

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 have phone sex?"

Q My boyfriend and I have a long-distance relationship. To tide us over between visits, he really wants to have phone sex. I have no idea what to say, and I always feel foolish. Any advice?

A Phone sex is the perfect way to make a carnal connection when you and your man are apart. And while the thought of it may leave you speechless, tantalizing talk isn't as tricky as you think. Just use your erotic imagination. Share your steamy desires, describe details from your favorite fantasy or tell him, step-by-step, what you wish you were doing to him.

Remember, aural sex isn't all talk and no action. Up the erotic ante by simultaneously masturbating. Explain to each other exactly what you're doing ("I'm tracing circles on my inner thigh") and how it's feeling ("I'm getting so wet"). He'll go nuts. Giving good phone is a lot easier -- and more fun -- if you get into a lusty mood before you dial his digits. Lie back and envision a supercharged bedroom scenario with your guy. Start stroking yourself, and when your pulse is pounding, give him a call.

Since this is your first time starting sexy phone speak, you might be a little tongue-tied. But don't feel forced to say something XXX-rated. Just chat with him as you normally would and ease into a more intimate exchange by saying something as simple as "I wish you were lying next to me." Or lift his libido by reminding him of an incredibly hot sack session you had together. You're guaranteed to get a rise out of him.

If you aren't comfortable initiating a kinky conversation, suggest your boyfriend take the lead. Close your eyes and concentrate on every wanton word. As you touch yourself, fantasize that you're feeling his tantalizing fingers caressing your skin. If at first you feel shy, just moan or sigh while he narrates a naughty story. As the encounter escalates, you may be very surprised at the frisky phrases that pop out of your mouth.

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