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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 lives.

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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.

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

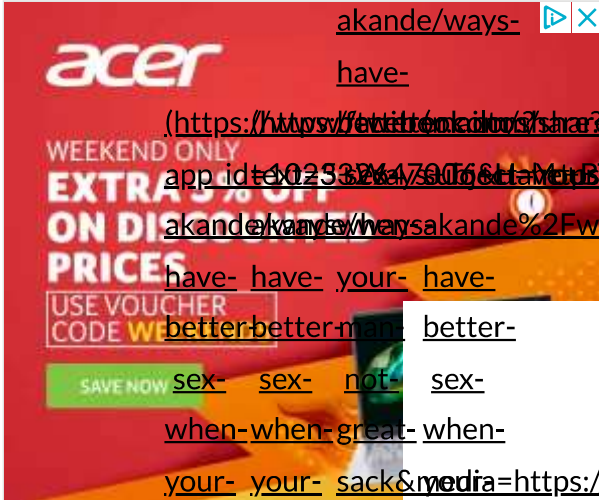
It shouldn't be like this! Women deserve great sex and plenty of orgasms (<https://www.yourtango.com/experts/angel-snow/solo-sex-101>). Your pleasure matters, too!

## 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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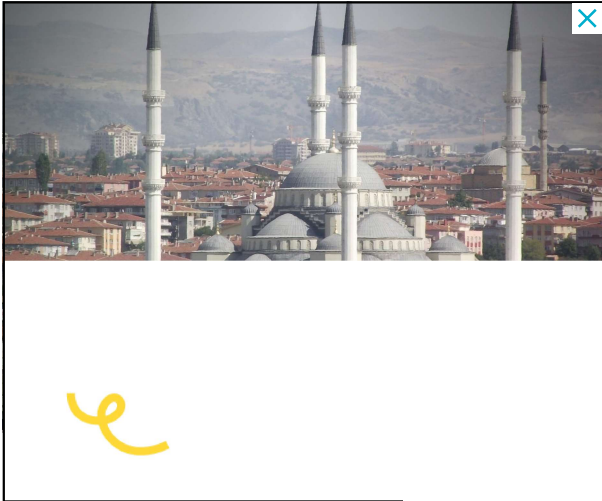
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experiences. Men need to understand that every woman is different. <https://www.yourtango.com/experts/habeeb-akande/ways-to-get-better-sex-not-better-man>

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.

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

### 2. Performance anxiety.

Sexual performance anxiety is a feeling of nervousness and worry before and during sex. It's very common for men to suffer performance anxiety at some stage in their life. <https://www.yourtango.com/experts/habeeb-akande/ways-to-get-better-sex-not-better-man>

The pressure to satisfy women plays on the minds of many men. Over time, the stress and anxiety can lead to difficulty maintaining an erection. <https://www.yourtango.com/experts/habeeb-akande/ways-to-get-better-sex-not-better-man>

Intimacy worries about body image and penis size can also lead to feelings of nervousness and inadequacy. <https://www.yourtango.com/experts/habeeb-akande/ways-to-get-better-sex-not-better-man>

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Remember: He's the one with the *four tango*...

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. Desire needs freedom to thrive (<https://www.yourtango.com/experts/elayne-daniels/ways-spice-your-sex-life-during-quarantine>). "Desire needs space," psychotherapist Esther Perel famously said.

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Female attractiveness and a woman's sex appeal isn't the male desire. It's not all about wearing sexy lingerie, speaking "dirty," or the female body.

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Attraction is much broader than that. It includes how a woman walks, her confidence, her positivity, her aura. For men, this is all part of what creates attraction and sex appeal in women.

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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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The male desire responds to female sexual interest. He needs to see and believe you are interested in making love. This will kindle his desire.

Sometimes, you do not need to initiate sex. If you're interested, he should see the sex in your eyes.

To cultivate his desire, he needs to see you in your full erotic self. When there is an element of mystery and space between you, this will truly awaken his desire.

**Give yourself permission to have better sex.**

Generally, the biggest turn-on for women is when she feels aroused (<https://www.yourtango.com/experts/annathea-fabricius/ways-improve>-







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*Habeeb Akande is a sex educator and author of [Kunyaza: The Secret to Female Pleasure](https://www.amazon.com/Kunyaza-Secret-Pleasure-Habeeb-Akande/dp/0957484569/ref=sr_1_1?ie=UTF8&qid=1598109444&srefix=habeeb+akande%20caps%20203&sr=8-1) (https://www.amazon.com/Kunyaza-Secret-Pleasure-Habeeb-Akande/dp/0957484569/ref=sr\_1\_1?ie=UTF8&qid=1598109444&srefix=habeeb+akande%20caps%20203&sr=8-1). He runs intimacy workshop for men and women on how to improve their sex lives with*



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By *Skylar Jones*

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