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EXPERTS

sex advice

from Amy Levine, Cosmo's Carnal Counselor

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"My boyfriend wants me to talk dirty to him in bed"

Q My boyfriend keeps asking me to talk dirty to him during sex, but I have no idea what to say. Do you have any suggestions?

A Whether you're saying something sensual, making raunchy remarks or sharing a wild fantasy, you don't want your carnal comments to sound forced, so just share the sexy thoughts that pop into your mind rather than trying to rack your brain for something racy. And remember, you don't need to talk the entire session, let alone every time you're doing the deed.

Conquer your nerves by starting simple. Tell your guy that you like the way he's touching you, saying something like "It feels so good when you stroke me like that." Try complimenting his body or telling him what you want him to do to you ("Lick my nipples," "I want you inside me," "Thrust deeper," etc.). You may even find that voicing your desires can make the encounter more intense for you, too.

If you're really tongue-tied and can't think of anything to say, turn the tables and let him take the lead by asking what he wants to do to you or what you should do to him. Then you can take your cue from his lusty lingo and respond with some titillating talk of your own. After a few sessions like this, I bet your bedroom bantering skills will be top-notch.

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