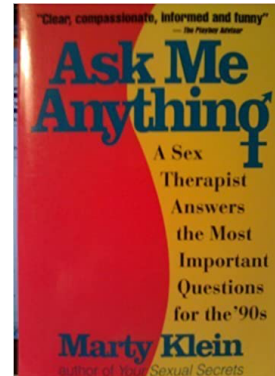


**"Ask Me Anything:  
A Sex Therapist Answers  
the Most Important  
Questions for the '90s."**

**Author Marty Klein**

PhD, Certified Sex  
Therapist and Licensed Marriage  
and Family Therapist for 34 years



**Question #29 from "Ask Me Anything," page 24**

**29. I'm a sexually active woman with a terrible secret—I wet the bed when I climax. As a result, I usually hold back during lovemaking. How do I explain this to my partners?**

I'd rather discourage you from holding back than help you do it better. Many women lose a few drops of urine during climax, because the muscles that spasm so pleasurably during orgasm are the same muscles that normally hold urine in. Also, many women "ejaculate" a small amount of fluid when they climax from G spot stimulation.

By all means, explain your situation to your partners, and let them reassure you of their acceptance. Put a towel underneath you during lovemaking, and celebrate, rather than hide, your body's sexual expressiveness. There are many times in life to hold back, but lovemaking is not one of them.