

COSMOPOLITAN

EXPERTS

sex advice

from Amy Levine, Cosmo's Carnal Counselor

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"I can come only with my vibrator"

Q I have no problem reaching orgasm when I use a vibrator on my clitoris, but I can't seem to climax when I'm with my man. Has using my toy made me dependent on mechanical stimulation?

A Your dependency is only temporary. It's likely that your clitoris has become accustomed to the strong, nonstop, rhythmic sensations that your vibrator provides -- motions that are virtually impossible to match by other means. Although man-made sensations feel different than those from your vibrator, they can be just as satisfying. The trick is to sensitize yourself to a new type of touch by manual masturbation.

When you're ready, relax and take the time to get turned on. Instead of focusing on orgasm as the end goal, which can take you out of the moment, concentrate on the spine-tingly sensations you feel as you explore your labia, clitoris and vagina. Use water-based lube, experimenting with a variety of pressures, strokes and rhythms to discover what feels best. It may help to wean yourself off your mechanical device in strategic steps.

During the first session, use your vibrator to warm you up, switching to manual stimulation as soon as you feel a surge of sexual tension. From then on, each time you masturbate make the switch a little earlier, until you don't need the vibrator at all.

Having an orgasm by hand may take a lot of practice and patience. But eventually, you'll uncover satisfying techniques that you can then teach your guy to master.