

A woman with long dark hair is sitting on a light brown rug. She is wearing a light blue bikini with a scalloped edge and small holes. She is looking back over her right shoulder at the camera. She has a brown leather bracelet on her right wrist. The background is a plain white wall.

# How To Please A *BETA* *WOMAN*

## Sexuality and the Beta Female

People fall into one of three basic personality types. They are either alpha personalities, beta personalities or omega personalities. Dealing with a beta is very different from dealing with an alpha and because of this, you need to know what your partner's personality type in order to ensure that you are able to really understand and communicate with them. In addition to how their beta personality is for their everyday interactions, their personality also greatly influences what their sexuality is like.

### The Beta Female

Beta females are seen as the embodiment of femininity. While alpha females focus on breaking gender stereotypes and rising to the top, beta females do not mind being seen as women. They do not equate their femininity as a weakness but include it as a strength. Beta females love to play up their feminine side with their clothing, hair and makeup. Their image is important to them and they easily fall into traditional gender roles for females. They do so willingly, not because they are made to and they enjoy their role. Alpha females often do not get along well with beta females because they view them as weak but they are not weak, they simply embrace being a woman.

*Beta females are usually optimistic, seeing the world with a positive attitude and a sense of wonder. They are very competent workers and will put forth a lot of effort into their job but their ultimate career goal is not money but a sense of accomplishment. They will find jobs that they love and they embrace their careers but are excellent at managing their home and work life. They pride themselves on being judged by their own merits and will put their heart and soul into a job that they love.*

Beta woman work well in teams because they will put the overall goal as priority over being the person who accomplishes the most. They are focused on the end goal, but want to achieve it fairly. They make great motivators and make great employees but they can lack focus. They are not great with large amounts of responsibility because they have a poor reaction to stress and anxiety.

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Beta females are ruled more by emotion than logic and this can have both positives and negatives. The positives are that they care about others, make great listeners and friends and will not close themselves off emotionally like an alpha female will. The downside is that they tend to get overly emotional and in times of stress and crisis they will have trouble coping.

Beta females can be overly attached, do not handle change or criticism well and will respond with tears more often than anger. Beta females can and will hold grudges. Beta females love to follow current trends and are very preoccupied about fitting in.

## Beta Female Sexual Personality

Because they are more open emotionally, beta females are drawn to men who are equally emotional. You will find that your beta partner responds well to things that engage her senses and she is very sultry and sensual. Taste, touch, smell and visuals are important to her arousal. When it comes to sexual appetites, she will let you take the lead but if you ask her what she wants, she will have trouble articulating it.

She will want to touch and to feel you so use positions where she is able to easily touch your body but she also wants to be touched. Sensuality is a big part of her arousal so always remember to keep her senses engaged, that cannot be stressed enough. Beta women appreciate candles, music and sensual massages with massage oil. Massages are the best way to get her in the mood.

Because beta females love to touch as much as they are being touched, oral sex is often important to them, not as much for the climax but because of the intimacy of the act. However, if she cannot get you to orgasm orally, it will frustrate her and she will feel that there is something wrong with her and will get overly upset. She will also get upset if it looks like your attention wanders at any time during sex; she wants

*With a beta female, if you do not orgasm, she will think of herself as a failure or as less of a woman; she puts your needs above or equal to hers. If she thinks that you are not enjoying yourself then she will pull away and be upset. Your ability to enjoy yourself is tied into her ability to enjoy yourself and she can end up worrying too much about if what she is doing is pleasing you or not and this distracts her from feeling pleasure.*

*You need to be able to keep her out of her head by focusing her on the sensations of sex. Use your fingers, your tongue and your body to engage her fully. She loves eyes contact and the emotional and intimate bond that it creates during sex. Instead of fast and hard, beta women want to start off slow and then build up the rhythm.*



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to see and hear that you are enjoying being with her. Ditch the tendency to be a stoic male in the bedroom because to a beta female, your silence is a sign of indifference or that you are not enjoying yourself.

Use strokes that allow you to have at least one hand free to caress her body, her face and her hair. She wants that connection of touch and if you do not touch her enough, she will think that you are not attracted to her. With beta women, you should use a variety of strokes that start off slower and build up, letting her body language tell you when to ramp up the intensity.

A good stroke to use with a beta female is the walk it out stroke. Use this stroke only after she is aroused, it is a good stroke to use if you want to take a minute to recharge your own batteries but without disengaging from her. Staying engaged at all times is necessary with beta females. This is a deep stroke but it is still a gentle movement as your motion after the penetration stroke that really stimulates her. The closeness of this stroke really turns on beta females because your body will be pushed up closely against hers.

The U stroke is another great stroke for using with your beta partners. This low impact stroke is a stroke that might not have a lot of thrust behind it, but it has a rolling motion that will get her motor revving because you will be stimulating both her clitoris and the g-spot. It is a sensual way to bring her to orgasm.