

Turning the tables.

Part one, the plan.

Lauren gave a sigh. She was sitting opposite her friend Rebecca in the Merry Widow bistro where they usually met for coffee when she was out shopping. “Something wrong, Lauren?” Rebecca thought her friend looked a little uncomfortable. Lauren’s posture was, as always, erect even when seated. Rebecca had noticed this before and had always been slightly envious of Lauren’s trim waist and the elegant, upright way she carried herself. “This girdle I’m wearing today is new and a size smaller than I’m used to; and the fact that I’ve teamed it with a long line bra makes it even more restrictive.”

Rebecca looked astonished! “Why do you put yourself through that kind of punishment? I’ve always envied your figure and wished I looked like you but I wouldn’t truss myself up like that!” Lauren smiled, “Ralph likes me to wear really firm shapewear. He says I look fabulous in girdles and corselettes. I’d be happier without any kind of shapewear but I love Ralph; I wear it for him.

Rebecca snorted. “Men! They always want you to look “sexy” without any thought of how uncomfortable it must be to be squeezed into something as tight as you’re wearing, and it’s so warm today, that must make you even more uncomfortable!”

“I know but I do want to please him.” Rebecca looked more than a little sceptical. “Perhaps if he had to wear shapewear to please you he’d soon realise how uncomfortable it is and change his mind!” Lauren laughed and said she was sure Rebecca was right. “But that’s never going to happen is it.” Rebecca thought about it for a while and suddenly smiled. “You know Lauren, I can be very subtle and quite persuasive. I reckon I could talk Ralph into trying on a girdle just to see what it felt like.”

Lauren giggled and whispered “I bet you couldn’t do it, he’d never agree.” “You’d be surprised,” said Rebecca I had a boyfriend once who positively enjoyed wearing girdles and stockings. You couldn’t tell what he was wearing under his jeans and T shirt but his shape was a bit “girly” and he couldn’t slouch to save his life, the girdle saw to that!” Lauren laughed out loud but she was seriously thinking about what Rebecca had told her. “Look Rebecca, it’s Saturday tomorrow. Why don’t you come round for a drink and nibbles with Ralph and me, say early afternoon?” “Love to, I’ll show you how persuasive I can be. Have you got a girdle you don’t use?” “Well I have a RAGO 1294 girdle that’s a little loose on me so I’ve never worn it.”

Rebecca positively cooed with delight. “I know that girdle, It’s very high waisted, well boned, side zipped and with six suspenders. Get him into that and see how he’ll complain!” Lauren was wide eyed and laughing. “You really think you can do it?” “Trust me, I’ll have him “trussed up” like a chicken before he knows what’s happened!”



Having sealed the pact the two girls left the Merry Widow Bistro looking forward to Saturday.

Part two, persuasion.

Saturday morning and the day was warm and sunny. Lauren and Ralph were early risers. After showering Lauren began to dress knowing that Ralph liked to see her squeezing herself into a tight girdle. Knowing the day was going to be warm Lauren chose an open bottom girdle, a RAGO 1361. This girdle, while giving very firm control with its side boning, was made with an open mesh fabric so it was relatively cool to wear. The hook and eye closure with a side zip made it easier to get into. Lauren had remembered to put her stockings on first as the girdle made it difficult to bend. She hooked the stockings into the girdle's suspenders, then put on her bra, not a long line today, if Rebecca could really persuade Ralph to try the RAGO 1294 then why not get him into the matching bra as well?

Rebecca arrived just after two in the afternoon. Ralph and Lauren, drinks in hand and nibbles on the coffee table were reading the newspapers. Lauren greeted Rebecca with a peck on the cheek and all three settled down to some light conversation. "Anything worth a look at in the papers?" said Rebecca. Ralph grunted, "nothing of much interest in the news." "Well, I've seen something a bit different in one of the old Sunday Supplements." Said Rebecca. She produced a glossy magazine and opened it at an article entitled "Girdles for men! Yes! Men really can benefit from wearing a girdle!" There were several illustrations of shapewear designed specifically for the male body. They described the benefits of wearing a girdle such as "improves posture, shapes the figure, aids slimming."

Rebecca pushed the magazine across to Ralph. "What do you think Ralph. Do you think men can wear girdles?" Ralph was non-comital but was looking at the shapewear with a degree of interest. After a minute or so Ralph agreed they might have a point. "Thinking of buying one then?" Rebecca asked with a smile. "Not sure," replied Ralph. "They are expensive. If I bought one and didn't like it, I'd be wasting my money." Rebecca agreed. "I have an idea Ralph, lets look at some women's girdles on the web. They're much cheaper." Rebecca soon found what she wanted, a high waist open bottom girdle with four suspenders for only £35.

"How about buying one like that Ralph?" Ralph blushed a little and was clearly embarrassed by the suggestion. "I'm not sure," he murmured "it's designed for a female shape." Rebecca had expected this objection and was ready for it. "Look at the pictures again Ralph, you can see that the girdles have changed the wearer's shape so that they do look a bit "girly", not that there's anything wrong with that." Rebecca gave Lauren a discrete wink. "Well, I suppose it's worth a try." Lauren was delighted. The subterfuge had worked.

Rebecca turned to Lauren " You don't happen to have a girdle like this one so Ralph can "try before he buys" do you?" Lauren took her cue. "Yes, I do actually, and I'm sure Ralph can get into it." "Let's do it then." "By the way Ralph, if you're wearing boxer shorts, they don't go with a girdle. Swap then for a pair of Lauren's briefs." "Don't worry it's only so you get a proper sense of how it feels to be in a girdle."

Part 4, girdled at last.

Ralph looked at the girdle with a degree of trepidation. He had, as Rebecca had suggested, swapped his boxer shorts for a pair of Lauren's SLOGGI briefs and was surprised at the level of control they provided. "Not as though he minds," thought Rebecca. "How do they feel darling?" Lauren asked her husband. "Alright." Ralph replied as he picked up the girdle. "The waist part looks too small to me," he remarked. "Don't worry it will stretch to fit you," said Rebecca. "Now step into it and Lauren and I will help you do up the hooks and the zip."

Ralph did what he was told. The girdle was a long one. It covered his thighs and panty clad buttocks and came up almost to his nipples. "Start doing up the hooks and eyes Lauren. Watch how she does it, Ralph, you may want to do them up yourself if you get used to wearing this style of girdle." As Lauren worked the hooks and eyes from the bottom to the top, Ralph felt the girdle getting tighter. Finally, the last hook was done up and Lauren pulled the zipper closed.

"How does it feel dear?" Lauren asked, "It's certainly improved your figure and your standing straighter than you usually do!" "It's very tight, but it's not as uncomfortable as I thought it might be." "What are the things at the bottom for?" Rebecca was quick to seize the moment. "They're called suspenders. They hold your stockings up. Of course, you don't have to wear stockings, but they do stop the bottom of the girdle riding up and making it feel uncomfortable. By the way you've got very smooth and shapely legs, they would look good in stockings! Try some while you've got the girdle on, just to see how you look?"

Ralph was unsure about the stockings but was surprised at how good it felt to be wearing the girdle. He found its tight embrace to be oddly calming. He thought about Rebecca's suggestion and decided why not? "All right" he said, "but just to see how it all looks." Lauren pulled a pair of 15 denier glossy stockings from her drawer. "I'll show you how to put them on." She removed one shoe and demonstrated how to roll the stocking down from top to heel, insert her shapely foot, then rolled the stocking back up to her thigh. "Now you try, Ralph." He managed to roll the stocking down but when he tried to bend, to put his foot in, as Lauren had shown him, he found the rigid boning in the girdle prevented him from bending far enough. "Oh, forgot about that," said Rebecca. "You have to put the stockings on before you do up the girdle." "For now, Lauren can put them on for you."

Lauren obliged and showed Ralph how to attach the stocking tops to the six suspenders at the bottom of the girdle. "There, all done, have a look at yourself in the mirror." Ralph was sure he was going to be embarrassed by what he saw. Somehow, he wasn't. The soothing, calming effect of the girdle's tight constriction seemed to have removed any inhibitions he might have felt. For sure, his male, straight up and down torso had acquired "girly" curves, but was that so bad? They wouldn't be that obvious under a T shirt.

The two girls were pleased with what they had achieved. They waited to hear what Ralph had to say. After a short pause Ralph turned. "It's not what I expected, I thought I'd be really uncomfortable in something as tight as this, but I'm not, not at all." "I'm really glad you feel like that" Lauren said. "Do you want us to help you take the girdle off?" Lauren was surprised by Ralph's response, Rebecca was not. "No, I'll keep it on if it's all

right with you, just so I can be sure it's still comfortable after a few hours."

Part five, the aftermath.

Ralph stayed in the girdle for the rest of the day. They discussed the article on girdles for men, looking at the pros and cons of the male girdles advertised. Ralph gave his opinions. "First thing is they're expensive and they don't look as nice as the one I'm wearing." Rebecca agreed, "Let's go online and look at some traditional and vintage girdles for women, after all you seem to be quite comfortable with the girdle you're wearing." Within an hour Ralph's mind was made up, or rather he was led in the direction that Lauren and Rebecca intended it to go. It was almost eight in the evening by the time they finished their research. Lauren suggested Rebecca stay for dinner.

As they sat down to a first course of chicken salad Lauren asked, "Still comfortable dear?" "Surprisingly so!" Ralph replied with a smile. They chatted amiably as they dined and when all was finished Lauren remarked that Ralph hadn't eaten to excess, as he usually did. "Another benefit of a well-fitting girdle." Observed Rebecca. Later, Rebecca made her farewells and set off for home. Ralph and Lauren went up to their bedroom where Lauren helped Ralph get out of his girdle and stockings. "Shall I put the girdle away dear?" "No, leave it out, and the stockings too, I'll be wearing them tomorrow." Lauren smiled to herself, she had him now!