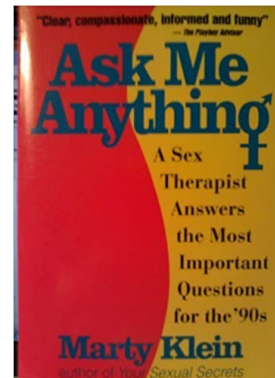


**"Ask Me Anything:
A Sex Therapist Answers
the Most Important
Questions for the '90s."**

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



Question #158 from "Ask Me Anything," page 94

158. Last week we tried "69" for the first time and almost suffocated? How are you supposed to do it?

The term 69 is slang for two partners giving and receiving oral sex simultaneously. Depending on the height and anatomy of the people involved, it can be easy or difficult. There are several ways to do this: person A on top, person B on top, and side by side. You may find that one is easier than the others.

Participants sometimes get so excited that they forget they have someone's head between their legs. Don't be afraid to tap your partner on the behind or big toe to remind him or her to ease up. Also, feel free to rest for a few moments and enjoy being pleased (and catching your breath) whenever you like. Substitute your hand for your mouth if you want to keep stimulating your partner.