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# COSMOPOLITAN

## EXPERTS

### sex advice

from Amy Levine, Cosmo's Carnal Counselor

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## "Why do guys experiment with anal play when doing the deed?"

**Q** Recently my boyfriend tried to stick his finger up my butt when we were having sex. Do men think that turns girls on?

**A** Yes, lots of men think that anal play turns girls on, probably because it turns *them* on. Despite the common misconception that back-door action is only for gay men, the anus is loaded with nerves and can be a pleasure center for men *and* women regardless of their sexual orientation. Another reason why so many guys find anal stimulation so tantalizing is the fact that it's still considered taboo. That "naughty" element can be highly erotic.

So, perhaps your guy was just trying to excite you. Or, maybe he was hoping you'd return the frisky favor. Whatever his intention, what really matters is how you feel about "back there" exploration. If you're ready for some anal experimentation, check out "[I want to try anal sex](#)" in the Carnal Counselor archives for some how-to tips. However, if the whole idea doesn't interest you, that's fine too. Just communicate it to your boyfriend. After all, mutual satisfaction is what great sex is all about.

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