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COSMOPOLITAN

EXPERTS

sex advice

from Amy Levine, Cosmo's Carnal Counselor

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"Why are my orgasms more intense during masturbation?"

Q The orgasms I have with my boyfriend don't compare to the ones that I give myself. Why are they much stronger when I'm alone, and how can I make them better with my man?

A This is completely normal and very common. The climaxes you give yourself are more dynamic because you're completely in control of your pleasure. You probably take the time to build your arousal (which leads to stronger orgasms) and focus on your erogenous areas -- like your G-spot and clitoris -- with the precise pressure, movement and strokes that catapult you over the edge. Your self-induced orgasms are also more intense because you can totally concentrate on your enjoyment; you're not distracted worrying about how much pleasure your guy is experiencing.

Since you know better than your boyfriend exactly what it takes to make your head spin, show him how to replicate your solo technique. Try giving him a tutorial by masturbating in front of him, which can make for an incredibly erotic encounter. Or, give him a demo with your hand over his, then have him mimic your moves. You can also amp up your arousal when doing the deed by having sex in positions that give both of you easy clitoral access -- like woman-on-top and doggy-style.

While all these strategies should intensify your sack sessions, there's a good chance that your most earth-shattering orgasms will still be those you give yourself. But try not to get caught up in comparisons. After all, sex with your guy isn't just about the destination -- getting there is half the fun.

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