

sex talk.

answers to your questions about sex and relationships

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Q I've been faking orgasms for 2 years. Is that wrong?

A. There are two problems here: 1) You are being untruthful in order to please your partner – which may have larger implications for your relationship, and 2) You're missing out on all the fun!

Some women are great at faking it, as the well-known “orgasm in the diner” scene demonstrates in the movie *When Harry Met Sally*. Acting accolades aside, is hiding the truth a good idea? Hardly ever. The “faker” usually ends up feeling empty and disappointed. And, chances are, your partner suspects your dishonesty, and may feel badly, too.

You can't change the past, but you can opt for openness in your next intimate encounter. If you're able to “cum” during self-stimulation, guide your partner or tell them what feels good to you. If you haven't ever had the “big O,” consider reading one of the many books on the subject. Check out *The Elusive Orgasm: A Woman's Guide to Why She Can't and How She Can Orgasm*, by Vivienne Cass, Ph.D. Chances

are your partner will be excited to try something new. You'll both be thrilled when you have an honest orgasm.

Sex isn't just for one person's enjoyment. It can be exciting and wonderful when there is a mutual desire for pleasure. If your partner doesn't know that you are sexually unsatisfied, they can't solve the problem. It's up to you to help find a solution, come clean, and communicate honestly.

While many women struggle to achieve the highly-prized orgasm during vaginal intercourse, they miss out on dozens of ways to experience pleasure in other ways – oral sex, manual stimulation, fantasy, etc. If you are in the habit of squelching your wants and needs to satisfy your partner, it's time to take action and begin communicating what feels good to **you**. This is an opportunity to explore and discover a world of pleasure... for both of you!



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

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