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Vibrator Addicted?

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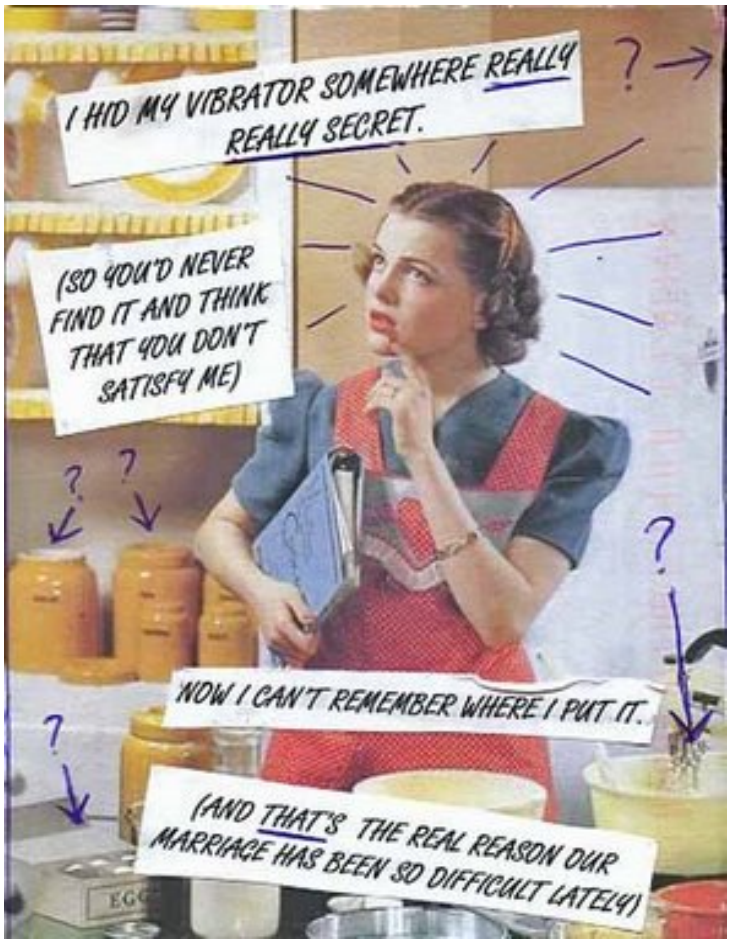

Have you ever been afraid of becoming addicted to your vibrator? I have, well I wasn't so much afraid as it has been a thought that has passed through my brain a few times over the years. Especially, when I was younger and much more impressionable. There's a myth out there that states that if a woman becomes accustomed to achieving orgasms with a vibrator, she will no longer be able to orgasm with other kinds of stimulation.

I thought that might have been true, because it was (it is) so much easier for me to come with a little vibration, but I've come to realize that it's just not true. Not in the sense that our sexual organs will become desensitized with use and eventually require more and more intensity. Ok, maybe within the same session, but that's true of any kind of stimulation.

For those of you that have watched Sex and the City, you'll be familiar with the episode in which Charlotte buys The Rabbit (check out the Sex Toys at Babeland) [1] and after using it for the first time and finding

battery operated bliss, she pretty much ceases to leave her house. The girls eventually have to stage an intervention to convince Charlotte to let go of her new pet. It was a funny episode and it definitely got the point across: pleasure can be addictive and The Rabbit is one hell of a vibrator, but it's not exactly reality, now is it?

Betty Dodson puts it particularly well in her book Sex for One: The Joy of Selfloving [2]:

"Since I continued to have orgasmic sex with my lovers, I finally stopped being afraid of becoming vibrator addicted. I also stopped worrying about wearing my clitoris down to a nub or becoming antisocial. None of that happened. I was far more antisocial when I was love addicted. In those days, what began as pleasure quickly turned into pain as I became obsessed with my beloved. I've never been obsessed with a vibrator. My experience with addictions has taught me that pain and frustration induce a fixation. I was like the mice in the scientist's maze: Those conditioned with pain remained on the same course, while those conditioned with pleasure roamed off onto new paths."

I really like the points that Betty brought up in that particular passage. I think that the allegory of the mice conditioned with pain or pleasure illustrates a lot of things that hold true to many different situations. For one, it sheds some light on my last relationship. I was definitely conditioned with pain and frustration to keep on trucking (coming back over and over again). Of course no situation is as simple as that and each experience we go through in life has many different sides to it, but the idea that pleasure is a powerful tool in learning to lead a life that is open and filled with choice and opportunity speaks the truth to me, whether it's in regards to masturbation, sex, love, or the many details that pertain to how we lead our lives.

I've never been addicted to a vibrator, because although it gives me the kind of pleasure that I'll want to experience for a lifetime, it doesn't create any other emotions in me. I don't crave it, or miss it, or immediately long for more when it's over, because that pleasure is in me to give to myself whenever I like. It's free, you know what I mean?

Crossposted from Cuntlove [3].

addiction masturbation Obsession orgasm The Rabbitt

I define my sex, gender & body. You define yours.

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Links:
[1] http://www.babeland.com/?img=17&kbid=1461
[2] http://www.amazon.com/gp/product/0517886073?ie=UTF8&tag=satisexistino-20&linkCode=as2&camp=1789&creative=390957&creativeASIN=0517886073
[3] http://cuntlove.wordpress.com