

# Can't feel my boyfriend when he's inside me



## Simone

Got a sex related problem and need help? Simone Bienne is a Sex and Relationship Therapist, as well as an award winning Radio and TV host.

Dear Simone,

**When my boyfriend and I have sex, I can't feel his penis when he's inside me. He has a rather large penis but I only feel it when he enters me, which I often find rather painful. Is this normal and what can I do to feel him inside me?**

Imagine having a baby the natural way. You're shutting your legs just thinking about the pain, right? Now consider this uncomfortable thought: If you had nerve endings in the internal walls of your vagina, giving birth would be akin to having a 12 hour pee whilst experiencing your worst ever bout of cystitis. Ouch. Not only that, we wouldn't ever be able take a gentle stroll - let alone, as the adverts suggest – roller-blade in hot pants - with a tampon inside. The permanent sensation and stimulation would be unbearable. Our vaginas are only sensitive to touch around the outer third. The other two or so inches inside you have no feeling whatsoever. This is why you can feel the pressure of a man entering you, but not inside of you.

There are a couple of tips I'd like to pass on given you say your bloke's on the big side. Although a vagina is elastic enough to have a baby's head pass through it, (and no penis is that big) there's no denying if a man's on the larger side it can be painful. To help accommodate this, make sure you spend lots of time on foreplay. Being turned on will help your vagina lubricate itself. But don't just rely on your natural juices. You'll need a little more help. Invest in a good lube (there are so many out there now that you'll find one you love, I promise!) and be generous with it. And if you're not s-exercising, start doing your Kegals now!