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sex advice

from Amy Levine, Cosmo's Carnal Counselor

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"I feel like I'm going to pee during sex"

Q Sometimes I feel like I have to urinate during sex. I've heard that G-spot stimulation can cause that sensation, but I get so freaked out I'll wet the bed that I lose my arousal. What should I do?

A Several sexual positions stir up internal sensations that scare many women into thinking they might spray the sheets. This feeling can be caused by your partner's penis putting pressure on your bladder. But, as you suspect, it could also be a sign that he's stimulating your G-spot. To find out what's causing the need-to-pee feeling, go to the bathroom before you get frisky. If the gotta-go urge creeps up when you're between the sheets, make a beeline for the loo. While this might slow down the momentum of your lovemaking, it's better than letting wet-the-bed worry completely kill the mood.

If you've emptied your bladder and still feel like you have to tinkle when you get back to business, your man has probably hit your G-spot jackpot. You may notice it most when having sex from behind, if you're on top or when you're lying under him with your pelvis slightly lifted. Once the G-spot is stimulated to the point of swelling, the feeling ordinarily subsides and, with further massaging, could lead to a body-quivering, mind-blowing orgasm. For some women, G-spot stimulation causes spontaneous emission of a somewhat clear fluid (that's not urine) from the urethra, before, during or after coming that can range from a few drops to a mini-flood. While female ejaculation is a hotly debated issue, many women claim to have experienced it.

The best way to understand how your G-spot works -- and to figure out how to max out your pleasure -- is to do some solo investigating. Lying on your back with a towel underneath you, spread your legs and insert your middle finger into your vagina. About halfway between your vaginal opening and cervix, you'll likely feel a very sensitive dime-sized patch of tissue at the 12-o'clock position on your front vaginal wall. Using a "come here" movement, rub your fingertip against the spot. If the peeing sensation starts after several strokes, you've hit your erotic bull's-eye.

While you may be tempted to stop, the trick to reaching the next level of titillation, and

ultimately a colossal climax, is to keep going. For an even more spine-tingling thrill, rub your clitoris at the same time. The more in tune you are with this G-spot-generated sensation, the easier it will be to tell the difference between actually having to pee and being on your way to an awe-inspiring orgasm.

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