

**iVillage**<sup>™</sup>  
solutions for women

# 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 guy was masturbating while he thought I was sleeping"

**Q** The other night I woke up at 5am to my boyfriend masturbating in bed next to me. I pretended I was still asleep. I can understand why he would do it when I'm not there, but why would he touch himself when he could have had more fun with me? I'm upset and have been thinking about saying something to him, but I don't know how to handle the situation.

**A** Try not to take it personally -- I'm sure your boyfriend loves having sex with you, and masturbation can never replace that. But it's perfectly normal for guys to get themselves off on a regular basis, even when they're in a happy relationship. It's likely that his solo session was spontaneous and not something he did to hurt you. Perhaps he was inspired by a sexy dream and didn't want to wake you. Maybe he woke up with a hard-on -- guys get erections repeatedly throughout the night -- and decided to take matters into his own hands. Or he could have been excited by the possibility that you might catch him in the act and finish him off.

Since it's bothering you and you seem to want an explanation, speak up! In a casual tone, tell him that you awoke while he was touching himself and that you were taken off-guard and thought it was best to pretend you were asleep. But if you're both satisfied with your overall sex life, your man's masturbation shouldn't be a cause for concern. It's just something guys do.

© iVillage Inc. 1995-2005. All rights reserved. [terms of service](#)