

Hardcourt

EDGING SCALE

by James Hardcourt

A simple guide to help you edge effectively

0-1

UNAROUSED

Mental state: Unconcerned with sex, external focus, uninfluenced by others interest

Physical state: Minimal body awareness, relaxed

2-4

AROUSED

Mental state: Positively triggered by sexual content, increased awareness of others interest, small lapses into sexual imaginings

Physical state: Increased awareness of senses especially touch, nipples and genital fast response to physical or mental stimulation

5-6

HORNY

Mental state: Seeking sexual content, high awareness of others interest, actively fantasising, loss of focus, energised

Physical state: Seeking out stimulation, unconscious self-touching, nipples reactive, often wet or semi-erect

7-8

EDGING

Mental state: Fully sexually focused, actively engaging in fantasy or activity, receptive and open, lowered inhibitions, inwardly focused, suggestible

Physical state: Increased awareness of senses especially touch, nipples and genital fast response to physical or mental stimulation, changed pain response, swelling clitoris, wet, full erection

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ON THE EDGE

Mental state: Strong sexual and internal focus, blissful, diminished awareness, self-acceptance

Physical state: Heavy breathing, high pulse, touch and pleasure focused, dilated pupils, erect nipples, genitally focused pleasure, altered pain response, swollen clitoris, extra engorged erection

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ORGASM

Mental state: Complete sexual and internal focus, euphoric pleasure, sudden clarity, desire intimacy

Physical state: Fast and heavy breathing, high pulse, moans/cries, arched back, dilated pupils, erect nipples, genital contractions, ejaculation

YOUR OBJECTIVE - THE EDGING ZONE