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sex advice

from Amy Levine, Cosmo's Carnal Counselor

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"How can we spice up the man-on-top position?"

Q I've had sex in different positions, but my favorite is missionary. I don't want to seem boring in bed. What variations can you suggest to make sex more exciting while sticking to such a traditional position?

A You're one of many fans of the missionary position. And it's no surprise, considering that man-on-top mode is totally intimate, allowing you and your guy constant eye contact and easy access to kissing. Plus, it's relatively relaxing for you, putting him in control as you lie back and enjoy. But just because missionary puts you in a more passive role, that doesn't mean you need to just lie there. There are plenty of ways you can work this position to spice up sex.

Once he's inside you, have him shift his body up toward your navel so that the base of his penis and pelvic bone press against your mons (the fatty pad of tissue on top of your public bone) and clitoris. Then, instead of him thrusting, rock your bodies against each other in a back-and-forth motion. With a few minor adjustments (experiment with a pillow beneath your butt to adjust the angle) you should be able to hit the clitoral jackpot.

If superdeep penetration is what you crave, draw your knees toward your chest and grasp the back of your thighs. You can also place the soles of your feet on his chest or, if you're really flexible, prop your ankles or legs up on his shoulders.

If you prefer shallow strokes, straighten your legs and keep them between his. Then, squeeze your thighs together as he glides in and out, creating extra friction against his shaft and your vaginal lips. If this motion misses your clitoris, try the pillow trick mentioned above.

Finally, feel free to experiment with your own variations on missionary until you find one you and your guy both love. And remember: It's not the positions you do that make you fun in bed. The most important factor for between-the-sheets success is pure, unbridled enthusiasm.

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