**Exhibitionist’s Handbook**

**Basic Exhibitionism by Tiger Lily**

Hi, this is Lily! This is the first part of a two-part guide for exhibitionists, and anyone interested in the subject. I’ve been showing myself off for years, and I’m using this is a an easy way to share hints and tips, not to mention a few juicy examples, with anyone who can benefit from my experience. This volume includes ideas for basic-level exhibitionism. What the basic means is exhibitionism that’s usually tamer than intermediate and advanced levels, but more importantly it always appears unintentional. Basic, intermediate, and advanced refer to the levels of risk in what’s being tried, in other words how risky it is.

With basic exhibitionism, clothes become you’re most important tool, besides location. This may seem to be the opposite of what it should be, but you don’t have to be completely naked to show off. The first rule of clothes is: no bra. In the most basic forms of exhibitionism you’re just showing people your nipples through your shirt. As you move up, you show them the naked nipple, then other parts. Bras are never useful, unless that’s what you want to show people.

Showing your nipples through your shirt can be obvious, or an art form. The key is to make the viewer question whether you’re doing it on purpose, or whether what they see is a total fluke. The most obvious way to accomplish this is with a thin, white T-shirt. Thin, white dress shirts, dresses, and such work just as well. There’s also mesh and see-through materials. The problem is all of these tend to be glaringly obvious. Tight fitness clothes, of varying colors, and thin material of any color that clings tight and makes the ariole just barely visible is excellent. Tube tops are a little out-of-date but work just fine. Wear these clothes to the supermarket, or the mall, somewhere where there’s allot of strangers walking together in close quarters - and wait for the double-takes.

*I was standing in the middle of the freezer section, pausing over the pizzas, when I noticed a guy staring at my chest over the freezer. I was wearing just a faded white halter top, my nipples were pretty visible already to anyone who dared to look, but in the cold air of the freezer my nipples had stood at attention and glancing down I was aware I looked practically naked. I hung out by the pizza another two to three minutes bending and twisting as I examined all the brands before the guy’s wife or girlfriend showed up to drag him away. I gave her a wink as she glared at me. She smiled back and shook her head.*

If you want to accentuate this form of attention a bit, there’s a great little invention called “sweater bumpers.” They are small metal rings that fit around your nipple to keep them erect. For those of us too chicken to pierce their nipples, this is a great way highlight what you’re trying so hard to get them to look at anyway. Nipple rings are, of course, just as effective, and in certain cases you may want to try nipple clips or loops, with a thin length of chain connecting them. And speaking of chain, if you’ve ever attended a SCA or fantasy-related events you may have seen women clad only in chain mail. It leaves little to the imagination, and often -the tops especially - are created with just enough space between the links to allow anyone who concentrates to make out all the details of your nipples. I signed up to work one of those booths once, and let me tell you I got allot of attention!

The next way to expose yourself using just your clothes is clothing that remains just loose enough, or moves just enough now and then to give the viewer an unobstructed line of sight. This is trickier, but far more rewarding. Watching some guy walking around me, pretending to do something else, just to try and confirm to himself he saw what he did makes me hot every time. The easiest tool for this is just leaving a loose button-up shirt open to a level slightly below your nipples. Be sure to lean over allot and turn almost sideways whenever someone comes into range. A slight variation is to use a see-through shirt and an open jacket. The advantage with this is that you can leave the jacket open all the way, increasing the likelihood that you can “accidentally” expose yourself and just the right time. Wearing overalls or a vest with no shirt works just the same way.

*I couldn’t believe it, but there she was sitting at the next table at the small coffee shop we were at. I pointed her out to Al and we watched slyly as she turned and moved freely. Her shirt was open nearly to the waist, and we could see without a doubt that she wasn’t wearing a bra. The guy sitting with her probably didn’t have as good a view as we did. There was a light breeze, we were out on the patio, and as she sat the wind would expand her shirt on the far side of us, giving us a fantastic view of her pert breast and erect nipple. We stayed allot longer than we had time for, and finally gave up our table to an older couple. I wanted to talk to her, see if she was doing it on purpose, but I knew I couldn’t and breathed a heavy sigh as we left.*

Of course, these tips are intended for showing off you breasts. Once you’ve done that a few times you want to try something a little wilder. Unlike bras, you can get away for awhile with showing off while wearing knickers. For awhile at least. Knickers will either need to be very thin, or transparent, or have a thong. Be sure to cut out any liners, no ones really interested in seeing them, and they only act as a crutch. I highly recommend going without knickers at all as soon as you’re comfortable enough. There’s nothing quite like it. Your next necessary piece of clothing is going to be a short - the shorter the better - skirt or dress. For an excellent beginning you can use this combo to climb stairs, slowly to see if you’re getting an audience, or sit with your legs slightly apart on a chair or bench. Bend over in a store, or on a street corner. From here you can graduate to climbing a ladder, or paying a visit to your friendly neighborhood shoe salesman. I guarantee you’ll get some intense attention. As an alternative to skirts, try going without knickers in a pair of tight, very thin, stirrup pants. They leave little to the imagination as is, but when you bend forward they become practically transparent!

*I was sitting on a bench at a local park. I had on a short, denim skirt, and a tight, white tank top. The bench was situated at the top of a slight rise, looking down a popular jogger’s path. As the morning progressed I sat alone on the bench, reading a magazine and whenever a good looking jogger, male or female, would appear running up the trail I would spread my legs slightly. This gave them a perfect head-on view of my naked crotch. Of the ten people I selected that morning, at least half would be seen slowing down as the came up the hill, prolonging the view. One of them, a shapely blonde woman in a tight fitness outfit actually stopped. She stood, hands on her hips, cooling down from her run watching me for several minutes with sidelong glances. I think she wanted to talk to me but probably had no idea what to say. Finally I looked up from my magazine and met her gaze smiling. She blushed and turned back, jogging down the way she had come. She only looked back twice.*

Clothes may do well on their own, but there’s one other thing that can always enhance the effect: water. A rainstorm, or a water-ride at the local amusement park, are a great excuse to get wet, and a tight shirt, or pair of stirrup pants will become a hell of a lot sexier when it’s slick and shiny and clings tighter than skin. And speaking of water, there’s always the beach. Most swimsuits are pretty revealing already, but if you want a suit to be a real eye-catcher when it gets wet be sure to remove any liners or pads from inside - the same as I suggested with knickers. Then when the suit gets wet, it will either become transparent - especially if white - or will hug you so tight they can count the goosebumps on your nipples and see exactly how far you shave your bikini line!

Of course, clothing and lack thereof isn’t the only thing to exhibitionism. The rest is just the set up. There are a number of good ways for the basic exhibitionist to expose themselves. Most of these situations are based on what sort of clothing, or lack thereof, that you’re willing try. One good excuse to expose yourself is to get caught in the act of changing clothes. This can come up in a variety of places. Some people change clothes in their car when the need arises - do it on a busy highway, with someone else driving. Some people change in rest rooms. If it’s a single rest room, leave the door unlocked. If it’s one of the larger public rest rooms, you could leave the stall door slightly ajar so that it swings open at just the right time, or change right out in the open so anyone popping in can see. Again, not wearing a bra is crucial here, and once you’ve done it a couple times you’ll be going without knickers either!

*Al and I had been decided to go out for dinner. We live extremely close to I-80, so we use it to get to a lot of places and I know a few decent restaurants not far down the road. On the way I asked Al to stop at a rest stop so I could change clothes. Rest areas are great places to expose yourself, most of the people you run into are from hours, even days away, and even if they were offended by something you did they aren’t likely to stop and try to find a police station in a strange town. I took a gym bag with my clothes into the ladies rest room.*

*There were a couple college-age girls combing their hair and talking as I walked in. I set my gym bag on the floor and unzipped it. Then I pulled my T-shirt up and over my head exposing my chest. I tossed the shirt into the bag, and grabbed a wash cloth. The girls paused to look at me a second, but quickly resumed talking with sideways glances my way. I wet the wash cloth and wet it down in the sink, then rubbed it up and down over my nipples and chest. An older woman entered the rest room and glanced at me as she moved to a stall, but said nothing. Another woman was just coming out of one when I grabbed my waistband and pulled my pants and underwear down, down to my ankles. I bent at the waist exposing a freshly shaved cunt and anus to the woman. She moved in behind me and nonchalantly began to straighten her hair as I stood up. In the mirror I could see her and the other girls appraising me. I then used the wash cloth to slowly clean my legs and crotch. I put each leg up on the sink in turn, and as the older woman came out and got an eyeful as my crotch was openly displayed in her direction. She smiled at me and moved close to wash her hands in the sink beside me.*

*Finally, I reached into the bag and pulled out a short dress. I pulled it on over my head, and wriggled into it. Two of the woman decided the show was over and left, but the two college girls were still talking and glancing at me. I decided to give them a small encore. I picked up two metal rings from inside the bag and set them on the counter. Then I pulled one breast out of the top of my dress and tweaked the nipple to make it instantly hard. One of the girls locked her gaze on it, obviously curious. I fit the tiny ring over the nipple and it stayed in place. What’s better was it would keep the nipple erect until I cared to take it off. I replaced the breast and repeated the procedure on the other one. When I was done I looked hot. In a tight black minidress with my nipples practically exploding through the front I was finally ready for a night on the town. I gave the girls a quick wink as I strutted out the door.*

The other place to get caught changing clothes is the fitting/changing rooms at your favorite store. Some places have curtains instead of doors, it’s easy to leave them slightly open so that anyone walking by can see. Just strip and stand around figitting with some clothes, you’ll find that a number of people will find excuses to hang around outside your booth. If you don’t get a booth with curtains, there are still a number of excellent options. Step halfway out at opportune times to call for someone you’re with, or to get some help from an attendant. Just pretend not to notice that you’re standing halfway in the open topless or totally naked and watch their eyes roam!

Besides changing close, you could get caught losing them! The beach is the most obvious place for this. A loosely tied bikini top comes off easily with a quick dive, and sometimes bottoms can be just as easily lost. Once it’s gone they can take time to recover, or if you’re at the ocean you may never get them back. Running up on the beach naked to get your towel is likely to get you a lot of attention. Untie your bikini top while sunbathing face-down on the beach, if you roll partway over at just the right times you’ll get plenty of notice.

The shower is a common place to get caught half-dressed, or naked. There are a number of public places with showers, including some highway rest areas. It’s a great way to let strangers see you naked. After a shower try answering the door wearing a loose bathrobe or towel. Walk around someplace with a public shower until your robe falls open, or your towel falls off!

*Just after I called the pizza place I jumped into the shower to wet myself down. Al kept watch and the delivery guy pulled up to the house he had me get into position. Al sat in the living room, where he could see the front door through the window, and me through the door to the entry way. When the doorbell rang I counted to twenty and opened it. I was standing there with one towel wrapped around my head, and another - barely large enough - covering my torso. The towel was not quite long enough, and showed a bare strip along one side of my body, facing the delivery guy. I had to make an exaggerated effort to keep the towel in place. The delivery guy watched me with wide eyes, and held the pizza box out to me in one hand and his bag under one arm.*

*I reached out with my free hand and took the box, then turned away to set it down on the floor behind me. To do so I bent way over at the waist. With the tiny towel barely covering me as it was I gave him an excellent view of my pussy and shaved crack. I paused for several seconds, as if unaware that I was doing it. Then staggered forward, giving him only a slightly reduced display, and grabbed for my checkbook. My fumbling pushed it off the table and as I tried to grab it - with both hands - the towel fell off. I fell on my butt, with my crotch and breasts exposed to the guy. I quickly grabbed the towel and covered myself, blushing. I got up again, apologizing, and managed to cover myself with the towel. I filled out the check and gave the guy a healthy tip. I could feel him staring at the towel the whole time, trying to will it to fall off. When he started to turn and leave, I turned too and leaving the door open bent forward again to pick up the pizza. I glanced through me legs as I did so, to catch him watching. Then I kicked the door closed with one foot and took the pizza in to Al. We ate it naked.*

If you take some of my advice on how to dress, there’s a number of great places to show off. Supermarkets, malls, and department stores are packed with faceless strangers who wouldn’t mind a peek at your breast. Going up stairs with a short skirt or dress in a mall or office building is a great way to show off your favorite see-through knickers, or lack there-of. Public transportation is even better, people tend to get packed together tight. Pretend to fall asleep on a plane with your shirt open enough to show anyone who looks the color of your nipple. Sit with your legs open on a bench while waiting for the bus, passing drivers will definately appreciate the distraction.

The key with basic exhibitionism is to make any encounters seem completely innocent and unintentional. This minimizes the risk of someone taking offense and getting you into trouble. As you get into it, you’ll want to try more daring, riskier, things. Watch for part 2: Intermediate and Advanced Exhibitionism.

## Exhibitionist’s Handbook

## Intermediate / Advanced Exhibitionism

Hi, this is Lily! This is the second part of a two-part guide for exhibitionists, and anyone interested in the subject. I’ve been showing myself off for years, and I’m using this is a an easy way to share hints and tips, not to mention a few juicy examples, with anyone who can benefit from my experience. This volume includes ideas for intermediate and advanced levels of exhibitionism. Intermediate and advanced, unlike basic, are obviously intentional. Intermediate shows are done for a small, select group of targets. Advanced shows are done for larger crowds and may include more than just nudity.

Most of the ideas for intermediate and advanced are the same, it’s generally the size and type of crowd you display yourself to that makes the difference. Flashing your boyfriend, camera or no, in a public place - but where there’s little risk anyone but he will see you - is intermediate. Flashing a crowd of people you don’t know on the street is advanced. Flashing a lone guy, whether you know him or not, sitting on a park bench is intermediate. Walking naked through a convenience store with a few people inside is advanced.

There are a number of different tools useful to both the intermediate and advanced exhibitionist. Clothes are the first. Sure, raising your shirt, lifting your skirt, or dropping your pants is always great for a quickie, but it’s clumsy. To get naked fast you need clothes that come off quick, but make you look normal when you need them to. A trench coat is an obvious choice, but during warm weather a light button up dress is even better. Overalls are just as quick to get off, and can be used for basic exhibitionist shows too, if you find you’re not ready to go all the way. You can also get tear-away clothes like those used by strippers. They’re secured at the seams with Velcro so they can be removed quickly without any effort. They’re difficult to find, but if you know how to sew, or have someone to do it for you, you can make them out of store bought clothes. I’d suggest experimenting with something from a thrift shop though.

Sometimes it’s easier to show off when your sure nobody will recognize you. That’s what costumes are for. You can always wear something as simple as a domino mask, or a full fledged head mask if it makes you secure enough to shed your inhibitions, and your clothes.

Getting naked in cooler weather is not always a great idea. There’s actually certain oils you can get at various ‘new age’ stores used in skyclad (nude) ceremonies. You rub it all over your body and it insulates you. It’s supposed to work great in winter, as well as fall and spring, but I wouldn’t advise it.

Any type of sex toy, marital aid, or sexually oriented decorations are also a treat. For the intermediate there’s “sweater bumpers,” detailed in the basic edition of this handbook, nipple and clit rings - if you want to get pierced - all manner of clips and chains, body paint, real or removable tattoos, handcuffs, tape - use your imagination - open front bras, crotchless knickers, and other revealing lingerie. For the more advanced you could also try dildos - strap-on or stuck-in - butt-plugs, a partner, anal-beads, vegetables, and whatever else your sick little mind can come up with.

The last tool I’ll mention is cameras. Whether still cameras or video, a lot of exhibitionists are showing off to the fourth wall. The problem is, that many of them seem to miss the whole point of exhibitionism. When the camera is all you’re showing off to you might as well be sitting naked in your living room. And selling these cheesy pictures for profit? Well, we know what they’re really getting off on. Using a camera to record your exploits is great, but being off in the woods and taking nude pictures is not exhibitionism. Do what feels good, but know what it is you’re actually doing.

Once you pick your tools, it’s really just a question of where and when. This is the part that separates the intermediate and the advanced. Most of the ideas I’m going to give you, though are good for either one. I recommend starting small, with just a few people and no real chance of getting caught. Then as time goes by you can build yourself up.

Exposing yourself to a bunch of people in cars is a lot less risky, generally, than exposing to just a bunch of people. If people are moving at high speed down the road with a bunch more people doing the same behind them, they aren’t likely to stop or to hunt down a cop to arrest you for indecent exposure. A great place to start then is somewhere beside a busy highway. Somewhere you can be off the road, so even if people did stop they’d never reach you. There’s a number of great places like this if you look. Places close to a side road, but it would take several minutes at least for the people on the highway to get anywhere near you. That’s not likely to happen anyway - but it sometimes helps to feel more secure. A similar idea is on a billboard placed in such a position. The advantage is that you’re a lot more visible. The disadvantage is that it takes a lot more effort, and can be a lot riskier.

*Al and I found the perfect place. There was a restaurant on a hill overlooking the highway. There was no turn off on that stretch of highway for 30 miles afterward either. The turn off for the restaurant was actually earlier. We pulled in and cased the area, looking for problems. Then, with our minds made up, we got a table and had a light snack. When we got out it was late, but still very light out. When we were done we proceeded out to the edge of the parking lot and got started. We lowered ourselves over the edge and down the steep embankment. This was an extra bonus, there was no way anyone from the parking lot would see us unless the came right up to the edge and looked down. After a short drop the hill leveled out slightly and we took position behind a tree. In a few seconds we were both naked.*

*I came out first. I stood several feet out from the tree and looked around. Several cars were going by on the highway and I watched. It was difficult to see if I was being watched yet, so I spread my legs and began to play with myself. Anyone glancing at the hill wound see me, legs spread with one hand on my pussy - rubbing generously. In a few seconds one car blinked its headlights on and off. Another beeped his horn several times. The show was on! I felt Al move up behind me, now we had to decide on a position. He stroked up and down on his cock, bringing it to stony erect-ness as I looked around. I chose a spot a few feet away and leaned forward, putting my hands on a large rock. The cars were running around a corner here, so with the way I was standing they’d get a good all around view. Al moved in behind and tested my pussy with one finger while he continued to stroke his cock. I had been wet since we sat down in the restaurant and decided to do it He slid in with one solid thrust and began a gentle in and out motion. Several cars honked at the show as they passed, and we heard someone yell encouragement from the highway.*

If you’re more confident than you can try right beside the road. You see a lot of pictures on the Net of girls doing this. I think if people see you being photographed naked by the side of the road, you’re probably a lot less likely to get stopped. The other person validates what you’re doing, but they still enjoy the view. On a similar note, try doing it from an overpass. It gets you closer to the action - or the action closer to them - but still keeps you a safe distance from the cars and the people inside. Rooftops offer a similar vantage point, but are a bit riskier. Anyone who gets the idea, such as a cop, could get in the building and get up to you before you can be scarce. With a little attention you can watch for that though, and be inside hiding somewhere until you can get dressed and out. Glass elevators offer a similar distance, and make it easier to get away quick.

Another way to keep out of reach is transportation. I like to show off from the back of a convertible, but I realize that’s not for everyone. Drive-by flashing is great. If you have a car, you can lean out the window, in a van with tall windows or pick-up you can show a lot more. Public transportation is even better. A lot of trains and buses have areas where you can be apart from the people inside. Take off you clothes and flash the world going by: crowds outside bars, lone walkers, even other people in cars. People stuck at a railroad crossing definitely appreciate the improved view. If you’ve got the guts try taking off your clothes in a cab, without warning the driver! As long as he can keep an eye on the road too it gives him an excellent close-up while a handful of people outside get an eyeful too.

*The drive-by was my idea, but I let Al chose the venue. We cruised past the theater once. There was a small crowd waiting to get in. Some kind of anal movie was advertised on the billboard, it was an adult theater. I had worn a loose-fitting button-up dress tonight, and made short work of slipping out of it so I was already naked when Al turned around and headed back. As we got close I pulled myself up through the window and sat on the edge, Al slowed the car to a crawl. It was a few seconds before they saw me, but quickly they all turned and began to hoot. I was jiggling my chest, but since the picture was an ass flick they might like a different view. I put my feet on the passenger seat and pushed up, so I was standing, raised of the edge of the car, giving as decent - or indecent - a view of my ass and pussy as possible. One of the guys started to run after us, gesturing that he wanted to grab my ass, but Al sped up and we were a ways down the street when he gave up. I gave him a wink and blew him a kiss for the effort.*

You’re own backyard is often a good place to practice, but make sure you’re neighbors are the types to enjoy the stunning view now and then. Otherwise, there’s always the problem that they know where you live.

There’s various types of public parks to try too. Be sure your neighborhood park is devoid of kids before strutting your stuff, but if you hit it around dusk or early in the morning you may be able to open the eyes of a few joggers. National and state parks are better, parade around in front a few hikers or campers and you can always disappear back into the woods. A variation on this is cemeteries. They aren’t for everyone, but sometimes you can lighten someone’s mood. And college campuses often have large park areas. Streakers are often well accepted by college students.

There are other, more public places that are also you can try. A parking garage is one. I’m disappointed with the number of girls who take nude pictures in empty garages and call it exhibitionism, but occasionally you find someone who has the guts to parade around, sometimes right up to guys getting in and out of their cars. Apartment buildings and hotels are the same, you can run through the halls naked, into laundry rooms, and through lobbies. I suggest taking someone with though, for safety. You never know when you’re going to run into someone even more demented than you.

Once you’ve gotten this far, there are a lot more public places to try. Fast food places on the inside are better suited for basic, seemingly unintentional, displays. The drive-though, however, is an excellent place to show off to a select audience. You’d be amazed at the level of service you suddenly rate. Gas stations and convenience stores tend to have a good, limited audience that doesn’t mind the sight of a beautiful naked woman either.

*We’ve driven through fast food places before, usually I’m in the back naked - pretending to sleep. This time though I had slipped out of my dress in the driver’s seat. We pulled up to the window at Kentucky Fried and as the girl opened the window to take our order I saw her jaw drop. This place didn’t have a sign equipped with a microphone for the customer to place an order, in addition it usually took forever to get food here. that was why we chose it. I gave her the order, and she didn’t once take her eyes from my chest and crotch. The window was high enough above our car that she couldn’t miss a thing. When I finished she slowly popped back inside, she was entering it in the register, and all the while I could see her talking to someone. In a few seconds a guy, obviously a cook, popped his head up to the window. it was clear he didn’t believe her - but that quickly changed. It seemed to take even longer than usual for our food to arrive, both the guy and the girl would occasionally pop their heads out and give an excuse for the delay, I would just nod and shift position a little. A car even pulled up behind us, waiting to order, he had no idea what was going on. When the girl finally brought the food, with the cook looking over her shoulder I thanked them kindly and sped off, masturbating the whole way home. Finger lickin’ good!*

The really advanced exhibitionists will occasionally go for broke. Streaking, or better yet strutting naked, through a department store, a mall, a grocery store, or a sporting event takes real guts. The chances that you’ll get arrested go up dramatically too, unless you take precautions. If you can find out when the managers will be gone or occupied and make sure that there are no security personnel or police around you can generally get away with it. This is one case, though, where you stand a better chance of being left alone performing a sex act. Masturbating in a store changing room where you know people can walk by and see you, will generally build you a small, devoted audience of clerks. Sex acts of any kind while performing an exhibitionist act will always elevate you to the advanced status.

I hope you enjoyed these tips and tricks for great exhibitionism.