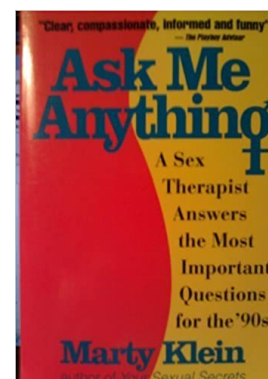


**"Ask Me Anything:
A Sex Therapist Answers
the Most Important
Questions for the '90s."**

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Question #239 from "Ask Me Anything," page 134

239. I always strive for us to climax at the same time, but sometimes it takes a lot of work! How do I accomplish this more easily?

Note the words *strive*, *work*, *accomplish*. You're putting a lot of effort into something that could, instead, transport you away from the pressure to perform and achieve.

You already know that coming together is extremely difficult to pull off—sort of like singing underwater. Yet many people think of simultaneous orgasm as the ideal sexual experience. Why? After you get beyond the myth that "it's the best sex," you're left with only two possible reasons: it creates a special sexual intimacy; or it's the most competent sexual performance.

That special sexual intimacy can be created in many different ways—without giving up what you lose in simultaneous orgasm. And using sex to gain a sense of competence is *always* problematic. What do you lose by trying hard to come together? A sense of spontaneity, the feeling that anything goes, the confidence that you and sex are perfect no matter what you do.

Don't try so hard to climax together. Work less, think less, *do less*, and you'll get more of what you want from sex. How many other human activities promise such a deal?