it?**
- ▶ **You love it when I touch you like this don't you?**
- ▶ **That feels really good, doesn't it?**
- ▶ **You want to come for me don't you?**
- ▶ **You want to come hard for me don't you?**
- ▶ **Come for me**
- ▶ **Come hard**



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## **IMPORTANT TIPS:**

When talking dirty to your woman, only ever ask her questions that meet the following criteria:

Questions that you already know for sure that she will answer “YES” to

Questions that are so easy for her to understand, they do not ‘break her state’. In other words, she can just reply “YES” without having to really think about it

Remember that you can add words like babe/baby etc onto any of these phrases. For example:

▶ **You make me so hard babe**

▶ **Baby your juices taste so good**

You also need to be aware that outside the bedroom it is correct to use words like penis and vagina. However, inside the bedroom these words are not the words to use to ramp up your woman’s sexual excitement and make her orgasm.

In the bedroom, words like ‘cock’ and ‘pussy’ are appropriate and they are what your woman wants to hear.

# Chapter 3: What To Say During Intercourse

In this chapter I am going to give you examples of things that you can say to your woman during intercourse.

At this point you have hopefully already given your woman at least one orgasm during foreplay and you should be aiming to give her at least one more during intercourse. The nature of the dirty talk in this section reflects those facts...



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## Chapter 3: **What To Say During Intercourse**

### **Dirty Talk Phrases To Use Before You Have Given Her An Orgasm During Intercourse**

- ▶ **This feels so good doesn't it?**
- ▶ **You love it when I'm inside you**
- ▶ **You love it when I'm inside you, don't you?**
- ▶ **You're my naughty little girl**
- ▶ **You're my bad girl**
- ▶ **You're my dirty whore  
and you love it when I fuck you**

***“Being fucked in silence, with the lights out, inhibits an act that's supposed to be the most liberating one in our lives”***

**Nancy Friday, author of  
*My Secret Garden***

- ▶ **You're my dirty whore and you love it when I fuck you, don't you?**
- ▶ **You're my naughty little whore**
- ▶ **You're my naughty little slut**

- ▶ **You're my naughty little girl and you love it when I fuck you hard**
- ▶ **You're my naughty little girl and you love it when I fuck you hard, don't you?**
- ▶ **You're my naughty little girl and you love it when I'm inside you**
- ▶ **You're my naughty little girl and you love it when I'm inside you don't you?**
- ▶ **You love the way my cock feels inside you don't you?**
- ▶ **You love the way my cock feels in your pussy don't you?**
- ▶ **You love it when I fuck you hard**
- ▶ **This feels so good for you**
- ▶ **This feels so good for you, doesn't it?**
- ▶ **You love getting fucked like a whore don't you?**
- ▶ **You love getting fucked like a naughty little whore don't you?**
- ▶ **You love getting fucked like a naughty little slut don't you?**



## **Dirty Talk Phrases To Use After You Have Given Her An Orgasm During Intercourse**

- ▶ **I'm going to use your body to make myself feel good**
- ▶ **I love fucking you**
- ▶ **I love using your pussy to make myself feel good**
- ▶ **Spread your legs for me**
- ▶ **Hold your ass cheeks apart whilst I fuck you**
- ▶ **I own your ass**
- ▶ **I own your pussy**
- ▶ **I own your ass and I'm going to use it as I see fit**
- ▶ **I own your ass and I'm going to use it however I like**
- ▶ **I own your pussy and I'm going to use it as I see fit**
- ▶ **I own your pussy and I'm going to use it however I like**



- ▶ **I'm going to use your pussy to make myself feel good**
- ▶ **I'm going to use your ass to make myself feel good**
- ▶ **I own your ass and I'm going to use it to make myself feel good**
- ▶ **I own your pussy and I'm going to use it to make myself feel good**
- ▶ **You love being fucked like a naughty little girl**
- ▶ **You love being fucked like a bad girl**
- ▶ **You love it when I fuck you**
- ▶ **You love it when I use you**
- ▶ **You love it when I use you to make myself feel good**
- ▶ **You love it when I use your body to make myself feel good**
- ▶ **You love it when I use your pussy to make myself feel good**



- ▶ **You love it when I use your ass to make myself feel good**
- ▶ **Your pussy is so wet for me**
- ▶ **Your pussy is so tight**

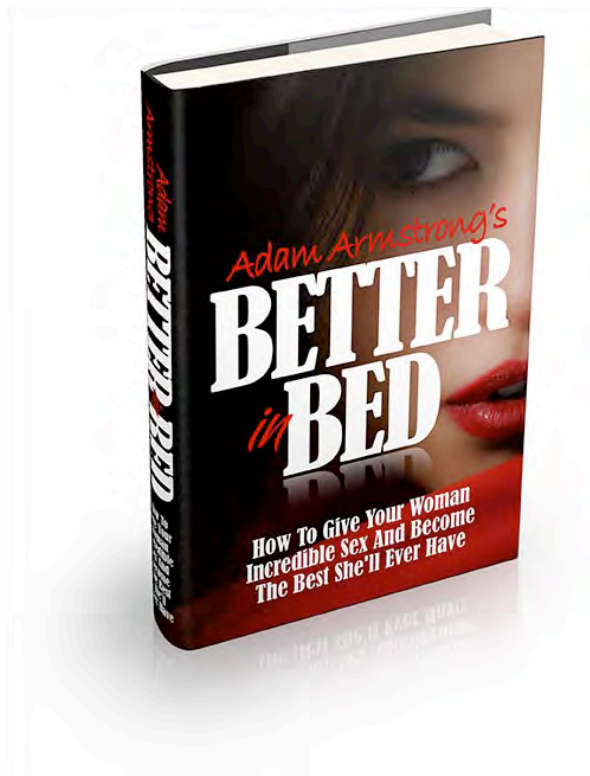
- ▶ **Your pussy feels so good**
- ▶ **I love fucking your pussy**
- ▶ **I love fucking your ass**
- ▶ **Your ass is so tight**
- ▶ **Your pussy is wide open for me**
- ▶ **I love stretching your pussy open**
- ▶ **I love stretching your pussy open with my cock**
- ▶ **You're my nasty little girl**
- ▶ **You're my nasty little slut**
- ▶ **You're my nasty little whore**



- ▶ **You're my nasty little bitch**
- ▶ **You love taking my cock in your pussy**
- ▶ **You love taking my cock in your ass**
- ▶ **You love it when I stretch you open with my fat cock**
- ▶ **You love it when I treat you like a slut**
- ▶ **You love it when I treat you like a whore**

## **IMPORTANT TIPS:**

When you have intercourse with your woman, you want to make sure you give her at least one vaginal orgasm because this makes sure the intercourse is satisfying for her.



If you don't yet have vaginal orgasms working with your woman, get a copy of my **Better In Bed program** by [clicking here](#).

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Until you have given her that vaginal orgasm during intercourse, make the dirty talk all about her. For instance, say things like this:

- ▶ **This feels so good for you, doesn't it baby?**
- ▶ **You love feeling my hardness inside you, don't you babe?**
- ▶ **You love it when I fuck you**

However, once you have given her the vaginal orgasm, you can then get a bit more experimental and adventurous with your dirty talk and your woman will respond favourably to it. For instance, say things like this:

- ▶ **I'm going to use your body to make myself feel good**
- ▶ **It feels so good to be inside you**
- ▶ **You're so wet baby**
- ▶ **You're my naughty little whore**

The difference is rather subtle and it is quite an advanced concept that I am sharing with you, but it has the power to get even more effect from your dirty talk.

## **In Summary:**

First make sure you 'get her off' by making the dirty talk all about her and then let rip with the really hard-core, triple XXX rated stuff.



## Chapter 4: What To Say When She's Close To Having An Orgasm

In this section I am going to talk to you about how to use dirty talk when your woman is very close to having an orgasm.

## Chapter 4:

# What To Say When She's Close To Having An Orgasm

If you have ever had a situation where your woman gets very close to climaxing and then stops... this section will help you out.

Likewise, if you want to get your woman to orgasm quicker... this section will help you out...

- ▶ **This feels so good for you**
- ▶ **This feels so good for you, doesn't it?**
- ▶ **This feels so good, doesn't it?**
- ▶ **You want to cum for me, don't you?**
- ▶ **You're going to cum for me**
- ▶ **You're going to cum hard for me**
- ▶ **You're going to cum for me, aren't you?**
- ▶ **Your body feels so good right now**
- ▶ **Your body feels so good right now, doesn't it?**
- ▶ **You feel so good right now**
- ▶ **You feel so good right now, don't you?**

- ▶ **I make you feel so good**
- ▶ **I make you feel so good, don't I?**
- ▶ **You're going to cum so hard  
you're going to wet the bed**  
(appropriate for squirting orgasms)
- ▶ **You're going to cum so hard  
you're going to wet the bed, aren't you?**
- ▶ **I want you to cum all over me**
- ▶ **You're going to cum all over me**
- ▶ **I want you to cum all over my cock**
- ▶ **You're going to cum all over my cock**
- ▶ **You're going to cum all over me,  
aren't you?**
- ▶ **You're going to cum all over my cock,  
aren't you?**
- ▶ **You're going to cum like a good girl**
- ▶ **You're going to cum like a good girl,  
aren't you?**

## IMPORTANT TIPS:

When your woman is very close to having an orgasm, your goal should be to drive her 'over the edge' and make her have the orgasm.

For this reason, the appropriate dirty talk at this point will reinforce in your woman's mind that the experience she is having feels incredibly good and that she is going to orgasm. Re-read the list of dirty talk phrases above and you will see that they are all designed to do this.

When your woman is about to orgasm, do not say things like this:

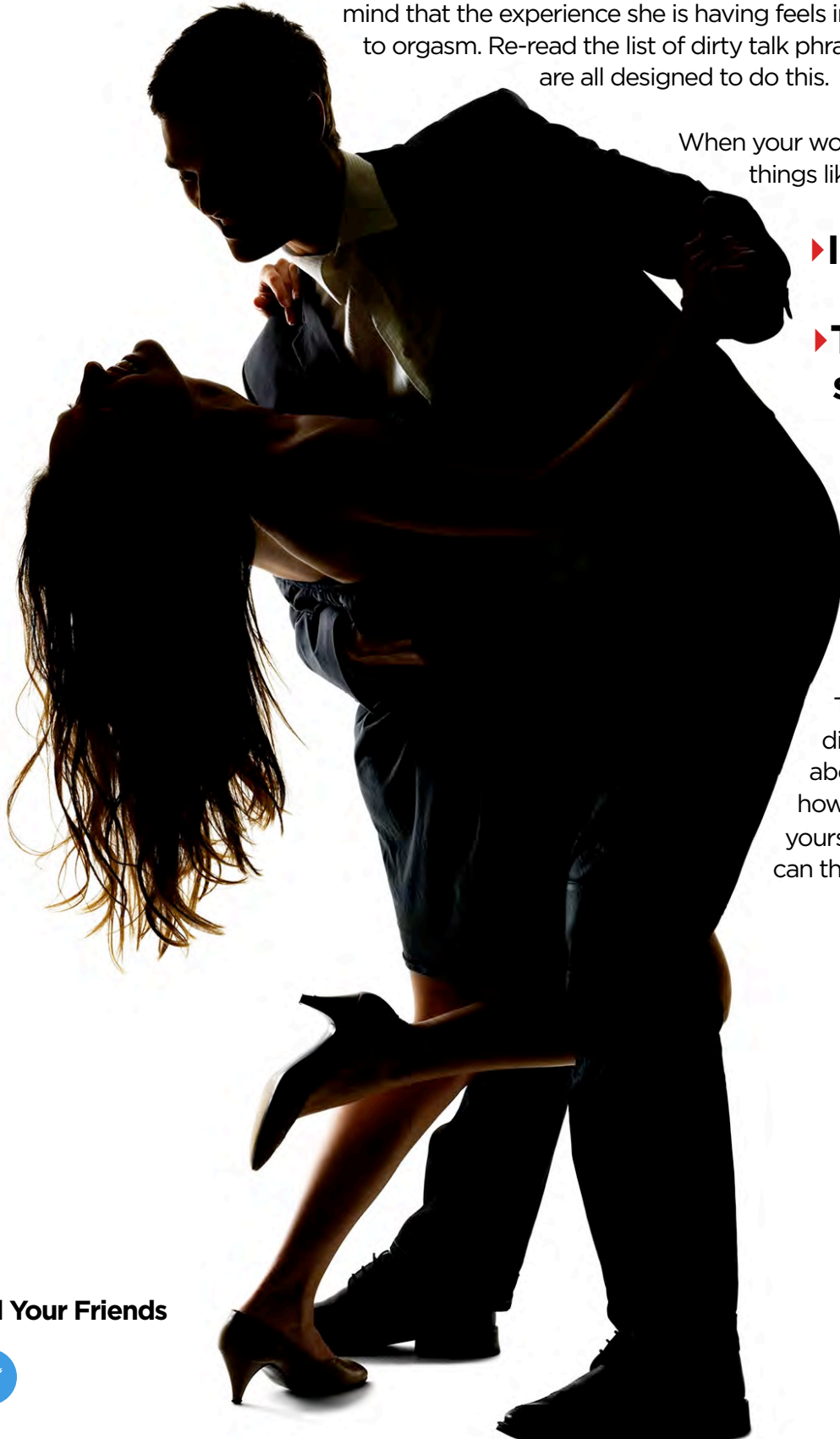
▶ **I love being inside you**

▶ **This feels so good for me**

Although it is very exciting for your woman to hear you say such things, it is not what she wants to hear when she is about to orgasm.

So the rule is - make it all about her and make the orgasm happen.

THEN (after the orgasm) get more diverse with your dirty talk and tell her about how good it feels to be inside her, how you love using her body to make yourself feel good and whatever else you can think of.



# Chapter 5: How To Extend Her Orgasm With Dirty Talk



## **Chapter 5: How To Extend Her Orgasm With Dirty Talk**

The typical female orgasm tends to last approximately 10 to 30 seconds. However, it is actually possible to extend a woman's orgasm into the 60 to 90 second region by using dirty talk.

I was first made aware of this by David Shade and I can tell you - it is extremely powerful. It is one of those techniques that once you learn it, you tend to use virtually all the time.

It is a total 'no-brainer'... very simple, very effective, very pleasurable for your woman.

Perfect.

Here are the kinds of things to say to your woman as she is having an orgasm that will extend her orgasm...

- ▶ **Come hard**
- ▶ **Come hard for me**
- ▶ **Come like a good girl**
- ▶ **Keep coming**
- ▶ **Keep coming hard**
- ▶ **Keep coming hard for me**
- ▶ **Come even harder**
- ▶ **Come really hard**



▶ **Come even harder for me**

▶ **Come really hard for me**

## **IMPORTANT TIPS:**

You will notice that the list of phrases above is not very long and there is a very good reason for this – the reason being that when your woman is having an orgasm you want your communication with her to be very easy to understand and very clear.

The dirty talk phrases above meet those criteria and they are tried-and-tested and proven to work.

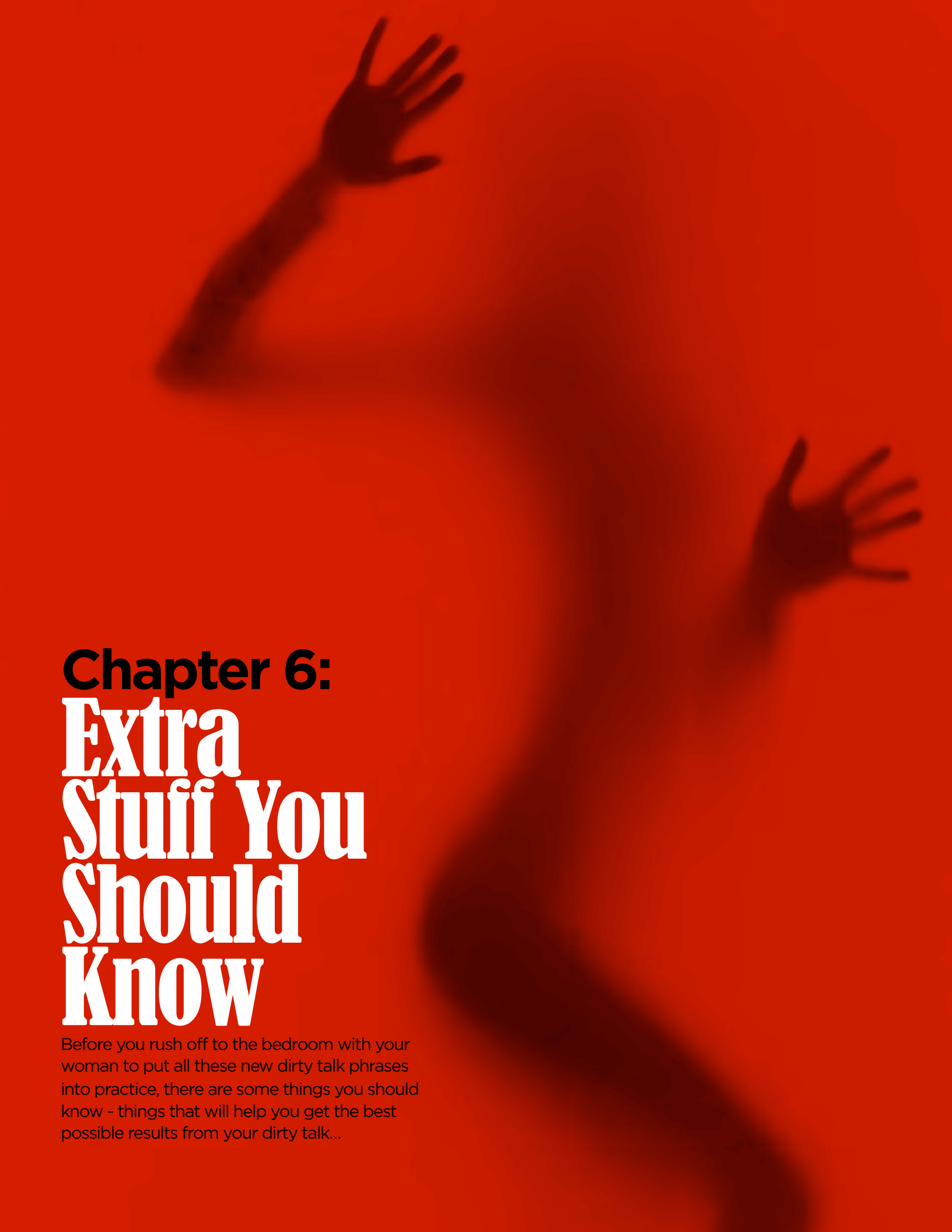
If you want to successfully extend your woman's orgasm into the 60 to 90 second range, your dirty talk needs to be pretty much relentless as she has the orgasm. The relentlessness is what keeps her coming.

The awesome thing about this is that it gets your woman to associate your voice with her orgasm. This is powerful beyond belief (something you will only fully appreciate when you put it into practice).



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# **Chapter 6:** **Extra Stuff You Should Know**

Before you rush off to the bedroom with your woman to put all these new dirty talk phrases into practice, there are some things you should know - things that will help you get the best possible results from your dirty talk...

## **Chapter 6: Extra Stuff You Should Know**

### **Only Say Things That Feel Right To You**

In this book on Dirty Talk you have dozens and dozens of phrases that you can use with your woman. With that said, you do not have to use them all. If you do not feel comfortable with a particular phrase, use something else.

The truth is that women have an unbelievably good ability to sense when men are uncomfortable, nervous and lacking confidence. If you start trying to say things to your woman that make you feel uncomfortable and nervous, she will sense it and your dirty talk will not increase her sexual excitement. In fact, it will probably do the exact opposite.

Not good.

So be true to yourself only use dirty talk phrases you are comfortable with. As you get better and better at dirty talk, you will get more comfortable saying more hard-core stuff.

### **Build Up To The Hard-Core Stuff**

This point follows on directly from the last one.

I cannot emphasize this enough... you must build up to the hard-core stuff. If you have only just met your woman, or you have been with her years and you have never previously talked dirty to her, do not start out by saying things like this:

- ▶ **I'm going to use your body to make myself feel good**
  
- ▶ **You love getting fucked like a naughty little slut, don't you?**

You need to build up to that kind of stuff over time, as your woman gets more and more receptive to your voice.

So when you are first starting out, use the softer phrases.

## **Use The Word 'My' At Least Once**

This last point is very important because it will make your dirty talk feel personal to your woman.

I have to be honest with you and this may shock you, but some of the most sexual women I have dated absolutely loved it when I said things like this to them during sex:

- ▶ **You're a whore**
- ▶ **You're a slut**
- ▶ **You're a naughty little slut whore**

However, I will never say something like this to a woman before first using a dirty talk phrase with the word 'my' in it. For instance:

- ▶ **You're my whore**
- ▶ **You're my slut**
- ▶ **You're my naughty little slut whore**

The word 'my' might at first seem like nothing, but it is VERY IMPORTANT because it reassures your woman that she is yours. She is not just any old whore or slut – she is your whore or slut.

Oh and one more thing... the hard-core dirty talk will only work when you treat your woman extremely well OUTSIDE the bedroom. After-all, she is not really a whore or a slut! But in the context of heightened sexual excitement, she wants to be 'your' whore or slut in the bedroom.

So the rule is to use the word 'my' at least once during each sexual session if you are going to say something extreme to her, such as calling her a 'whore' or a 'slut'.

## The Wrap Up

In this book on Dirty Talk you have over 150 dirty talk phrases that you can take and use as your own. With that said, hopefully you will take things a step further and start making up your own phrases that drive your woman wild in the bedroom.



The great thing is - you will probably find this happens without you thinking about it. You see, the more you talk dirty, the more natural it becomes and the less you have to think about what you are going to say before you say it.

The truth is that when you get really good at dirty talk, it becomes as natural as breathing!

Seriously, it still makes me cringe when I hear guys say things like:

*“Oh no, I don’t talk dirty”*

I mean, why wouldn’t you talk dirty?

It is one of the most rewarding things you will ever do in the bedroom. And now that you have this book; you know exactly what to say and when to say it.

All you have to do now is put it into practice and start talking dirty to you woman and watch the sex instantly improve.

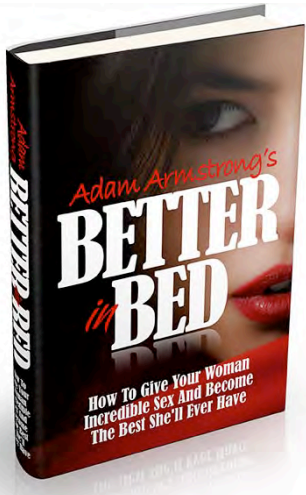
I will leave you with a quote. Unfortunately, I don’t know where this quote originally came from, but one thing is for sure - it came from a highly sexual woman who spoke for every woman when she said...

*“Before a man can fuck my body, he has to fuck my mind.”*

Adam Armstrong's  
**BETTER  
in BED**

# More from Adam Armstrong

If you want to improve your 'bedroom game' even further, check out some of my other products – each one designed to help you have much better sex...



## Better in Bed

Better In Bed contains secrets about female sexuality that every man should know, but very few ever will. To learn more, click the link below:

[Click here to learn more](#)



## Unleash Her 'Bad Girl'

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Adam Armstrong Enterprises LTD  
Suite 65 St James Quay  
Brewery Wharf  
4 Bowman Lane  
Leeds  
West Yorkshire  
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LS10 1HG

**Website:** <http://www.BetterInBed.tv>

**Email:** [adam@betterinbed.tv](mailto:adam@betterinbed.tv)

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