



COSMOPOLITAN

EXPERTS

sex advice

from Amy Levine, Cosmo's Carnal Counselor

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"What's the difference between a clitoral and a G-spot orgasm?"

Q What's the difference between a clitoral and a vaginal orgasm? How can I tell which type I'm having?

A While not all experts agree on the types of orgasms that exist, it's widely believed that they can be triggered by clitoral or vaginal stimulation, or from a combination of both (although most women need their clitoris stimulated to take them over the edge). Where you're being touched can help indicate the source. If the only hot spot being stimulated is your clitoris, it's a safe bet that your climax is clitoral. But the source isn't always so easy to identify during intercourse, because the clitoris, G-spot and other sensitive areas inside the vagina may all be receiving stimulation simultaneously. The bottom line: Whatever your orgasmic experience, enjoy it without getting caught up in classifying it.

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