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5 Ways To Have Better Sex When Your Man Isn't So Great In The Sack

An expert's guide to have amazing, passionate sex!

By Habeeb Akande (/experts/habeeb-akande) — Written on Sep 11, 2020



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Do you want to have better sex, but your man isn't so great in the sack?

There are a number of reasons why men do not make love to women how they would like. In fact, a large percentage of women are dissatisfied with their sex (http://pinterest.com/pin/create/button/?

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For many women, sex is boring and dull. It leaves them feeling frustrated and disappointed, due to a lack of orgasms.

RELATED: <u>8 Steps To Improve Communication For A Red-Hot Sex Life</u> (https://www.yourtango.com/experts/freeandconnected/steps-improve-communication-for-better-sex)

Men, on the other hand, will come again and again.

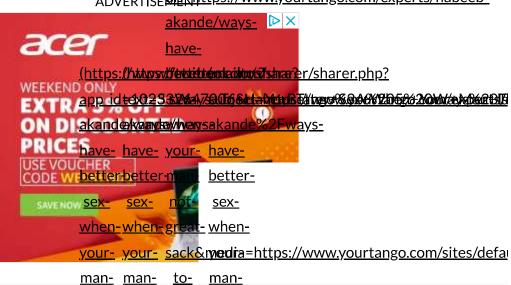
It shouldn't be like this! <u>Women deserve great sex and plenty of orgasms</u> (<u>https://www.yourtango.com/experts/angel-snow/solo-sex-101</u>). Your pleasure matters, too!

Here are 5 common reasons why men are bad in bed and how you can have better sex!

1. Sex (mis)education.

In our culture, there is a huge amount of misinformation amongst men about what turns women on and how to give them an orgasm. Many men are not aware of how bad they are in the bedroom.

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Poor sex education is largely to blame for this. Porn has also not helped in this matter.

Far too many men receive their understanding about sex and pleasuring women from porn, which we know is performative sex. For many men, porn is the primary source of their sex education!

Learning to satisfy women from porn is like learning how to drive from Hollywood movies. It may look good on screen, but it won't work in real life.

Porn has distorted how many men view pleasuring women and passionate sex. This has led to growing numbers of men suffering from porn-induced erectile dysfunction (https://www.webmd.com/sex/news/20170512/study-sees-link-between-porn-and-sexual-dysfunction) — basically, porn is making men impotent to a degree.

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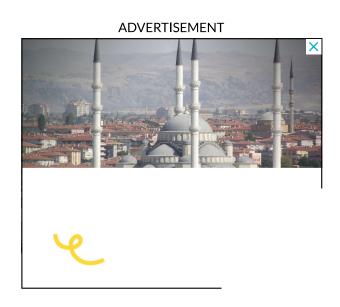
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In real life, good sex requires mutual participationes omething porn and masturbation can't provide. Being fiac oduwith work was new through the masturbation can't provide. Being fiac oduwith was participated by the masturbation of the matter of the matt

not- not- have- notTo overcome this, better sex edu<u>cation is needed to understand</u> authentic sexual

experiences. Men need to under stand that every warman is different unkernented to under stand that every warman is different unkerne the sent who is a sent to the sent that every warman is different unkerne the sent to th

To have amazing, passionate sex requires two-way communication, emotional connection, and sincere exploration. Women should not feel shy to take the lead and teach your partner about your body.



Men are not mind-readers. He won't know what you like unless you tell him.

2. Performance anxiety.

The pressure to satisfy women plays on the minds of many men. Over time, the stress and anxiety can lead to diffitted the work of the control of the control

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Fortunately, performance anxiety can be easily solved. From open and honest communication with your partner to relaxation exercises, you can help him overcome his performance worries and enjoy a fulfilling sex life.

RELATED: <u>7 Fun Sex Positions To Try When You're Bored In The Bedroom</u> (https://www.yourtango.com/2013176621/7-fun-sex-positions-try-tonight)

3. Premature ejaculation.

Premature ejaculation (P.E.) is when a man ejaculates quickly during sexual intercourse. It's another common sexual problem interests and embarrassment for men and their partiments the sexual problem interests and embarrassment for men and their partiments in the sexual problem interests and embarrassment for men and their partiments in the sexual problem interests and embarrassment for men and their partiments in the sexual problem in

Although most women do not regularly climax from penetration alone, many women would like to orgasm during intercontain alone, many

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Some women think a man is a terrible lover if he can't last long enough for her to climax. This is where P.E. can be a serious concern.

However, P.E. is a manageable problem that should not impede your sex life. There are some effective natural treatments which men can use to delay ejaculation.

These treatments include behavioral practices, topical anesthetics, mindfulness, pelvic-floor exercises, and sexual techniques (such as the start-stop method, the squeeze method, or the Kunyaza (Kunyaza-secret-gushing-female-orgasms) technique).

4. He's a selfish lover.

Truth be told, some men are extremely selfishing they sack and have no interest in satisfying their partners. For such men, the repleasure is most important. Sex ends when they climax — often with a well with the self sales of the same of the self sales of the sel

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You've probably come across such insensitive men in your past or current relationships. Good news is that selfish lovers can change.

It may take some time and effort, but I believe they can change. A selfish lover can become a considerate, attentive lover.

As his partner you can teach and provide guidance to such a man, but you can't change him. It has to come from himself.

You aren't responsible for making a man a great lover. Neither should you blame yourself or take responsibility for a man who doesn't want to satisfy you.

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Remember: He's the one with the safe of the street of the

As certified sexual health educator Angelica Lindsey-Ali said, "Do not minimize (/) "yourself to appeal to men. Do not shape shift. Be the woman you are born to be, without apology."

5. A lack of desire.

Loss of desire is common in long-term relationships, even amongst married couples in love with one another. In some cases, love can destroy desire.

Too much intimacy and closeness can suffocate eroticism and sexuality. <u>Desire needs freedom to thrive (https://www.yourtango.com/experts/elayne-daniels/ways-spice-your-sex-life-during-quarantine)</u>. "Desire needs space," psychotherapist Esther Perel famously said.

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Nothing turns a man on more than when he sees a woman really turned on. This is why so many men watch porn.

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To cultivate his desire, he needs <u>you in your full erotic self. When there is </u> an element of mystery and space <u>be</u>tween χομ, this will truly awaken his desire.

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Generally, the biggest turn-on (https://www.yourtango.com

allows herself to fully enjoy pleasure. This requires having a relaxed state of mind and being confident with your body.

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A woman should think pleasure to enjoy pleasure. This requires allowing you to love yourself and not be overly self-critical, or you will turn yourself off.

A woman should feel loved to be loved. This requires being comfortable and in love with yourself, so that you can feel comfortable with someone making love to you.

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Habeeb Akande is a sex educator and author of Kunyaza: The Secret to Female

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How Getting An STI Gave Me The Wake Up Call I Needed

My teachers forgot to mention that there is no one face to STIs.

By Unwritten (/users/unwritten) — Last updated on Aug 11, 2023



By Skylar Jones

sex- notwhen-when-great-whenPhoto: CarlosDavid | Shutterstock

<u>your-</u> <u>your-</u> <u>sack&media=https://www.yourtango.com/sites/defallownedia=https://www.yourtango.com/sites/defallow</u> and ushered the two groups into separate rgoms before she started her presentation. great- great- better-greatWith my cheeks red from embarrassment, Mrs. Callie showed slides and gave handouts of the female anatomy, and how the reproductive system worked. She explained what menstruation was, and all that other lovely stuff involved in female puberty (https://www.yourtango.com/2016287534/parenting-daughterthrough-puberty).

She then moved onto on toesentation of the dangers of unprotected sex and the different forms of STIs that sexually active girls can be at risk for.

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