

## 003 Show Notes: Cooper S Beckett on Swinging

In this episode of the Bad Girl's Bible podcast, I talk to swinger Cooper S. Beckett from the Life in the Swingset podcast. Cooper explains in detail what swinging is, the steps a couple can take to safely explore it, how it can help your relationship (or hinder it!) and more.

### In This Episode You'll Learn

- 1.25 - How he got into the swinging scene.
- 4.55 - Why monogamy, NOT SWINGING is the right choice for many people.
- 6.05 - The traditional definition of swinging
- 6.50 - What polyamory and why it's different.
- 8.15 - Why swinging and polyamory is definitely not cheating
- 9.45 - The problem with life's unspoken "social contract."
- 10.35 - How to start talking to your partner about swinging in a smooth way.
- 18.10 - Why non-monogamy has improved Cooper's communication skills.
- 18.35 - How to start your swinging journey with your partner and make sure it's a great experience, and why some couples have a bad first experience.
- 21.55 - Tips on how to spot and avoid fakers when using swinging sites
- 23.30 - How to make your first swinger date easy going and successful.
- 25.10 - What to do if one partner has reservations.
- 28.40 - Dealing with jealousy.
- 33.55 - What to do if swinging doesn't work for you
- 43.55 - One of the most important benefits of non-monogamy

### Show Notes

Kinsey scale - [https://en.wikipedia.org/wiki/Kinsey\\_scale](https://en.wikipedia.org/wiki/Kinsey_scale)

Cassidy - <https://www.kasidie.com> - the swinger site Cooper mentioned on the show

### More About Cooper

If you want to get in touch with Cooper, you can find him online at:

<http://coopersbeckett.com/>

<https://twitter.com/coopersbeckett?lang=en>

<https://www.facebook.com/coopersbeckett/>

<https://www.instagram.com/coopersbeckett/>

Cooper's Podcast

Podcast website: <http://www.lifeontheswingset.com/>

Podcast on iTunes:

<https://itunes.apple.com/us/podcast/life-on-swingset-swinging/id354627460?mt=2>

Cooper's Collection of Swinging Podcasts:

[swingset.fm](http://swingset.fm)

Cooper's 1st book

<http://coopersbeckett.com/books/my-life-on-the-swingset-adventures-in-swinging-pol-yamory/>

Cooper's 2nd book

<http://coopersbeckett.com/books/a-life-less-monogamous-a-novel-by-cooper-s-beckett/>

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