



COSMOPOLITAN

EXPERTS

sex advice

from Amy Levine, Cosmo's Carnal Counselor

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"I need to masturbate during sex"

Q The only way I can have an orgasm during intercourse is if I masturbate at the same time, and I'm really embarrassed about it. Please help.

A You have nothing to be embarrassed about. Many women need direct clitoral stimulation to bring them to climax during the deed. It's great that you know what you need in bed and how to get it. And, most likely, your boyfriend's pretty pleased with your sexual self-awareness, too. Not only does it show that you're a highly sensual woman -- a definite plus in men's eyes -- but guys get totally turned on watching their partners pleasure themselves.

That said, you might be just as orgasmic if you let your man give you a little hands-on help as well. Let him know how good he makes you feel, but that you need some CTLC (clitoral tender loving care) to send you over the edge. I bet he'll be more than happy to oblige.

When you have sex, try positions that give him easy access to your clitoris, such as woman-on-top or doggie style. Then, either ask him to touch you or take his hand in yours and show him what will get you off. If his mitts get tired, or you just feel a little extra frisky, you might want to suggest using a vibrator instead.

You should also try different rhythms and movements till you find the ones that best hit your hot spot. When you're on top, get maximum clitoral contact by gyrating back and forth or moving your hips in circles rather than going up and down his shaft. You can pump up the friction in the missionary pose by putting a pillow under your pelvis so you can bump-and-grind against his pubic bone.

And if you still need to take matters into your own hands, go ahead. Remember, it doesn't matter how you achieve in-the-sack satisfaction, as long as you do. We bet your boyfriend feels the same way.