

Welcome!

Hello!! We are so glad you are here! Let us introduce ourselves! We are Hubs and Hotwifey S. We are somewhat new to the lifestyle and want to help! Our goal is to breakdown the Cuck and Hotwife lifestyle and hopefully help answer questions you have and give a guide to create better understanding of all of it!

Let's start here!

If you are reading this, you or your partner is interested in the Cuckold or Hotwife lifestyle! Let's break it down a little bit for you!

A quick summary of the Cuck lifestyle is (usually) a man who desires to see his wife be sexually pleased with another man, or men.

We are going to try to do our best to help define and give advice on how to get into the lifestyle yourself! We are going to break it down step by step and hopefully you learn some things and tips along the way!

Good luck!! Let's get started!

Definitions:

Here are some definitions to get acquainted with in the cuckolding lifestyle. We are sure there are plenty of other terms out there we may have missed, but these are the most common that we see!

Bareback (BB): Sex without the use of a condom

BBC: Big Black Cock

Bull: Either a single male or a male half of a couple that has sex with a hot wife or many hot wives. This can be just a one-night stand, friends with benefits, or as a "boyfriend" to the hot wife.

Cuckold: A person who consensually lets their significant other have sex with other partners, often encouraging and supporting them in doing it.

Cuckquean: A female cuckold that encourages and supports her significant other in having sex with other partners.

Female-led-relationship (FLR): A relationship dynamic where the female is the more dominant partner. This is contrary to the popular belief that the man oversees the household and inserts the woman into that role. She controls the relationship, goals, and what direction they are heading in. The female in the relationship makes all the major decisions and can choose to value their partner's opinion or may overrule it.

Full swap: Being ok with sex and everything in between with another partner.

Hot wife/Cuckoldress: A person, usually a woman, who is in a relationship but has the freedom to engage in sex and other relationships outside of their marriage.

Kink (or fetish)- Usually an "unconventional" sexual desire or taste.

MFM: Male-Female-Male, Threesome sex with two men and one woman, there is little to no male-to-male touching.

Non-Monogamy: The Opposite of monogamy. Not be faithful to one person or a certain group of people

Open Marriage: One or more partners in a marriage being free to explore other relationships. This differs from traditional swinging because it can include casual sex to have other relationships.

Queen of Spades (QOS) : How wife who has a strong preference for black men.

Reverse Cuckold: see. Cuckquean

Soft swap: Being ok with engaging in other activities other than sex with another partner

Stag/Vixens: While they are like cuckold/cuckoldress, from what I understand is that the Stag (usually a male) is the more dominant one and he encourages or even controls his Vixen to have sex with other partners. Usually, both Stag and Vixen have other partners.

Swinger couples: Couples who swap partners with other couples or engage in some variation of swapping and having sex with someone else other than their partner.

Myth vs. truth

Some common myths we have seen with both Cucks, and Hotwives.

***Myth about Cuckolds:**

A cuckold is only into humiliation and can't pleasure or satisfy their spouse.

***Truth about Cuckolds:**

The only time that this myth is true is if that is the role YOU want to play in the cuckolding lifestyle. Just because you are a cuck in the lifestyle does not mean that you are weak or can't satisfy your partner.

There are so many ways to be in a Cuck! Avoid comparing the actual lifestyle with the one you see in porn. In fact, we wouldn't recommend using porn as a resource to send your partner. Most of the videos are an unrealistic representation of the lifestyle. Humiliation is a common one you see in a lot of videos and that does NOT mean that all Cucks are into that. You make it what YOU and your partner want. That is the biggest thing we cannot express enough!

You and your partner are in total control of what the lifestyle looks like for you!

***Myth about Hotwives:**

She is being unfaithful to her husband, or "cheating"

***Truth about Hotwives:**

She is NOT cheating. This lifestyle is when the husband desires this as well. He is comfortable and approves of her having sex with other men.

Differences

What is the difference between swinging and cuckolding?

Whether you call it "cuckolding", "hotwifing," "stag/vixen", or "non-monogamy" there are no specific rules to how you can or can't play. We've learned that it is 100% what **YOU** make it to be. As long as you aren't hurting anyone else and you're being respectful to all parties involved no one in the lifestyle is going to say you are doing it wrong.

Cuckolding and swinging are a bit different. Swinging tends to be more defined by both parties in the relationship being able to have other partners and there really is no “power” dynamic to it. Cuckolding is a type of swinging that one of the parties plays with other partners and one side takes pleasure in watching it take place or sometimes joins in as well. Again, this is a broad explanation of what each entails but they slightly differ in our opinion.

How do I get into Cuckolding?

A quick question to start

First:

Are you the male half of the relationship wanting to bring up being a cuckold to your wife or girlfriend?

Or:

Are you the female half wanting to bring up cuckolding your husband or boyfriend?

There is no one size fits for anyone in this lifestyle. This is just meant to be a guide to how you can communicate with your partner and be reassured that it's not as scary as some might think it is. While it is laid out step by step, it doesn't mean the natural course will go that way. It is going to be dependent on you and your partner's comfort level.

How do I become a Cuck?

Where in the world do you even start? Let us help!

We will say this many, MANY times throughout the process, but the key to all of this is communication! CoMmUnIcAtIoN! **COMMUNICATION!** We cannot stress this enough. **COMMUNICATE. With your partner, bull, everyone involved! Maybe even over communicate.**

Have you brought the subject up with your partner yet?

The initial thing you should try to do is to naturally bring up the subject with your partner. That can be through subtle, or more obvious ways. You know your partner best, so you know how to approach and start any meaningful discussion with them. You will know when the right or wrong time to have that discussion is.

This should go without saying, but DO NOT, I repeat, **DO NOT** bring up this discussion during any important emotional time for your partner. Examples – While your partner is pregnant, grieving, or going through a stressful time. **This is a recipe for disaster.**

I know bringing this up to your partner can be nerve wracking and stressful! Its totally normal, you're worried about how they will feel about the subject, and you're also concerned about being shot down or having the idea rejected. There is a real possibility that she may not be into it, and you must go into it knowing that you love your partner, and you respect that. If it's not something they are interested in, you must be okay with letting it go, because the ultimate thing is that you care about your partner and their feelings more. If you're trying to force this on her, it takes away from the fun of her wanting to do it. Trust me; you don't want that. It is natural to be stressed and anxious about bringing it up outright.

Figure out what your hesitations are in bringing it up.

My personal pro tip on this is to bring it up subtly. Start by asking them a more generalized question and get a little more specific each time. Examples could be- Ask if they have ever been in a threesome or have ever wanted a threesome. What about a threesome with another guy involved? How would she feel about just being with another man for a night, whether at a party or if one came over?

Be sure to **listen** to how she answers the questions or reacts. Gauge how interested she is. She may be more interested in it than you would have thought. You might get lucky, and it may even be something she has fantasized about. Or maybe that she would be open to it. On the other hand, more commonly your partner does not want to upset you, so they tell you all they need is you – (this was my wife's first response.) There is nothing wrong with that, it's a lot to wrap your brain around, and our partners say that because they care about us. They are typically happy with their relationship and don't want to rock the boat. There is nothing wrong with either scenario, but your job is to listen and understand where they are at.

Understand that some partners will NEVER be open to this dynamic. You must be willing to let it go if that is the case. You do not want it if she does not want it, as it will just lead to resentment & failure later if she feels forced into it. Find something you both find interesting and go that route to spice things up. That doesn't mean you can't bring it up again or continue to have those discussions,

but know some people just simply aren't interested. If she is open to it, maybe try having her cuck you without having to bring someone else in the bedroom, which we will talk about later in the process.

Now that you're talking about it...

Got her somewhat interested?

Depending on her level of interest, now that you have brought it up, see if your partner is open and interested in bringing it into the bedroom. We have a blog post dedicated to, ["Can you be a Cuckold Couple w/o having sex with another person?"](#) It includes actions as tame as talking dirty and teasing the idea of another man, having her tell you about a good time with an ex, or having her point out men that she would consider fucking, maybe even while you are out together shopping. Have fun with it and be creative! Once again, be **patient, COMMUNICATE, and LISTEN** to what she finds interesting, and what gets her going. Write it down if you have to! The more you can show her she CAN have the things she dreams about, it will help to get her excited about.

Continue to have discussions around the topic. Be open about your feelings about it. Reassure her that seeing her with someone else would not affect your relationship. Seeing her with someone else is the big part of all of this and is what brings us cucks a lot of pleasure. This would be an excellent time to send her to other resources to show that it is not that uncommon and that many people are in the lifestyle. We will also include a guide for women who want to become hot wives.

For us it took YEARS for wifey to be comfortable with it. She would show interest here and there but wasn't ready. That is **NORMAL**. It is likely it's not going to be something that will happen overnight. It will likely take her time to get used to the idea. Every woman and partner are different! With Wifey, she struggled with her self-confidence, and even just warming up to the idea, so do not get discouraged if she isn't all for it right away. It all takes **TIME**. Be completely ready to answer all of her questions and concerns. Believe me, there will be several. She will probably need A LOT of reassurance! She wants to be confident this isn't going to affect your marriage negatively. Just be prepared and continue to talk through it. If you don't have the answers right away, that is ok too! Take the time to nail out each and every detail and expectations, needs and wants!

Keep at it, until you both are comfortable and ready to move forward.

Resources we found helpful

There are SO many different places to find information. Here's our top picks!

- Venus Cuckoldress Podcast – this will allow her to hear about the cuckolding lifestyle from the woman's perspective. It will allow her to hear about how empowering it is and that you can have it all. It's a good resource for new cuckolds, too because there is a lot of reassurance and love for cucks talked about on the podcast.
- Another good Podcast is The Bulls and Queens Podcast hosted by Doc Chocolate. He has episodes with other hot wives and cucks at different stages in the lifestyle. He also explains the need for an experienced bull for your first encounter.

As with every step so far, it's an excellent time to set some time with your partner and talk about where they are at. Communicate, and it's essential to listen to what their concerns are, and what their interest in the lifestyle is. This step may require some time and patience. If there is more genuine interest and you both feel closer to wanting to find a bull, you should move on to the next step.

Things to consider

These are just potential topics to discuss before moving on and setting up any dates for your Hotwife

Privacy

Most people do not want to give out their real names when playing in the lifestyle because they don't tell their family, their kids, co-workers, or other important people in their life about what they do. Quite frankly, it's none of their business and we don't need their approval to enjoy our life and the lifestyle. So come up with a nickname or something you feel comfortable going by. For example, my wife goes by Hotwifey S.

We would strongly advise against giving out your real phone number. If you do a google search on your own number, it is surprising how much information comes up that you wouldn't think would be out there. Especially, your current address and names of relatives, etc.

Yikes! Instead of giving out your personal phone number, there are plenty of free apps you can use to set up a fake local number. We used Google Voice and set up a Kik account. We personally used both, and Kik is commonly used by people in the lifestyle. A tip here is that it also allowed us to be able to screen bulls that we were interested in. I would provide the Kik account first and talk with them a bit about their interest and experience with the lifestyle. If the conversation went well, I would send them over to Hotwifey by providing the Google Voice number.

Another tip- Other information we would suggest staying away from providing is your profession. Most people either are listed in a directory, staff page, LinkedIn account, or run a business website of their own. If someone gets a pairing of your first name (if you end up using it or it slips in an encounter) and your profession someone could potentially figure out your real personal information. Most people in this lifestyle probably don't care about your true identity and would never use it in any malicious way. However, it can be unnerving knowing a stranger has your address or could out you to your family, co-workers, or worse, your boss. We also wouldn't give out your address either, unless you happen to get to a place where you are comfortable with someone. Even then, you may not feel comfortable with someone knowing your address, and that is totally ok too. There are other options! Hotel meetings are common, but I've heard of people going to their bull's house/apartment or having them over at your house. **PLEASE REMEMBER** we caution you on the last two options and as **ALWAYS use common sense.** The more people that you give your address to, the more unknown variables you create when it comes to safety, especially with people that you have never met before. That brings us to the next thing to consider, Safety.

Safety

A lot of this just comes down to straight **common sense**. Don't put yourself in a situation that could be potentially dangerous. **Trust your instincts!**

First, I would suggest meeting your bull in a public place whether you plan to do a one-on-one engagement, or if your partner is going to watch/play. Obviously, there is more safety if your partner also tags along, especially for those first-time encounters. Once you get to be more comfortable with that person then one-on-ones may become more of an appealing option.

Hotels with a bar are by far the best starting point because you can get a drink, do a meet and greet, and if things go well, you can bring the bull back up to your room. This seems like it is a common one.

We understand that getting a hotel or only playing while on vacation isn't always an option. If you do decide to play at the bull's home, make sure the bull understands you are bringing your partner with you, or if you do go alone always drive yourself. **Always give someone the address of where you are going.** This is just in case anything happens, and your partner knows where you are. Have a safe word that you can text your partner or friend that knows where you are in order to signal them that something may be up. Let's say you get there and you are super uncomfortable, you may need an

excuse to leave (Example: your child is sick and you need to pick them up from the babysitter, etc.), or that you may be in danger. We don't want to scare anyone away and I haven't heard about a lot of these things happening, but it can and does come up. So it's best to be prepared, and have a plan, in case anything should arise.

Some **optional** items to consider would be to carry things like pepper spray or a taser just for extra security. Also, consider whether to have drinks given to you by other people. Be sure to not take open drinks, or cocktails that have already been premade. Definitely a red flag! Make sure you know your limits and don't get too drunk or too high, not only for safety but it makes it hard to enjoy on both sides if you or your partner are being sloppy.

If you end up deciding to do a date at your own home, we first suggest only doing it after a few meetings elsewhere and getting to know this person. If by chance you do allow someone over to your address, make sure someone knows you are having company over and use the same idea of having a safe word. You might also consider taking a photo of your guest's license plate just in case.

Just remember to use common sense and trust your instincts. If it doesn't feel right, then don't do it. It can be easy to get wrapped up in the spur of the moment, but safety is above anything else.

Like our favorite Crime Junkie podcast says- "be weird, be rude, stay alive." We like to change it a little to say

"Be weird, Be Rude, Stay Safe"

STI's and Pregnancy

According to the World Health Organization, each year there are an estimated 374 million new infections from one of the four most common STI's. Do not be afraid to ask for test results from bulls, or partners. This also goes without saying but being in the lifestyle could also result in unplanned pregnancies. This is something to consider when talking about meeting bulls and setting up how you plan to engage with them.

There should be a discussion around whether your partner should possibly go on a form of birth control and whether you or your partner will get STI testing done to make sure you are playing safe.

Condoms are obviously the safest and best choice, but we do understand there are some in the lifestyle that decides to play bareback. If that is your thing it does take some caution as both parties being tested is probably the #1 thing to do along with waiting to be comfortable with that partner.

The other major conversation is to address what happens if your partner does become pregnant, as this is always a possibility no matter how cautious and careful you are. Accidents do happen and it's best to

know how you or your partner would handle that situation. This also includes whether you and your partner are into the breeding side of cuckolding and making sure your bull understands and consents to this as well.

I know we mentioned it before, but do not be afraid to ask about STIs. Ask the hard questions, and feel free to ask for proof! Some Hotwives will even ask for a current test to be ran, before they move forward with plans to play. Being SAFE not only for yourself, but having safe sex is also a major thing to consider!

As part of safety for you and your partner, if condoms are part of your rules I would suggest providing and/or bringing your own. This is the only true way that you know they have not been tampered with beforehand. We are sure that is extremely rare, but it never hurts to use extra caution.

It is extremely important to have open communication with your partner, in order to prevent any major anxiety or stress! Consider talking about how you choose to play, and how to handle any situations that may arise, including each other's health or if an unplanned pregnancy occurs. Most of us know that this is a major topic right now with the overturning of Roe V Wade and both partners may not feel the same about how they would handle such a situation. Just something to consider!

Boundaries

There are likely to be countless things to consider when entering the lifestyle. The last thing to consider is boundaries. No one can say that there truly are no boundaries when it comes to any part of the swinging lifestyle. There is always some type of rules or rules set in place in order to make sure that both partners involved are happy and on the same page. (cue the communication we keep talking about)

Some examples of boundaries could include-

- No kissing on the lips
- No catching feelings, or what you will do should this happen
- Only being engaged in vaginal sex, no other types of play
- Setting specific days of the week to engage in the lifestyle
- Only seeing a partner once and moving on
- No 1x1 dates unless you are in the same room or house
- Always sharing pictures with your cuck before your bull (or anyone else)
- No oral or anal sex
- Friends with benefits, vs random encounters
- No pictures or video during encounters
- Safe word- should the sex get uncomfortable or for any reason.

These are just some of the examples, but they can be more detailed and situational depending on what you and your partner decide your personal boundaries are. Think about what you are comfortable with, the lifestyle can get wild, and there are SO many different kinks out there. Be clear with your partner and bull what you want, don't want, etc. We are all different and have different needs/wants! Don't be afraid to voice that! Cucking and Hotwifing is all about YOU especially as a woman! You deserve to have it all! Let them treat you like the queen you are!

Talk to the bull, get the...D?

If you get stuck in that stage where you have built-up interest but you or your partner are not yet ready to fully dive in, I suggest trying to find some bulls to chat with her. Not only can this be extra spicy for the bedroom, but it can help get either of you a taste for what and who is out there. This is also a good way for her to start to build a connection with someone, possibly for playing in the future.

If you decide to take this step, there are many websites to search for like-minded people in the lifestyle. I suggest sitting down and figuring out what you want in a bull. My wife is highly attracted to men of color, so we made a post looking for a Black gentleman who had experience in the lifestyle with new couples. **Be honest**, no one likes people who are there to waste your time and have no intention of ever meeting, **be clear** that you aren't quite there yet, but you'd like to build some connections. **Ask questions** about the lifestyle and find your footing before ever meeting. In all of our initial posts, I made sure to add that we were making no promises that an actual meeting would happen at this point, but that we were hopeful it could be one day.

This is also a great stepping stone because a lot of married couples getting into the lifestyle have likely been together for several years. Your partner could be a mom at this point and have focused on being a wife for the last however many years. This means she probably hasn't flirted or even looked at another man and may even be out of practice. It's not something she has had to think about for a while. She will have a chance to gradually find herself and be comfortable talking with another man more sexually, and it will help build her confidence. It is empowering if she can find a few people she is interested in that treat her like the queen that she is! Plus her knowing that other men are interested in her, and find her sexy has its own power to it.

Websites to use:

These are some of the websites that we found helpful, and others that people commonly use.

1. [Fetlife.com](https://www.fetlife.com) – kink website, allows you to follow certain groups, other users, and **ALLOWS YOU TO MAKE AN IN-SEARCH (ISO) OF POST**. We like that you can make a post to allow people to see what you are looking for and they can interact and reply to you about it.
2. [Swing Life Style \(SLS\)](https://www.swinglifestyle.com) – A site built for people in the swing lifestyle, there are all kinds of different types of swingers that you can interact with and search by area.
3. [Reddit](https://www.reddit.com) – discussion board where you can search sub-reddits. People in the lifestyle make posts about cuckolding or can be used to find bulls/hotwives.
4. [Blacktowhite.net](https://www.blacktowhite.net) – Website with forums designed for cuckolding or Queen of Spades. We used this one a lot as well, there are a lot of helpful discussions as well as the ability to be able to make an ISO post for bulls. This website is more geared towards looking for a black bull.
5. [Adult Friend Finder \(AFF\)](https://www.adultfriendfinder.com): This along with the next few listed allow you to create a profile and search other users near your location or location you might be vacationing to. I did not find these as helpful as Fetlife, Black to White, or Swing Life Style.
6. [SDC](https://www.sdc.com)
7. [Kasidie](https://www.kasidie.com)

Let's get physical!

She's made a connection. Now what?

Ok, so now your partner has possibly made a connection or she is ready to meet a bull, you are ready to put this thing into action. You've looked at the things to consider, you've had all the conversations, you and your partner have created your boundaries, and now you are making the posts or setting up the meeting. Let's let the real cucking begin.

At this point, there are many different options for being cuckolded even before the main event begins. Do you go out and help pick out lingerie for her to wear for her bull? Do you make sure she has her nails painted, hair done, or even help her shave – you know where. There is a myriad of things you can do, and the date hasn't even started yet. Make sure to talk about ideally how you would like the encounter to go. Do not have high expectations as with most impromptu things they do not always unfold the way you may want them to and it's not a script, the best way is to let things naturally take their course. The items we never talked about beforehand were how do we start the whole process and what happens after they are done? Does he just finish and leave, does he stay and watch if you decide to join in after, does he stick around for a round two? These are all things we did not think about before our encounters.

Hopefully, by this point, you have decided whether you want to meet at a hotel bar, club, just for a drink, or his place. Once you have your place you can have your meet and greet, see if there is chemistry, and decide together if you want to take the next step. If you are at a hotel with a bar, she can give you a signal that she is good to go and is taking him back up to the room. You guys can decide if you will accompany them to the room right away and be there as everything naturally takes its course, or you guys can decide you are going to give it a few minutes before heading up to the room so they can get acquainted without that little bit of awkwardness of someone else being there. As far as the actual encounter, you can give input on what things turn you on or what you find really sexy about cuckolding, but ultimately it is your partner's experience, not yours. Let them enjoy it however it happens, when they become more comfortable you can spice it up and do different things depending on both of your interest levels and how much she enjoys having control. It is important that as a cuck you remember that there is a part of her (if not a lot of her) that is doing this for you (if you are the one that brought it up). So let her decide how and when she wants to do it. You are not the director of the show, and she will do things how she sees fit and how she is feeling in the moment. So, if she didn't get that one position or do that certain thing you wanted, it's not a big deal, they are just letting it take its natural course and enjoying the moment.

To see ways, you can be cuckolded during a sexual encounter see our blog post ["Ways to Cuck with a Bull – From the Tame to the Bold"](#) for ideas that range from "tame" to "extreme." These are just some things we have read while learning about the lifestyle, it does not mean you have to involve them in how you play, but there are things that we haven't done or even thought about.

There are so many directions that you can take the cuckolding lifestyle. Obviously, there are a lot of other ways to enjoy this thing, and we probably only scratched the surface on a lot of it. I know there are plenty of topics not in this post, but this is just meant to be a little helpful guide in bringing

it up with your partner and what steps we had to take to get there. Some people may have to take it step by step and others will be able to skip straight to finding a bull. It all depends on what you and your partner make of it, and how comfortable both of you are.

Last, but not least

Just one last thing

We want to officially welcome you to the cuckolding and Hotwife lifestyle! We hope that you and your partner can make the best of it and enjoy it! We truly hope it brings y'all closer together and helps you grow even more as a couple. THAT is what this lifestyle is about!

Good luck and have FUN with it!

When we got into the lifestyle, we had to figure most of it out on our own and piece information together from all over the place. Between podcasts, articles, blogs, you name it, we read or listened to it. It got to be SO overwhelming, and even after that it we still weren't sure we had all of the answers to our questions. So, we are so hopeful that between this and our blog we can be a resource, and helpful to other couples like us!

Xoxo- Hubs and Hotwifey S.

**Make sure to follow our Blog, Instagram, Twitter and Tiktok
for additional videos and information.**