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COSMOPOLITAN

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sex advice

from Amy Levine, Cosmo's Carnal Counselor

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"How do I initiate sex?"

Q My boyfriend wants me to initiate sex, but for some reason I can't. How can I overcome this insecurity and just jump on him?

A Making the first move can definitely be intimidating -- even for guys. But, usually, the main freak-out factor is fear of being shot down, and since you already know your man wants you to lay your paws on him, you're ahead of the game.

Initiating the action doesn't mean you have to come on to your man like a porn star or toss him on the bed and have your way with him. Instead, try a more subtle seduction strategy, like catching him off guard with a passionate kiss. Sounds obvious, but all it takes is a little lip-locking to get his blood racing. Another gotta-have-him-now ploy: Offer to give him a spine-melting massage. Have him undress and lie facedown on the bed, then slowly knead and stroke him from the nape of his neck down to his butt and on to his below-the-belt region. Or, join him in the shower and sensuously soap him up.

Remember, just because your guy wants you to start the erotic encounter doesn't mean he expects you to run the whole show. Once he's clued in to the fact that you're hot for his bod, which, if you follow these tips should take all of three seconds, he'll be so turned on he'll be the one jumping you. In time, after you've built up your sexual confidence with these teasing techniques, you'll be ready to move on to bolder bids for between-the-sheets sessions.

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