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COSMOPOLITAN

EXPERTS

sex advice

from Amy Levine, Cosmo's Carnal Counselor

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"How can I talk dirty and still stay focused?"

Q My boyfriend has a hard time climaxing unless I talk dirty during sex. The only problem is that I end up concentrating so much on what to say, I can't stay focused on enjoying the experience. How can I do both?

A You won't be so distracted if you verbalize what's going on at the moment. Instead of getting hung up trying to sound like a porn star or come up with some erotic fantasy, just tell your man what you're thinking or feeling.

For example, if you're caressing him all over, say something like, "I love the way your hard-on feels in my hands." Or, whisper in his ear what you're going to do to him next. The anticipation of what's about to happen will work him into a frenzy. You can also voice your own requests. Guys want to please their partners in bed, and they appreciate any direction they can get. So, don't be shy about asking for what you want. And, when his touches send waves of excitement through your bod, praise his technique. Saying, "You're making me so hot and wet," or "You're driving me wild!" will boost his ego...and his arousal. And pretty soon you'll both be uttering the ultimate frisky phrase: "I'm coming!" A line that's so simple, yet so sexy.

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