

SIMPLE TIPS ON HOW TO IMPROVE SEXUAL PERFORMANCE

If someone's bad at sex, what are some simple tips for them to improve?

The better it is, the more you do it; the more you do, the better it is... I always get a kick at discussing vicious circles in my line of work! In other words, practice makes perfect... when you know what to focus on.

Some people experience performance anxiety when they question their abilities to please their partner. Rule number one: RELAX! Enjoy the ride. All those cliché phrases apply here too. It is the journey that is important, not the destination. If you want to make sure she loves having sex with you, make sure you concentrate on her pleasure. Thinking about how good it is for you may only hasten your orgasm. Not every girl will be comfortable telling you what she likes but there are other ways she will communicate. Body language can become your strongest ally. Make sure you are listening!

Start the preparations early if you have a hot date that evening. Call her and tease her on the phone. Tell her you can't wait to nibble on her neck and ears or give her a massage. Sexual intimacy can start early in the morning. It takes about 15 minutes of stimulation for a woman to become physically aroused. In other words, never skip the foreplay. Make sure you kiss her, touch her, caress her, massage her, and make her shiver everywhere. Look at her, analyze her reaction. You will know if she is enjoying herself. Take your time, stretch out the sexual experience. Even if you started the coitus phase doesn't mean you can't go back to foreplay. If you get too close, stop and give her 10 minutes of cunnilingus (oral sex for her) to bring her closer to your level. Never be a selfish lover. The more she enjoys having sex with you the more likely she will come back for more.

I believe sex is like a sport. Therefore if you exercise and increase your endurance and your flexibility you will increase your capacity for your sexual performance. Not only will you be able to run your sexual marathon but you will also be able to try more positions that require a certain amount of strength and flexibility. Being in shape will also make you feel better about yourself. It is a great feeling to know your mate is physically attracted to you. But don't just focus on your muscles, good body hygiene can also entice her to come closer.

A good sexual experience is all about making your senses feel good. So if you arouse her 5 senses, you are maximizing her pleasurable sensation. It can be using scented candles for light ambience and smell; tickling her with a feather for touch; soft music or porn in the background for sound and for taste the list is long but strawberries, champagne or chocolate always seems to do the trick!

With all this preparation, make sure you believe in yourself. Second guessing will only increase doubt in your abilities and this can destroy all your hard work. Sexual desire is quite communicative. If you are hot with desire for your partner, send her the vibes so she can get infected by your passion. There is always room for improvement, so go out there and practice, practice, practice!

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