



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](#)



"My boyfriend's penis is too big for my mouth."

Q My new guy's penis is enormous, and my mouth is tiny. When I tried to give him oral sex, I practically choked. How do I do it without gagging? Please help!

A It's very common for the gag reflex to kick in when anything -- let alone your guy's well-endowed penis -- is pushed to the back of your mouth. While you can control this reaction by relaxing, concentrating on your breathing, and getting into a position that puts you in control (like having him lie on his back as you crouch over his crotch), great oral sex doesn't require that you reenact a *Deep Throat* porn scene.

Next time you want to pleasure your man orally, start by swirling your tongue around his nerve-packed corona (the ridge where the head meets the shaft) and gently sucking the tip of his shaft. As his arousal grows, lick the length of his penis, alternating between sweeping up-and-down strokes and circular motions. You'll really make his toes curl if you caress his balls as you tantalize his manhood with your tongue. Or, lick his testicles as you manually massage his shaft.

When you're ready to take more of him into your mouth, try this titillating gag-proof technique: Form a tube with one hand and put it against your lips. Then, wrap your mouth around his shaft and slide your mouth and hand up and down in unison (make sure he's well-lubed with saliva or water-based lubrication). You'll send him into an orgasmic tailspin if you use your free hand to rub his frenulum (the thin ridge that runs the length of the underside of his penis) or supersensitive perineum (the area between his balls and anus) at the same time.

The bottom line: Be as creative as you want -- just don't use your teeth. As long as you've got a repertoire of mesmerizing mouth moves and erotic enthusiasm, I doubt your guy will even care whether or not you can fit "all of him" in your mouth.