

**iVillage**<sup>™</sup>  
solutions for women

# COSMOPOLITAN

## EXPERTS

### sex advice

from Amy Levine, Cosmo's Carnal Counselor

[This Week's Sex Advice](#) | [Sex Advice Archive](#)  
[Ask the Carnal Counselor](#) | [Meet the Counselor](#)



## "How do I get him to extend foreplay?"

**Q** My boyfriend wants to go from kissing straight to sex, but I would like more foreplay. How do I get him to take a little more time?

**A** Your guy may be after instant gratification, but it's also possible that he never learned that foreplay is an essential part of sex for a woman -- and enjoyable for a man. Perhaps, too, he doesn't even realize you aren't fulfilled by your sack sessions. Tell him (when you two aren't in the throes of passion) that even though he may be good to go before his pants hit the floor, you need him to take it slow. By taking the time to get you worked up -- with a tantalizing mixture of kissing, licking, teasing and touching -- not only will you get more out of the experience, but his orgasm can be intensified, too.

Hopefully, he'll heed your advice, but if he still tries to go from 0-60, remind him to slow down. Say something like "I'm not quite ready yet. I love when you touch me here. Will you do that some more?" Then take his hand and place it where you want it. If you're not comfortable being that direct, try a more playful approach and tell him that you want to play a game where his challenge is to get you as wet and aroused as possible. The rules: He has immediate access to every inch of your bod, but may use only his hands and mouth to touch you. Encourage him to linger at your favorite hot spots by being vocal when he's rubbing you the right way. When you're so aroused you can't stand it anymore, give him the go-ahead to slip inside of you. Once he sees the results of his efforts (a horny-as-hell girlfriend), he probably won't want to forgo foreplay in the future. But, if he doesn't try to change him wham-bam ways after you clue him in to your carnal needs, send him packing. You deserve a man who wants to make your pleasure a priority.

© iVillage Inc. 1995-2005. All rights reserved. [terms of service](#)