



How do I deal with the fact I can't orgasm?

How can I change this?

Dear Dr. Joan:

I am with a wonderful man that turns me on, just looking at him and thinking about him I can feel so warm and loving but when it comes to having an orgasm I have not been able to achieve one with him. I am feeling unhappy and thinking he is unhappy too with my inabilities.

I know that our love is deeper than just this simple release, but I feel so sad about it. It is certainly affecting how I feel about myself as a lover and person. I am not very out of shape; not over weight and I eat pretty well. I would very much appreciate some insight into how others deal with this issue as I am feeling very alone with it.

Cidsay (F) 48

Boston, MA: Married 10 years

Dear Cidsay:

If you were a client, I would ask you many questions, including your medical history; did you ever have an orgasm with your husband or by yourself through self-pleasuring?

Since I can't ask these questions, I've provided some general suggestions.

Many women are affected by low sexual desire or our desire can decrease as we approach menopause. Try an herbal sexual formula that enhances sexual desire and pleasure, such as [Sahdara](#). Or see your medical doctor for a hormone test. You may need more testosterone; it feeds the libido in both men and women.

You, as millions of other women do, may need more intense clitoral stimulation in order to achieve an orgasm. I rarely had an orgasm until I added a vibrator to my lovemaking. Now, I have an orgasm every time. The research done at UCLA's Female Sexual Health Medicine Center has confirmed this.

I suggest that you practice - what fun practice - with the vibrator by yourself. The *Hitachi Magic Wand* is the staple and it is also useful for relieving muscle tension in the neck and other areas, so it is not just a prophylactic.

Set up a romantic environment, just for yourself: music, aromatherapy and turn off the phone. Remember the hottest sexual experience you ever had or your fantasy one - sexual stimulation begins in your mind. Massage lubricant onto your clitoris. Practice with the vibrator, varying the speed and the amount of pressure. You may need to try several vibrators until you find the right one for you.

Once you determine what adds more pleasure or brings you to orgasm - introduce the vibrator into your lovemaking. Some men may feel threatened. So during foreplay, use the vibrator to give him a massage; then massage yourself: your breasts, inner thighs and then finally your clitoris.

Keep him involved in your pleasure. He needs to feel safe and that he is still the center of your sexual universe.



Dealing with the psychological issues is more difficult. Personally I recommend both of you spend a few sessions with a sexual therapist to talk about the issues and come up with a game plan. If you are like most women, you are afraid to tell your husband because you think it will hurt him. Overwhelmingly in the Couples Company poll: "*Would you want your wife or girlfriend to tell you if she was faking orgasm?*", the [men say yes](#).

Men are problem solvers and this is one problem that can be rather fun to solve. He can't help you solve it if he doesn't know it exists. My suggestion would be to show your husband the letter you wrote in to us, (It clearly shows you love him very much) and ask for his help in solving this. You may want to also print out the article [Why Women Fake Orgasm](#) to make it easier to talk about the issue.

Realize the solution does not come overnight. Dealing with the anxiety (Why is it taking me so long?), the fear (I'll never be able to do this) and the nervousness, (Now that he knows about it, what if we can't fix this?), learning some relaxation techniques are also recommended. Couples Company has the following articles dealing with sexual fitness. [Yoga](#) is a great way to relax and improve flexibility. [Pilates](#) increase sexual performance and [Kegel exercises](#) help strengthen the muscle which excites orgasms.

Couples Company's CEO Laura Dawn Lewis also had this problem about twelve years ago when her fiancé at the time threatened to leave if she didn't figure it out. The way she solved it involved using a combination of [sensual](#) and erotic massage and slowing him down considerably. She actually illustrates the entire technique and addresses the fear and pain women experience with this in her story "[The Last Resort](#)" from [Sensuality Volume One](#). Though the characters and scenario in the story are purely fictitious, the action sequences are based on a true story and illustrate in narrative how she overcame the orgasm barrier. The story was specifically written to help other men and women with this issue.

I also provide a number of stimulating ideas in.

["Recipes for Hot Sex - a book for a spicy sex life...Just Add Love"](#).



My wish for you: Health, Happiness and Hot Sex!

Dr. Joan

E-books dealing with Orgasm

(download now) unless otherwise indicated.

[Sensuality Volume One](#)

(through Amazon.com)

[The Last Resort](#)

(through Couples Company)

[Erotic Passions: A Guide to Orgasmic Massage, Sensual Bathing, Oral Pleasuring, and Ancient Sexual Positions, \(book\)](#)

[The Classic Art of Sensual Massage \(Video\)](#)

[Understanding the G-Spot and Female Sexuality : A 10-Step Guide for Unleashing the Ultimate in Female Ecstasy](#)

[The Art of Sensual Massage: Techniques to Awaken the Senses and Pleasure Your Partner, \(book\)](#)

