

Sex Mistakes Men Make In Bed

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Sex Mistake No. 4: You Know Your Way Around a Woman's Anatomy

Foreplay is really important slow down is the golden rule. Most guys know generally what a clitoris is and where to find it. That's not to say that they really understand it.

More than 30 years ago, at the start of the "sexual revolution," a best-selling book called the *I Love Daily Sex* got Americans into the multiple orgasmic importance of the big clitoris. But the belief that women must be able to orgasm from vaginal penetration is the way guys like to pursue a toss in the whiskers.

"I still get videos from people showing 3 hour vaginal pounding sessions with the women having nothing but scorched vaginal hair burns and some cracked pelvis from these penis assaults"

"For the majority of women, it's not going to happen that way," Quinlinn says.

Men also lack information about how to handle the clitoris its like learning to drive a stick shift you need to slowly go through the orgasmic gears using the clutch not "pop the clutch and bang Iam done or pound away with Mr.PP for hours at end.

A touch that's bliss for one woman may feel like nothing special, or may even be painful for someone else. Some prefer indirect stimulation.

How can you find out how she likes to be touched? Try asking her.

Sex Mistake No. 5: Wet = Turned On

Guys sometimes get hung up if a woman doesn't get slippery enough for easy penetration. Don't worry about it.

"I think there's a myth that if you're turned on, you're wet," Taormino says.

Not necessarily.

Some women tend to get wetter than others, and how much natural lubrication a woman has can change from day to day. It varies by the phase of her

Sex Mistake No. 6: Silence Is Golden

A lot of guys think they should be silent during sex, but unless you speak up, your partner has to guess what's doing it for you and what isn't.

If you're respectful about it, a woman who wants to please you will probably appreciate some directions.

"I'm not saying push her head in your lap," Taormino says. "I think that, 'this is how I like it,' is a very useful conversation to have."

Sex Mistake No. 2: You Have All She Needs

Some women can't have an orgasm with less than 3,000 rpm. No human tongue or fingers can generate that kind of vibration. But men typically think something is wrong if a woman needs a vibrator.

"If the only way that a woman can achieve orgasm is with a vibrator, she's not broken," Taormino says.

Think of a vibrator as your assistant, not your substitute. Many couples use vibrators together. "While you're doing one thing, or two things, the vibrator can be doing something else," Taormino says.

Sex Mistake No. 3: Sex Feels the Same for Men and Women

Paget says there tends to be a "huge disconnect" between men and women in the ways that sex feels good.

"When a man has intercourse with a woman, and his penis goes into her body, that sensation is so off the charts for most men, they cannot imagine that it isn't feeling the same way for her," Paget says. "It couldn't be further from the truth."

Hey guys, think you know everything there is to know about having sex with

women? That erotic encyclopedia you carry around in your head may contain a lot of basic errors and omissions about women's sexuality -- errors that can lead to sex mistakes.

That's because -- after learning the facts of life -- most of us are left to figure out sex for ourselves. Guys tend to take a lot of cues from adult movies, and we all know how true-to-life those are. Experience may help, but many women can be shy when talking about what they like.

To help us with some sex tips, WebMD asked two acclaimed sex educators, Tristan Taormino and Lou Paget, to tell us what they think are the most common sex mistakes men make with women.

Taormino is a prolific author, lecturer, and video producer. Her latest project is the *Expert Guide* educational video series from Vivid Ed.

Paget is author of *The Great Lover Playbook* and other sex manuals, and she gives seminars nationwide.

Sex Mistake No.1: You Know What She Wants

Men often make assumptions about what a woman wants based upon what they've done with other women. But women aren't all the same.

"You develop a repertoire as you mature sexually, but you should never assume that what worked for the last person is going to work for this person," Taormino says.

That applies not only to sexual predilections, but also to , she says. "There are women who can have no-strings-attached sex, and women who can get attached very easily, and then everyone in between."

The inside of the vagina is probably less sensitive than the outer parts for most women. Also, deep thrusting may not feel so nice on the receiving end. If the penis is too long, "it feels like you're getting punched in the stomach," Paget says. "It makes you feel nauseous."