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ALEX TISHCHENKO

SUGGESTIVE SEXOLOGY

Alex Tishchenko

Suggetive sexology

«Издательские решения»

Tishchenko A.

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We invite you on a fascinating journey through the world of suggestive sexology, where we will explore the possibilities of changing thinking and behavior through the power of words and suggestion. In this book, we will examine the basic concepts and techniques associated with suggestive sexology.

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Suggetive sexology

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Alex Tishchenko Suggestive sexology INTRODUCTION

Sexuality is one of the most complex and multifaceted aspects of human life. It encompasses not only physical aspects but also emotional, psychological, and social ones. In recent decades, the field of sexology has seen growing interest in methods that can help people better understand and improve their sex lives. One such approach is suggestive sexology.

Suggestive sexology explores how the use of suggestive texts and triggers can influence perceptions of sexuality, the formation of intimate relationships, and the overcoming of various sexual dysfunctions. Suggestions can be a powerful tool for addressing internal barriers, fears, and negative attitudes that prevent people from enjoying their sexuality.

CHAPTER 1. SUGGESTIVE THERAPEUTIC TEXTS

Suggestive therapeutic texts in sexology can be useful for creating an atmosphere of trust, support, and understanding. They can be used to address various aspects of sexuality, such as self-acceptance, exploring desires, and overcoming fears. Here are some examples of such texts:

1. Acceptance of your sexuality

You're on the right path to understanding your unique sexuality. Allow yourself to be open to your feelings and desires. It's normal to experience different emotions, and each one is important. Accept yourself as you are, and know that your sexuality is part of your identity.

Every step along this path is an opportunity to get to know yourself better. You deserve love and respect, both from yourself and from others. Allow yourself to explore your desires without judgment.

2. Working with internal fears

Understanding your fears is the first step to overcoming them. You're not alone in your worries, and many women experience similar feelings. Let's explore together what exactly is causing you anxiety.

It's important to remember that fears can be overcome. Every time you face them, you become stronger. Let's create a safe space to discuss your concerns and find ways to overcome them.

3. Exploration of desires

Your desires are an important part of your life. They can be a source of joy and self-expression. Let's explore this world together and learn more about what you truly love.

Don't be afraid to share your fantasies and dreams. Every desire has a right to exist, and you have every right to explore them. Allow yourself to be bold and open in this process.

4. Strengthening self-esteem

You are unique and inimitable. Your value doesn't depend on other people's opinions. Let's focus on strengthening your self-esteem and confidence.

Remind yourself of your strengths and accomplishments every day. You deserve happiness and love, both for yourself and from others. Allow yourself to be who you want to be.

These texts can be adapted to the client's specific needs, adding personal elements and taking into account her unique situation. The key is to maintain an atmosphere of trust and understanding throughout therapy.

Suggestive texts in sexology are used to enhance sexual experiences, increase confidence, and reduce anxiety. They can be applied in various contexts, such as therapy, self-help, or educational programs. Here are some examples of suggestive texts:

Examples of suggestive texts

1. Self-confidence:

- “I accept my body as it is. I feel attractive and desirable.”
- “Every time I’m around my partner, I feel warmth and connection, which makes me more confident.”

2. Reduced anxiety:

- “I allow myself to relax and enjoy the moment. My partner appreciates me for who I am.”
- “With every breath, I release my fears and anxieties. I am open to new sensations and experiences.”

3. Improving intimate relationships:

- “I feel a deep connection with my partner. We are open to each other and can freely express our desires.”
- “Every touch strengthens our connection and fills us with joy and satisfaction.”

4. Exploring Sexuality:

- “I’m ready to explore new facets of my sexuality. It’s safe and enjoyable.”
- “I am open to experiments and new sensations that can enrich our intimate experience.”

5. Positive images:

- “I imagine moments of intimacy with my partner, filled with tenderness and passion.”
- “I see myself as confident and liberated, enjoying every moment.”

Suggestive text to achieve an erection

Sit or lie down in a comfortable position. Close your eyes and take a few deep breaths, allowing your body to relax with each exhalation. Feel the tension melt away and calm fill you.

Imagine a warm and cozy place where you feel completely comfortable and safe. This could be your favorite spot in nature, a cozy room, or any other space that brings you joy. Experience the sounds, smells, and colors around you, allowing this place to fill you with relaxation.

Now imagine you’re in an intimate setting with a partner you trust. You feel confident and calm. Your connection with your partner is strong, and you’re both open to enjoying each other.

Focus on your body. Feel the energy filling you, starting from your fingertips and moving upward. Every cell in your body radiates confidence and desire. Allow this energy to flow freely, feeling it fill your pelvic area.

If you’ve had moments of insecurity or disappointment in the past, let them go. Free yourself from these thoughts. Fill yourself with positive affirmations: “I am capable of pleasure,” “My body is a source of strength,” “I am open to pleasure.”

Every time you find yourself in an intimate situation, recall this state of confidence and relaxation. Know that your body is your ally, and you can trust it.

Now slowly return to the present, opening your eyes and maintaining this feeling of calm and confidence. Remember that you are capable of pleasure and intimacy.

Suggestive text for working with erectile dysfunction

Sit in a comfortable place, close your eyes, and take a few deep breaths. Allow your body to relax, feeling the tension melt away with each exhalation. Focus on your breathing and allow yourself to drift into a state of calm.

Imagine a place where you feel completely comfortable and safe. It could be a beach, a forest, or any other place that brings you joy. Experience the surrounding atmosphere: the sounds, smells, colors. Let this place fill you with calm and confidence.

Now imagine you're in an intimate setting with your partner. You feel relaxed and confident. Your connection with your partner is strong, and you trust each other. You know that your body is a source of strength and pleasure.

Visualize your energy filling you. Every cell of your body radiates confidence and desire. You know your body is capable of so much. Your sexual energy flows freely, and you allow yourself to be open to new sensations.

If there were moments of insecurity or disappointment in the past, let them go. Free yourself from these thoughts. Fill yourself with positive affirmations: "I am capable of pleasure," "I trust my body," "I am open to intimacy."

Every time you find yourself in a similar situation, recall that state of confidence and relaxation. Know that you can return to this feeling at any moment.

Now slowly return to the present, opening your eyes and maintaining this feeling of calm and confidence. Remember that you are not alone, and your body is your ally.

Here is an example of a suggestion text on the topic "Fortress of Peace and Gates of Freedom" for working with sexual fears and phobias:

Close your eyes and take a deep breath. Allow yourself to relax, feeling each exhalation release tension and anxiety. You are in a safe space where you can open up to your feelings and thoughts.

Imagine a majestic fortress standing before you. This fortress symbolizes your inner peace and strength. It protects you from all negative thoughts and fears, allowing you to feel safe. Every wall of this fortress is filled with peace and confidence.

With every breath, you feel the fortress grow stronger. You know that within it, you are protected from any worries and doubts. Here, you can be yourself, free from fear.

Now imagine that there is a gate in this fortress — the gate of freedom. This gate leads to new opportunities, to joy and fulfillment. You know that beyond this gate lies a world full of love and acceptance. You are ready to open this gate and step into a new reality.

With every breath, you feel your fears and phobias lose their power. They remain outside the fortress, holding no power over you. You understand that all these fears are mere illusions that cannot affect your true essence.

When you open the gates of freedom, you feel a flow of positive energy filling you. This energy helps you release limitations and embrace your sexuality with love and respect. You understand that you have the right to pleasure and satisfaction.

With each step beyond the fortress, you realize that your fears are losing their power. You become increasingly confident in yourself and your ability to experience the joy of intimacy. You allow yourself to be open to new sensations and emotions.

Now slowly return to the present, maintaining this feeling of calm and confidence within yourself. You know that the fortress of peace is always with you, and the gates of freedom are open to you at any moment.

You deserve love, joy, and happiness. Allow yourself to be free from fear and enjoy every minute of life.

Here is an example of a suggestion text on the topic of “Awakening the Inner Spark” to increase sexual desire:

Close your eyes and take a deep breath. Allow yourself to relax, feeling each exhalation release tension and anxiety. You are in a safe space where you can open up to your feelings and desires.

Imagine there's a tiny spark inside you. This spark is a symbol of your vital energy and passion. It may be barely noticeable, but it's there, and it's waiting to ignite.

With each breath, imagine this spark slowly beginning to grow. You feel its warmth, how it grows and fills your body. This warmth is your sexual energy, awakening and beginning to flow through you.

You allow yourself to recall moments of joy and pleasure, when you felt alive and full of energy. These memories fuel the inner spark, allowing it to burn even brighter. You understand that it's natural to experience desire and joy in your sexuality.

With every breath, you feel this energy permeating every cell of your body. It frees you from the doubts and fears that may have suppressed your desire. You begin to feel confident and open.

Imagine this spark turning into a flame. It fills you with warmth and light, awakening confidence and desire within you. You realize that you have a right to pleasure and satisfaction. This flame is your inner source of strength and passion.

Every day, you become more aware of your sexuality and embrace it with love. You open up to new sensations and emotions, allowing yourself to be vulnerable and sincere in your desires.

Now slowly return to the present, keeping this inner flame within you. You know it is always with you, ready to support you at any moment.

You deserve pleasure and fulfillment. Allow yourself to be open to new opportunities and life's joys. Your inner spark is a part of you, and you accept it with gratitude.

Here is an example of a suggestion text on the topic “Source of Inner Heat” to increase libido:

Close your eyes and take a deep breath. Allow yourself to relax, feeling the tension melt away with each exhalation. You are in a safe space where you can open up to your feelings and desires.

Imagine a source of warmth within you. This warmth is your life energy, your passion, and your desire. It begins to slowly grow in the area of your heart, filling you with comfort and peace.

With each breath, this warmth becomes brighter and more intense. It fills your body, penetrating every cell, every organ. You feel this warmth growing, filling you with confidence and strength. It frees you from all doubts and fears.

You understand that this warmth is your sexual energy. It's natural and right. You have the right to experience pleasure and joy from your sexuality. This warmth helps you connect with yourself and your desires.

When you allow this inner warmth to ignite, you feel it awaken your libido. You open yourself to new sensations, allowing yourself to be vulnerable and sincere in your desires. You feel alive, full of energy, and ready for new experiences.

Every time you experience this inner warmth, remember that it is always with you. You can call on it anytime you need to lift your mood or increase your libido. It is your personal source of strength and inspiration.

You deserve pleasure and satisfaction. Allow yourself to be open to new sensations and emotions. This inner warmth is your guide to joy and satisfaction in life.

Every day, you become more aware of your power and right to pleasure. You open yourself to new possibilities, allowing yourself to be happy and satisfied. Your sexuality is a part of you, and you embrace it with love and respect.

Now slowly return to the present, keeping this inner warmth within you. You know it's always with you, ready to support you at any moment.

Here is an example of a suggestion text on the topic of “Permission to enjoy” in the context of sexology:

Close your eyes and take a deep breath. Allow yourself to relax, feeling the tension melt away with each exhalation. You are in a safe space where you can open up to your feelings and desires.

Imagine giving yourself permission to enjoy yourself. This right is yours alone, and no one can take it away. You have every right to experience joy, pleasure, and satisfaction in your life.

Every time you feel desire, remember that it's natural. It's part of your human nature. You can allow yourself to enjoy every moment — whether alone or with a partner. You deserve it.

With every breath, you are filled with a sense of freedom. You allow yourself to be open to new experiences and emotions. No limitations or fears can stop you. You are the master of your desires, and you have the right to realize them.

When you experience pleasure, you realize that it's not only pleasant but also beneficial for your body and mind. Pleasure is a way to connect with yourself and others. You can allow yourself to be vulnerable, open, and sincere in your feelings.

You let go of all fears and doubts. You accept your sexuality as a part of yourself. You know that your desires are important and worthy of respect. Every pleasure you experience is a step toward a deeper understanding of yourself.

Every day, you become more aware of your power and right to enjoyment. You open yourself to new possibilities, allowing yourself to be happy and fulfilled. You deserve joy in your life.

Allow yourself to be free in your desires. You have every right to experience pleasure, and it brings you happiness and satisfaction. You are the creator of your life, and pleasure is your gift to yourself.

Here is an example of a suggestion text on the topic of “Master of your energy” in the context of sexology:

Close your eyes and take a deep breath. Allow yourself to relax, feeling every tension melt away as you exhale. You are in a safe space where you can explore your feelings and emotions.

Imagine that you are the master of your energy. You have the power to control your sexual energy, directing it as you wish. This energy is a part of you, it is natural and full of life. You can use it to create intimacy, joy, and satisfaction.

With every breath, you feel this energy filling you. It flows through your body, creating a feeling of warmth and confidence. You understand that your sexuality is a gift that you can embrace and express without fear.

You are able to manage your energy. When you want, you can direct it toward creating deep connections with your partner. You know that intimacy is not only physical interaction but also an exchange of energy, emotions, and feelings. You open yourself to this experience with trust and respect for yourself and your partner.

Every time you experience desire or arousal, you understand that it is an expression of your life force. You are not afraid of your desires; on the contrary, you accept them as part of your true self. You are the master of your energy, and you decide how to use it.

When fear or doubt begins to creep up, you simply remember your strength. You know how to return to a state of confidence and calm. Your energy is your resource, and you know how to channel it.

Every day, you become more aware of your power and control over your sexuality. You open up to new possibilities and enjoy every moment of intimacy with yourself and others. You are the master of your energy, and this brings you joy and satisfaction.

Allow yourself to be free in expressing your sexuality. You deserve happiness and intimacy. You are on your way to becoming the complete master of your energy and enjoying every moment of this amazing life.

Here is an example of a suggestive text aimed at getting rid of sexual fears and phobias:

Close your eyes and take a few deep breaths. Allow yourself to relax with each exhalation. You are in a safe space where you can be yourself and explore your feelings.

Imagine yourself surrounded by a soft light that fills you with calm and confidence. This light penetrates every cell of your body, releasing fear and tension. You understand that fear is just an emotion that can be overcome.

With every breath, you feel your body become lighter. You begin to realize that sexuality is a natural part of life, full of joy and pleasure. You have the right to enjoyment and intimacy without fear or limitations.

Imagine yourself in a moment of intimacy with your partner. You feel trust and support. Every gesture, every touch fills you with warmth and joy. You know you can open up to your partner and be vulnerable without fear of judgment.

You have control over your thoughts and emotions. When fear tries to overcome you, you simply observe it, like a cloud passing across the sky. You understand that this fear does not define you and has no power over your life.

Every day, you become more confident in yourself and your sexuality. You allow yourself to experience new sensations and open yourself to new possibilities. Your fears gradually dissolve, giving way to joy and satisfaction.

You deserve happiness and intimacy in your relationship. Allow yourself to be open to this experience, knowing you're not alone in your feelings. You're on the path to liberating yourself from the fears and phobias that no longer hold power over you.

Every day you become more confident and free. Allow yourself to enjoy life and intimacy without fear. You are capable of this, and you are on the right path to your true self.

Here is an example of suggestive text aimed at getting rid of premature ejaculation:

Close your eyes and take a few deep breaths. Feel how with each exhalation you release tension and stress. You are in a safe and comfortable space where you can focus on your sensations and inner state.

Imagine yourself surrounded by a soft, warm light. This light penetrates every cell of your body, filling you with calm and confidence. You realize that your body is an amazing instrument, capable of a multitude of pleasant sensations.

With every breath, you feel your confidence grow. Premature ejaculation is a temporary condition that doesn't define you as a person. You have the right to enjoyment and satisfaction in your intimate life.

Imagine yourself in a moment of intimacy when you feel relaxed and confident. You see yourself with your partner, where trust and understanding reign. Every touch evokes warmth and joy. You know you can control your sensations and emotions.

Every day, you trust your body more and more. You allow yourself to be open to new sensations and possibilities. You understand that sexuality is not only a physical state but also an emotional connection with your partner.

Imagine yourself confidently responding to your partner's desires. You feel free and energized. Every moment of intimacy brings you joy and satisfaction. You know you can control your reactions and enjoy the process.

You are capable of recovery and overcoming any obstacles. Every day, you become more confident in yourself and your sexuality. Allow this process to happen naturally, without pressure or expectations.

You deserve happiness and satisfaction in your intimate life. Allow yourself to open up to this new experience, knowing you're not alone in your feelings. You're on your way to restoring confidence and joy in intimacy.

Here is an example of a suggestive text aimed at getting rid of anorgasmia:

Close your eyes and take a few deep breaths. Allow your body to relax, feeling the tension melt away with each exhalation. You're in a safe and comfortable space where you can fully focus on your sensations and inner world.

Imagine yourself surrounded by a warm light that fills you with calm and confidence. This light penetrates every cell of your body, releasing tension and fear. You realize that your body is an amazing instrument, capable of a multitude of pleasant sensations.

With every breath, you feel your confidence grow. You understand that anorgasmia is a temporary condition that doesn't define you as a person. You have the right to pleasure and enjoyment in your intimate life.

Imagine moments of intimacy when you feel relaxed and comfortable. You see yourself surrounded by love and understanding, where there is no room for stress or pressure. Every touch evokes warmth and joy. You know you deserve this experience.

Every day, you trust your body more and more. You allow yourself to be open to new sensations and possibilities. You understand that sexuality is not only a physical state but also an emotional connection with your partner.

Imagine yourself confidently responding to your partner's desires. You feel free and energized. Every moment of intimacy brings you joy and satisfaction. You know you can control your feelings and emotions.

You are capable of recovery and overcoming any obstacles. Every day, you become more confident in yourself and your sexuality. Allow this process to happen naturally, without pressure or expectations.

You deserve happiness and satisfaction in your intimate life. Allow yourself to open up to this new experience, knowing you're not alone in your feelings. You're on your way to restoring confidence and joy in intimacy.

Here is an example of suggestive text aimed at getting rid of erectile dysfunction:

Close your eyes and take a few deep breaths. Allow your body to relax, feeling the tension melt away with each exhalation. You are in a safe and comfortable place where you can fully focus on yourself and your sensations.

Imagine yourself surrounded by a warm light that fills you with confidence and calm. This light penetrates every cell of your body, filling you with energy and strength. You realize that your body is an amazing instrument, capable of so much.

With every breath, you feel your confidence grow. You understand that erectile dysfunction is a temporary condition that doesn't define you as a man. You are capable of closeness and intimacy, and that it's a natural part of life.

Imagine moments of intimacy when you feel confident and comfortable. You see yourself surrounded by love and understanding, where there is no room for fear or doubt. Every touch evokes warmth and joy. You know you deserve this experience.

Every day, you trust your body more and more. You allow yourself to be open to new sensations and possibilities. You understand that sexuality is not only a physical state but also an emotional connection with your partner.

Imagine yourself confidently responding to your partner's desires. You feel strong and energized. Every moment of intimacy brings you joy and satisfaction. You know you have control over your feelings and emotions.

You are capable of recovery and overcoming any obstacles. Every day, you become more confident in yourself and your sexuality. Allow this process to happen naturally, without pressure or expectations.

You deserve happiness and satisfaction in your intimate life. Allow yourself to open up to this new experience, knowing you're not alone in your feelings. You're on your way to restoring confidence and joy in intimacy.

Here is an example of suggestive text aimed at increasing libido:

Imagine yourself in a beautiful, cozy place, filled with love and tenderness. Surrounded by soft light and pleasant aromas, you'll relax and focus on your senses.

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