

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 man takes forever to come"

Q I know this sounds like an unusual complaint, but my boyfriend takes ages to come! This was something that suited me for a while, since it gave me plenty of time to climax. But there are limits to how many orgasms you can have before you start to get sore. He just thrusts away like his life depends on it. How can I deal with this without lessening his enjoyment?

A As you've discovered, you *can* have too much of a good thing. It's possible that certain medications (such as antidepressants), alcohol or drugs, or even stress is sabotaging your boyfriend's climax.

If none of these culprits is the cause, perhaps he indulges in such prolonged penetration because he's not as aroused as he needs to be. Try extending foreplay so you bring him closer to the brink before he enters you. Some tricks to pick up the passion pace: tracing circles around his nipples with your tongue, brushing your finger along the crease where his scrotal sac touches his inner thigh, stroking his frenulum (the nerve-packed sliver of skin on the underside of his penis) and pleasuring him orally.

When you are doing the deed, you can increase his excitement, and thereby get him off faster, by contracting your PC muscles around his shaft. You should also use lots of water-based lube. Not only will it boost the sensation for both of you, it will help keep you from getting sore. Since ongoing thrusting can actually desensitize his manhood, stop the action for a bit as he remains inside of you to reenergize the nerve endings of his penis.

If it gets to the point where you've had enough, have him slip out of your vagina, apply lube to his shaft, and let him move back and forth between your thighs. Or, try to finish him off either manually or orally.

If he's still having a hard time, he might want to see a specialist. A urologist can determine if he has a medical condition. Or, if he thinks it's a psychological problem, he can locate a sex therapist by contacting the [American Association of Sex Educators, Counselors and Therapists \(AASECT\)](#).

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