

EXPERT ADVICE

The Top 10 Sex Mistakes Men Should Avoid

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Focusing on Orgasms

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Credit: Philip Lee Harvey / Getty Images

Perhaps thanks to popular media and porn, orgasms are seen as the end-all, be-all of sex. While it's nice to want to give your partner what you think is the ultimate in pleasure, obsessing over orgasm is not a smart move. "This is the bugaboo that most often leads to performance anxiety and even erectile dysfunction, oftentimes in physically healthy young men," says Christine Milrod, sex researcher, licensed therapist, and co-editor of the *Cultural Encyclopedia of the Penis*. It can also make partners who are being pressed to orgasm self-conscious.

The solution: Milrod suggests what she calls "getting stupid." Let your brain shut down. Stop judging and reasoning your way through sex. Reece also says people should understand that not everyone orgasms and that plenty of people enjoy sex immensely whether they orgasm or not.

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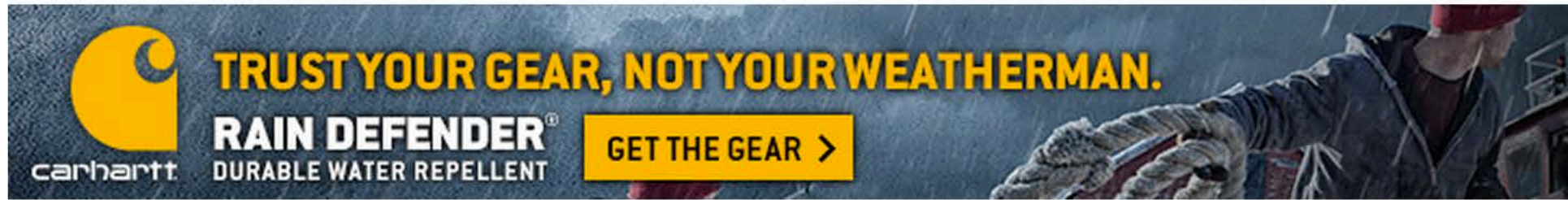
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Skipping Foreplay

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Credit: Adrian Samson / Getty Images

Men and women are generally aroused in different ways. "Many heterosexual men believe that penetration and propulsion (e.g., going deep and fast) will lead women to orgasm," says Milrod. The truth is many women don't orgasm vaginally and most women need about 20 minutes of foreplay to reach prime physical arousal. Without this warm up a woman may lack natural lubrication and have decreased skin sensitivity. Arousal also elongates the vagina. Without this elongation, a man's penis is more likely to painfully bump up against a woman's cervix during penetration.

The solution: Put in that extra 20 minutes and be creative about it. This can involve massage, oral sex, and heavy petting. It can also come in the form of sexy texts or a romantic date nights, suggests Reece.

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