Sex Doggie-Style = Pain [1]

Dear Alice,

I like to have sex 'doggy style' more often than I could at the moment because my wife complains that it is painful. Is that common?

doggy style

Answer

Dear doggy style,

Yes. The doggy-style position allows for the deepest penetration for women. Often, it is deep penetration, as well as a lack of lubrication, that causes pain. You can use another kind of lubricant, such as Aqualube, in addition to natural vaginal lubrication to help minimize friction. As for the depth of penetration, you can control it by putting your penis in a bit at a time, and then asking her to let you know what is pleasurable and what is painful. However, if during doggy-style sex your body is pounding like a pile-driver, Alice encourages you to reconsider the type, speed, and intensity of your movements.

One last thought: check with your wife to make sure doggy-style sex is something she really wants to do, or if she is interested, to find a more comfortable way to do it. Good sexual communication facilitates more enjoyable sex for you and your wife.

Alice!
Category: About Intercourse [2]
Published date: Sep 27, 1996
Last reviewed on: Oct 28, 2005
Go Ask Alice! is not an emergency or instant response service.

If you are in an urgent situation, please visit our Emergency page to view a list of 24 hour support services and hotlines.

Source URL: http://www.goaskalice.columbia.edu/answered-questions/sex-doggie-style-pain#comment-0

Links