

“Err,  
he fell  
asleep...”

## plus 11 other sex dilemmas

At some point you're likely to face one of these awkward moments. **Lisa O'Brien** and **Jessica Martin** show you how to handle them

**W**e hate to burst your sex-fantasy bubble, but no-one is immune to awkwardness in the bedroom. Even if you move to the Himalayas and spend years learning the ancient arts of the Kama Sutra, you will still contend with fanny farts, getting your jeans stuck around your ankles and bumping teeth – just in a more exotic location. Whether you're in a mountainside tent or up the hall from your flatmate's room, these sex sitches can strike anywhere.

### 1 He's a little, well, smaller than you were expecting

We've all experienced the disappointment of opening a present only to discover that it's not what we'd hoped for. You face the same risk when your man drops his dacks for the first time – it could be the iPhone you've been wanting or an, er, iPod Nano. “It's not good form to make disparaging remarks,” reminds etiquette expert Anna Musson from The Good Manners Company. What is good form is to lie on your back and lift your legs into a V-shape. From this mutually beneficial position, you won't need to exchange your present!



### 2 He fell asleep. Down there

“One minute it was all systems go, the next he stopped suddenly and I realised he was asleep,” recalls Roxy, a 21-year-old student. “He'd had a fair bit to drink, but still. It was mortifying. Telling my friends about it the next day was pretty hilarious though.” And therein lies the key to not letting Mr Snooze get you down – his parlay into the land of nod has absolutely nothing to do with you, how you're performing or what your body looks or tastes like, so don't take it personally! Do, however, have a chuckle when you discuss the drama with your besties.



Amy's Grimace-inspired costume never failed to get Seb in the mood.



### 3 He can't get it up

Even if your guy could give Russell Brand a run for his money in the sex stakes, there will inevitably be times when Little Russ won't cooperate. The culprit could be booze, tiredness, stress or nerves, but remember that this situation is likely to be more awkward for him than it is for you. "Instead of getting annoyed, slow things down and just snuggle or kiss," advises sexologist and relationship expert Dr Nikki Goldstein. "If he is really having trouble, then you can always stop to talk about it."

### 4 You're drier than the Sahara desert

It's the female equivalent of not being able to get it up, and not being wet enough can make for some painful penetration. But whether it's a result of medication, your mood or your man's unwillingness for foreplay, your dryness doesn't have to signal the end of your romp fest. "I've always had a little trouble getting really wet, so now I make sure I've got some lube in my bedside table," says 26-year-old Danielle. "I don't make a big deal about it – I just put some on my fingers and touch myself a bit. No-one I've ever been with seems to mind!"

### 5 It's tough getting it on... the condom, that is

One minute you're getting hot and heavy with your man, the next you're contorting your body as you try to pull a condom out of the bedside drawer while simultaneously pulling off his pants. "Our body's sexual responses do not include a pause to put on a condom, and when the pressure is on, we tend to sometimes stuff this one up," explains Dr Goldstein. "My best tip for getting away from that awkward moment is learning how to put it on with your mouth. It turns condom time into sexy time and prolongs foreplay – just be careful of your teeth!"

## What he's doing feels... not good

The poor love. He probably thinks the way he's moving his hips in a circle like that, or thrusting in and out of you faster than the speed of light, is really turning you on. But yeah, um, no, it's not, and there's no reason you shouldn't (gently) tell him so. "I was having sex with a guy I really liked for the first time," says 25-year-old engineer Amber. "I was expecting it to be pretty hot because we had great chemistry, but it was more like he was masturbating with my body rather than actually having sex with me. I grabbed his hips, looked straight in his eyes, arched my back a bit and said, 'I really want to feel you deep inside me.' It did the trick. He slowed down, paid more attention to how I was responding and it was much more enjoyable."

“Caught in the act? The best approach for recovering is to attempt humour”

Kelly couldn't shake the feeling that Jason was getting cold feet.

## 7 Your period makes an unexpected visit

Everything is going swimmingly and then you look down and, oh! You're on the set of a horror movie. But don't fret. If you want to keep going, grab a towel to lie on or move your sexy

times into the shower. Worried he'll freak out over a little blood? Take it from a (good) guy – they don't mind. "This has happened with girlfriends I've had," admits 28-year-old teacher Zac. "It doesn't bother me. It feels the same, plus all guys have read that women are friskier during that time of the month. That's true, isn't it?"



Steps for a sexy shower: gyrate, rinse, repeat!

## 8 You're fumbling like a first-timer

The lead-up is all cheeky sexts full of inappropriate puns about going for a 'ride' after work, but as soon as you hit the bedroom you have all the swag of a Golden Girl. "Anxiety in the bedroom is problematic as sex is best enjoyed when people are relaxed," explains psychologist Dr Joann Lukins from Peak Performance Psychology. "Strategies that may help include being in the moment, finding humour in the situation and talking about your anxieties. Slow, steady breathing will also help relax you, lower blood pressure and reduce muscle tension."

Photography Chris Craymer and Andrew Southam/  
trunkarchive.com/Snapper Media. Posed for-by models  
in no way associated with this story.

# 10 You start crying

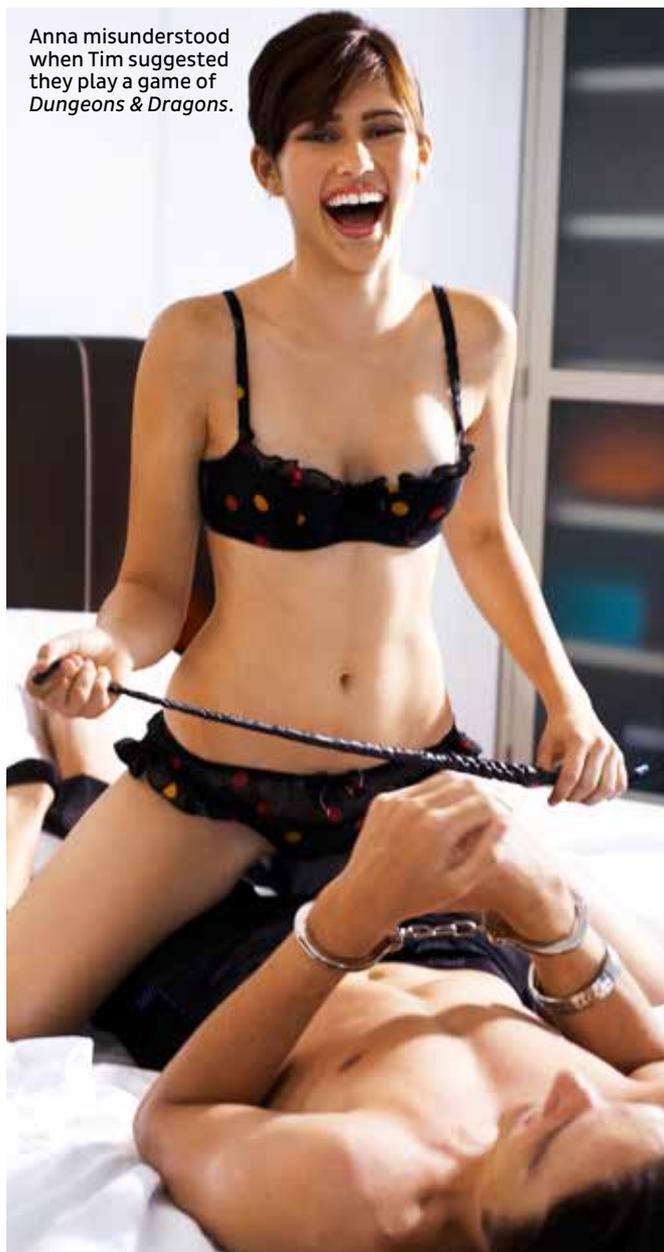
Ugh. It happens to the most emotionally stable among us and there could be zero reason for your waterworks, or a perfectly good one. "My new boyfriend and I had sex for the first time and I started thinking about my ex who I'd broken up with a few months before," says Jasmine, 20. "I tried to hide it and when my boyfriend asked if I was crying, I half shouted, 'No!' I was so embarrassed." If you feel comfortable being honest about what's up, do it. Otherwise, "there's something in my eye" can work a treat.

# 11 You've been caught in the act

There's no guarantee you'll never be caught mid-romp... unless you're getting it on in a windowless, soundproof bunker in the middle of the desert. When precautions have failed (lock the door, people!), and you've found yourself with an accidental audience, it's time for damage control. "The best approach for recovering is to attempt humour and face it head on," advises Musson. "When you're ready to face them, a comment like, 'Well, that was awkward!' may break the ice. The sooner you laugh about it, the quicker the embarrassment will pass." If it was your parents who caught you, just be grateful things weren't reversed and you didn't see *them* in the act.

# 9 He just doesn't seem into it

It's hard to believe that a guy wouldn't be 100 per cent, absolutely, completely into having sex with you (what is he, crazy?) but guess what – just like us, sometimes the fellas in our lives just aren't feeling it. Maybe he's really tired. Perhaps he's thinking about the footy or his important meeting tomorrow, or maybe (deep breath) your signature move isn't getting his rocks off. No matter! Slowly stop what you're doing, gently nibble his ear and whisper, "If you could have me do anything to you right now, what would it be?" If he's still unresponsive, check you're not making out with a corpse – otherwise, have fun taking direction and making his wildest dreams come true.



Anna misunderstood when Tim suggested they play a game of *Dungeons & Dragons*.

# 12 You attempt a kinky new move... and fail

In 2D illustrated form, that sexy new Kama Sutra move looks relatively simple. But throw in actual 3D humans, gravity and a limited range of dexterity, and suddenly The Lustful Leg is just seconds from becoming The Broken Leg. "If you are attempting something adventurous and it goes horribly wrong, you have a couple of options," advises Dr Goldstein. "The first is to actually flag what happened. Letting your partner know that it didn't really work out can be a welcome change from any moments of silence where you ponder what to do next. The other is simply laughter. As long as you're having a good time, that's all that really matters." 🍷