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solutions for women

# COSMOPOLITAN

## EXPERTS

sex advice

from Amy Levine, Cosmo's Carnal Counselor

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## "How can I try different positions when I'm self-conscious about my body?"

**Q** My boyfriend wants to have sex in crazy positions with the lights on, but I'm ashamed of my body and don't want him to see every detail of it. We've been having sex in the dark, but he wants to see everything. What should I do?

**A** Many women are bummed about how they look nude. But, while you may think your thighs are flabby or your stomach has rolls, your man probably hasn't even noticed. Guys don't zero in on the minute "imperfections" that women obsess over. And the fact that he wants to try "crazy" positions with you only shows how much you excite him...exactly the way you are.

If you're judging yourself while trying to feel pleasure, you won't be able to fully enjoy the experience. The first step to stop the body-bashing thoughts that can sabotage your sack sessions is to concentrate on how your body feels, rather than how it looks. Making more eye contact with your partner will also help keep you in the moment and up the intimacy factor.

While getting comfortable with baring it all in front of your man won't happen overnight, you can help boost your in-the-buff confidence by trying these tricks: Instead of jumping into lights-on action, light a bunch of mood-enhancing candles. Have sex in positions that highlight your assets. For instance, if you love your boobs, try girl-on-top mode. Or, if your booty is one of your favorite body parts, do it doggie-style. You can also let your guy feast his eyes on your form without showcasing all of your skin by donning sexy lingerie or wearing a slinky tank -- and nothing else. Leaving a little to your man's imagination can be a huge turn-on.

As you gradually get used to being ogled by your guy, your self-esteem -- and sexual satisfaction -- will skyrocket. After all, there's nothing sexier than a woman who loves her own bod. And that's the naked truth.

