



SEX

WITH BESTFIT'S @CATEMACKENZIE

Q

I TRY REALLY HARD BUT MY GIRLFRIEND RARELY ORGASMS DURING SEX. WHAT AM I DOING WRONG? MARK, VIA EMAIL

A

Many women do not orgasm during intercourse and mainly orgasm with clitoral stimulation. You can help her have more clitoral stimulation during intercourse by penetrating her from the missionary position but raising your body and the penis position so that you are rubbing her clitoris and her vulva as you penetrate. You could also become much more aware of how relaxed and lubricated she is and how much stimulation her clitoris and vulva are receiving. Also, a woman's sexual arousal circuit is different to a man's, so it can help if you are prepared to help her to relax and warm up through touch, licks and kisses, tempting and teasing her into longing for you. It also helps if she is comfortable and confident at pleasuring herself and if you can learn from watching what works for her. Try also not to see getting her to orgasm in intercourse as a goal but more of a bonus and enjoy the time you have together in different kinds of ways.

Q

MY BOYFRIEND AND I WOULD LIKE TO TRY A THREESOME - ANY TIPS SO THAT WE BOTH ENJOY THE EXPERIENCE? LUKE, VIA FACEBOOK

A

Threesomes are delicate and have a history of potential complications. One thought might be that you create a fantasy of a threesome so that you can both enjoy that, rather than actually having a real person. If you do want to go ahead with it, set some guidelines around how you are going to do this:

1 Set rules before about what you are both happy or not happy to do sexually with the other person. Make sure that you understand the risks of this situation, that sex can be very involving and that one of you might 'fall' for the other person.

2 Make it very clear that yours is the primary relationship and that the other person is included for fun and not to bond beyond that. Do not have them stay overnight.

3 Use condoms.

4 With a threesome it can be easy to feel 'left out', so make sure you are giving with your hands or tongue and focus on the others' pleasure.

Q

RECENTLY MY GIRLFRIEND OF SEVEN YEARS STARTED A NEW JOB AND HAS SINCE BECOME REALLY DISTANT. I'M WORRIED I MIGHT BE LOSING HER. HOW CAN I ASK HER WHAT'S WRONG IN A WAY THAT WON'T CAUSE ARGUMENTS? MARK, VIA EMAIL

A

She may be really busy with her job and concerned to impress the new place. It is your job to become the safe haven for her and create loving connections when she comes home. If you can make her life easier by cooking her a lovely meal or taking her out when she is free you may find that you reconnect again. When we create a good occasion and a positive atmosphere for our partner and they can relax with us then this can be a helpful moment to talk about the bigger issues, such as the new job or why there is distance.