

The Swinging Gurus

What Has Really Surprised Us About Swinging

About this guide

When we first stepped into the swinging world, we thought we understood what we were getting into.

We imagined what the people would be like, how events would feel, and how we'd react in different situations. We assumed certain things would be obvious, predictable, or consistent.

Very quickly, we realised how wrong we were.

Some of the biggest lessons we've learned in the lifestyle haven't come from what we expected—but from what completely surprised us.

This guide is a collection of those moments.

Mindset & Relationship Surprises

It's Not All About Sex

We went into the lifestyle expecting the focus to be almost entirely physical. In reality, we quickly discovered that connection, chemistry, and social interaction often matter just as much—if not more. It turns out that feeling comfortable and relaxed with others is what really makes everything work.

It Can Strengthen Your Relationship

It might sound like a cliché, but in our experience it really is true. Being in the lifestyle forces you to communicate more openly than most couples ever do. You have to talk about boundaries, feelings, and expectations in a very honest way. For us, that level of openness has brought us closer together and made our relationship stronger than we ever expected.

It's Addictive

We're not sure if this applies to everyone, but for us it definitely does. The more we explored the lifestyle, the more we wanted to continue. It's not just about the physical side—it's the social element, the anticipation, and the variety of experiences. Before we knew it, it had become a significant part of our lives.

Time Flies When You Play

One thing that still surprises us is just how quickly time disappears during a meet or play session. We regularly find ourselves having no idea what time it is, sometimes losing track by an hour or more. There's something about being fully present in the moment that makes time pass incredibly quickly.