

iVillage[™]
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](#)



"What's he hitting with each thrust?"

Q Sometimes my boyfriend's penis seems to hit something inside me when he thrusts during sex, and it really hurts. He is not that large. Is there something wrong with me?

A To solve this problem, you need to pinpoint when and where the pain is most prominent. If the discomfort happens during deep penetration, it's very likely that your boyfriend's penis is pounding your cervix (the bottommost part of the uterus found at the end of the vaginal canal). The more turned on you are, the less likely this is to happen because as arousal increases, your vaginal canal lengthens and expands. So make sure your guy indulges you with plenty of toe-clenching foreplay, holding off on penetration until you are so horny you can't stand it anymore.

You can also crank up your carnal pleasure -- and alleviate your pain -- by readjusting your positions. If you feel like he's prodding too hard when you're in the missionary pose, grab his buttocks and realign him so you're more comfortable or slide a pillow under you so he's pushing against your G-spot and not your cervix. When you're on top, support your body with your palms, knees and feet so you're controlling the depth and angle of his penetrations. Most of all, avoid positions that encourage superdeep thrusting, like doggy-style or missionary with your legs up on his shoulders.

If you're still experiencing discomfort, visit your OB/GYN. This type of pain could indicate a tilted uterus, which, although usually harmless, can sometimes be associated with endometriosis or pelvic inflammatory disease. Take notes prior to your appointment -- recording exactly where it hurts and which positions cause the pain -- to help your doc uncover the cause.

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