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COSMOPOLITAN

EXPERTS

sex advice

from Amy Levine, Cosmo's Carnal Counselor

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"My guy takes forever to get an erection"

Q Why does it take such a long time for my boyfriend to get hard?

A While some men get hard-ons from the mere thought of sex, others are a little slower to rise to the occasion. If your guy's arousal pattern has always been like this and it doesn't interfere with your ability to enjoy sex, then it's likely nothing to worry about. You may be able to fire his desire faster by dabbling in some erotic experimentation, such as adding titillating talk, donning lusty lingerie or watching sexy flicks together.

But if the development is recent, he can't maintain his erection, and/or the delay is long enough to leave *your* libido lagging, you need to deal with the situation before it has a negative impact on your relationship, sexually as well as emotionally. The most common causes of erectile difficulties in young men include prescription medications, drug or alcohol use, stress and exhaustion. Luckily, all these culprits are temporary and easily rectified. However, it's also possible that the problem is due to a medical condition or is psychological in nature (performance anxiety, depression), in which case you should try to convince him to see his doc so you can get your love -- and lust -- life back on track.

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