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COSMOPOLITAN

EXPERTS

sex advice

from Amy Levine, Cosmo's Carnal Counselor

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"Is it okay to fantasize during sex?"

Q During sex with my man, I sometimes fantasize that I'm with someone else. Is this normal?

A Yes, occasionally daydreaming about getting it on with another man -- even when you're totally nuts about your own guy -- is completely normal. Imagining yourself with a favorite celebrity, the hottie at your gym or even some stud on the street who made you do a 180 can definitely add an extra rush of excitement to your sack sessions -- ultimately increasing your arousal and making your orgasms more intense. Not to mention that these thrilling thoughts are a great way to explore your curiosity about what it might be like to be with another partner without being unfaithful.

While keeping your fantasies to yourself can boost your erotic experience, sharing them with your guy can be a major turn-on for both of you. Just realize that your musings about other men can be threatening to your real-life lover, stirring up feelings of jealousy or resentment. So, unless you know he wants to hear all the dirty details, reveal what you imagine doing -- just don't tell him with whom.

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