

sextalk.

answers to your questions about sex and relationships

factoid 91% of UA students exercise each week.

(2005 Health and Wellness Survey, n= 2036)

Q. What is a great way to enhance sexual performance?

A. Learning ways to enhance one's performance in bed is a hot topic on the minds of many people who choose to become sexually active. It seems like as soon as you start having sex, you start worrying about whether you're doing it right. It can be adventurous to experiment with erotic sexual enhancers as you discover more about yourself and your partner's body. Be aware that the many products on the market (desensitizers, penis pumps, herbal aphrodisiacs, creams for vaginal tightening, pills to strengthen erections, etc.) benefit the sellers' profit much more than the buyer's sexual performance. These external aids can divert our attention away from valuable inner resources that we possess naturally.

Rediscover your personal assets that can help meet your long-term needs and desires. Understand how your brain is your largest sex organ with possibilities to explore, visualize and fantasize through your thoughts. Tap into resilient qualities of confidence, self-esteem, creativity and awareness, so you can learn to make a sexual experience special on multiple levels, integrating physical, emotional, and spiritual values in sexual intimacy. Consider these sensual tips that everyone has the ability to access on their own.

- Tune into each other and really listen verbally and non-verbally

You're not a mind reader and neither is your partner. Over 85% of what is communicated is often non-verbal. Don't miss out on the sounds, movements, gestures and expressions that provide valuable insights on how to enhance pleasure for you and your partner.

- Communicate confidence about your body image

Your level of attractiveness peaks when you exude confidence. Being content with all you have to offer, both on the inside and out, can make you a desirable total package.

- Be an adventurer and willing to experiment

Taking risks often brings couples closer. Be willing to explore each other's bodies and discover zones of pleasure that you didn't even realize existed. Be specific with what you do and do not like, and be willing to show your partner if necessary.

- Let go of expectations and be willing to just "play"

Learn to value and appreciate the process of being together and not just the outcome. Sexual pleasure can be enhanced by simply attending to each step along the way. Savor the journey and enjoy the ride.

Have a question? Send it to sextalk@email.arizona.edu

SexTalk is written by Lee Ann Hamilton, M.A., CHES, David Salafsky, MPH
& Laurie Krupski, PhD, health educators at The University of Arizona Campus Health Service.

