

CBT from A to Z

with Mistress Reina

WTF is this crap anyway?

Cock and Ball Torture and/or Torment (CBT) is an umbrella term that describes any type of activity that provides a painful stimulus to the male genitals

General CBT Safety

So, I love the hot nurses across the street at St. Lukes! How can I visit them tonight?

Well, you're in luck! These wonderful injuries will have you in stitches... literally.

● ***Penis Injuries***

- *Difficulty Urinating*
 - Scar tissue can form inside the urethra and lead to obstruction in urine flow.
- *Urinary Tract Infections*
 - Inserting anything into the urethra has the potential to introduce bacteria, which can lead to a UTI. Be sure that anything that is inserted into the urethra is sterile.
- *Erectile Dysfunction*
 - You know Bob Dole was into Ballbusting...
- *Changes In Sensation*
 - What?! Fuck this shit.
- *Fractured Penis*
 - The penis has two large, spongy inflatable structures called corpus cavernosa which are hydrolic lifts that create an erection. The cover of the cavernosum can break if the penis suffers traumatic impact. Both the penis and balls will swell and fill with blood, and will require a trip to the ER to fix.

● ***Testicle Injuries***

- *Testicular Torsion*
 - This is an uncommon injury where the spermatic cord gets twisted, impairing circulation to and from the testicle. Signs of this injury are severe pain and swelling, with possible fever. This type of injury requires a visit to the ER immediately, as the testicle can die within 4 hours.
- *Testicular Rupture*
 - While the testicles can take a good kickin', they aren't invincible. Testicular Rupture is a rip or tear in the tunica albuginea resulting in extrusion of the testicular contents and again requires a visit to the ER immediately.
- *Hematoma*
 - Hematomas in the testicles can be caused by damage to the Epididymis, Vas deferens, Spermatic Cord, or other structures. Pain will be suddenly excruciating and require a trip to the ER for evaluation.
- *Hernia*
 - Hernias can be caused by suddenly yanking down on the scrotum and again will require a trip to the ER. Testicles tend not to respond well to sudden yanking or extreme weights.
- *Fertility Issues*
 - Testicles make sperm. Sperm makes babies. Babies drain your bank account.
- *Changes in Testosterone Levels*
 - The testicles are an endocrine organ that is male body's principal source of testosterone. Testosterone is important for maintaining erectile function, sexual desire, bone and muscle health, mood and energy levels, and even heart health.

● ***Both***

- *Skin Infections*
 - Any type of breaking of this skin can introduce bacteria and lead to infection.
- *Gangrene and Necrosis*
 - If your cock and balls turn green or black, it's time to go to a doctor.

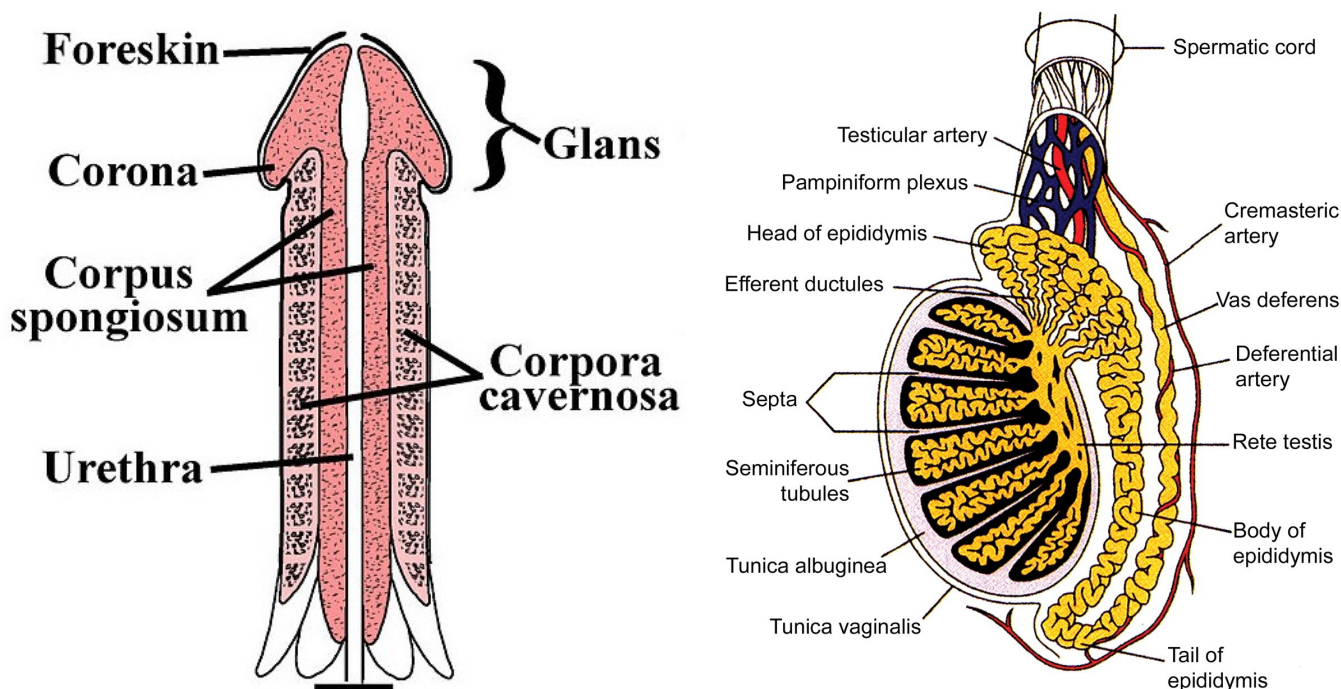
Damn. I'm thinking those nurses won't want to fuck me after those injuries... How can I avoid that shit?

Well, you can always just not engage in CBT, but where's the fun in that? Seriously, here are a few tips:

- Rapid, repetitive, lighter impact play is safer than heavy impact play and produces significant pain
- Never yank down hard and fast on the testicles
- Bound balls can be fun to play with, but only light impact should be used in these situations
- Tying or securing the cock and balls to a fixed point while engaged in any type of play requires extreme caution.
- The Epididymis, which connects the testicle to the Vas deferens is an off-limits structure. Care should be taken to avoid this structure in the testicle.
- Avoid heavy impact to the penis while erect.
- Avoid heavy impact with piercings
- Use common sense! Tops: If you have any doubt that you are really hurting the bottom, stop, check, talk. Bottoms: Speak Up! If something doesn't feel right, tell your partner or use a safeword!

Corpus cavernosa? Epididymis? Vas deferens? Huh? My High School Health class was taught by the Football Coach. Where the hell is that crap?

Well, here's a couple diagrams for you... If you can't figure out which one's which, perhaps you need to pick a new hobby.



Common CBT Techniques

So, now that I'm completely scared shitless – how do you go about doing it...

- Ballbusting
 - Ballbusting is considered to be ANY form of impact play to the testicles.
- Kicking
 - Generally kick with your instep or the bottom of your foot. Never kick hard with sharp or pointy shoes.
- Positions
 - Front, back, lying down, anyway your imagination takes you
- Punching
 - Watch rings and other pointy objects
- Slapping
 - Open palm slaps make cool sounds
- Flogging
 - Through the legs is a cool flogging position
- Caning
 - Sharp, stingy pain – use some discretion with force
- Cropping
 - A little less stingy, slapping against the thighs makes for a good leg spreader
- Biting
 - For intimate play, use caution and discretion on force. Careful of sensitive structures.
- Single Tailing
 - Sharp, stingy pain – accuracy is essential
- Crushing/Stomping
 - Extreme caution should be taken as to avoid rupture – always leave a little “breathing room” for the balls
 - Toys: Ball crushers (various kinds), vices, etc.
- Bondage
 - When bound, the testicles are exponentially more sensitive and much lighter force should be used. Tight bondage of the genitals should be limited to less than 30 minutes.
- Humbling
 - Can use in front, between bars, or between legs. Use with care – testicles are very sensitive in the device
- Cock and Ball Pillory
 - Use with some degree of caution – Make sure the slave does not fall/faint.
- Clips, Clamps, and Clothespins
 - Always fun, but use common sense. Don't punch or kick clothespins that are attached
- Parachutes and Weights
 - Weights in addition to light impact can be a fun sensation

Common CBT Techniques (continued)

What? There's more?

- Evil Sticks
 - tee-hee :)
- Bamboo Skewers
 - If you don't want to pay for an evil stick. Plus they have pointy ends!
- Pulling/Twisting
 - Never yank down fast on the testicles. There is increased risk of damage to the spermatic cord with pulling and twisting
- Electricity
 - Electric Fly Swatter, Tazapper, Violet Wand, Tens Unit, Various toys with electrical contacts
- Sex
 - There are some cool positions where you can bust balls with each thrust
- Orgasms
 - Always fun to ruin an orgasm with a punch to the balls
- Chastity Devices
 - No sex for you!
- Kali's Teeth Bracelet
 - Commercial bracelets go for about \$80-\$150 online.
- Chemical Play – external surfaces only!!
 - Burning Sensations: Icy Hot, Bengay, Tiger Balm, Cinnamon/Wintergreen Oil, Mouthwash, Purell
 - Numbing Sensations: lidocaine, Preparation H
- Whirlybird
 - Wrap the shaft of the penis neatly with a long string or cord, step back, pull, watch it Whirl!
- Wax Play
 - Always drip wax externally. Start with a high drip in order to let the wax cool as it drips and then work closer as the sub can handle. Never use bee's wax or metallic candles with any type of wax play.
- Fire Play/Cupping
 - Cupping can pull very painfully on your balls, be prepared to let a little air in according to the sub's pain threshold. You should be clean shaven in order to form a seal.
- Sounds
 - Be sure to use sterile sounds and maintain a sterile as possible field. Never force a sound into the urethra, always use care when inserting.
- Catheterization
 - Be sure to use sterile catheters and maintain a sterile as possible field. Never attempt to pull out an inserted Foley catheter without emptying the balloon.
- Vacuum Pumps
 - They draw blood into the penis, that's about it.
- Cock Rings/Leashes
 - For leashes, you should get one that goes around the entire cock and balls.
- Ice Play
 - It's cold in here.
- Shaving
 - Can be a mind fuck, especially with a straight razor.
- Brushing/Abrasion
 - Be careful not to use a toy that could leave metal filings or splinters
- Teasing
 - Who doesn't like a good cock-tease
- Genital Isolation
 - Through a glory hole or other means
- Ball Stretchers
 - Ball stretchers are straps of various sizes that go around the top of the scrotum horizontally, forcing the balls downward.
 - Begin with a narrow stretcher and work up to wider ones gradually.
- Wartenberg Wheels
 - Cheap, recommend getting a medical grade one that can be autoclaved.
- Insect Play
 - Fire Ants, Mosquitoes, Bees, Oh My!
- Needles/Butterfly Board
 - Don't put needles through the major tissues of the cock and balls, be sure to make sure everything is as sterile as possible and only poke through the skin.
- Medical Staples / Infibulation
 - Mistress Trish teaches some great classes on this!
- Your Fucked Up Imagination
 - The sky's the limit as to ways to fuck up some cock and balls.

Aftercare

Ahhhh! My penis is all black and blue! WTF?!

Well, what did you expect? Seriously, bruising and slight discoloration should be expected with heavy play. Keep an eye on it, if the bruising and discoloration doesn't appear to be getting any better (or gets worse), seek medical attention.

Ahhhh! My testicles are 3 times their normal size! WTF?!

With Ballbusting, swelling and bruising should be expected. The testicles in particular can swell up considerably after a heavy session. Use ice and keep an eye on your sensitive parts – if the swelling and bruising does not begin to dissipate within a few days, seek medical attention. For the testicles, monitor how much residual pain you are in – if pain does not subside considerably within a few hours after a session, seek medical attention. In addition for the testicles, monitor the color of the scrotum – redness should be expected, if deep black, seek medical attention.

Ahhhh! I need medical attention, what do I tell my doctor? WTF?!

Well, you need to convey what happened. If you want to tell you doctor you fell on your bicycle several dozen times or a more modest “sex thing gone wrong” that is up to you. For the best care though, you should be as honest as possible.

Ahhhh! My top just ran off right after our scene! WTF?!

CBT can be very intense and individuals initial reactions to it (both top and bottom) can vary greatly. It's important to communicate your feelings, both emotionally and physically, to your partner(s) before, during, and after – especially the first time playing with someone new. Be sure to give your partners proper “aftercare” if needed following a scene!

Disclaimer

Your presenters are not medical doctors. While significant effort has been made to inform you of potential risks, the advice given is only based on our collective experience and research. Use this information accordingly and play at your own risk!