



The way you lost your virginity and what it says about your sex life today...

By Sex therapist, Simone Bienne

No matter how hard some of us try to forget, we will always remember the first guy we had sex with. But what most of us didn't count on, is that the way we lost our virginity can decide how we have sex now. Have a good first experience, and you'll see sex as something that's healthy and fun. But have a bad first time, and it can take years to get over it.

Shocking new research claims that *when* you lost your virginity could actually have been down to your genes. Ok. So it's not as if you can shake off all blame for making a bad decision about who you slept with for the first time but, at least now according to these findings from California State University, you can let yourself off the hook a little.

The thing to remember is most of us had a dodgy first stab at sex. The good news is this doesn't have to determine the future of your sex life forever. Once you understand why you're having sex the way you are, then you can work on being even more amazing in bed. That's the fun part. Like most things that are worth learning, practise really can make perfect.

5 different ways you lost your virginity and what that says about how you have sex now

2 Virgins together

If your first time was with another virgin, who then dumped you, the chances are he made you feel like you weren't any good at sex. Since then, you've gone out of your way to prove him wrong. Instead of dating guys your age, the older ones are now more attractive. You feel happier with someone more experienced than you. Not fully sexually confident yet, you let him lead the way in bed. You don't like being too adventurous with positions, because you're scared of feeling how you did when you first had sex – that you're not doing it properly. Your favourite position is probably missionary, meaning he's in control of thrusting you.

TIP: For even better sex, do your homework. Being confident in bed isn't about bending your body into freaky shapes. It's about knowing what turns you on. Get to know yourself through solo sex. Then the next time you're in bed with a guy, try the spooning position. This way, he has control of his thrusts, and you can take charge of touching yourself. When you orgasm during sex for the first time, your confidence will burst. And they'll be no looking back.

One night stand

If you lost your virginity with a one night stand, deep down you could feel guilty, even a little shameful. This is especially true if you found out he told his mates. Without being aware of it, this guilt has made you want to repair that first sexual experience. The way you've done this – and in an attempt to make yourself feel better - is by sleeping with lots of different guys. The blokes you go for



are the good looking, charmers. This makes you feel attractive and in control. But as you know, one night stands rarely make great sex. After all, if a guy doesn't know your postcode, how can he know what turns you on? Quantity doesn't mean quality.

TIP: Ditch the smooth talkers and one night stands, and date a guy you genuinely want to get to know. You've tried to impress men in bed for so long you never learnt how to receive pleasure. A great way to do this is when he gives you oral sex, don't stop him because you feel guilty he's been down on you for ages. Let him bring you to orgasm, no matter how long that takes. You may feel uncomfortable at first, but letting go like this will get easier the more you practise at it. And both of you will enjoy the rewards.

Selfish lover

If you lost your virginity to a rough and selfish lover, the chances are sex was painful, because you weren't turned on. But when you've tried to have sex again, because the pain from the first time is stored in your mind, your body responds by not relaxing. If you can't relax during sex, your genitals won't get lubricated. And so each time you have sex, it hurts. This means you haven't been able to let yourself go during sex. You'd like to be more experienced, but you don't know how to go about it, as sex is painful. There's a chance you've even been avoiding dating because of this.

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TIP: You need to be relaxed the next time you have sex. And you plan this in advance by making sure you're in control of certain things. You see, we're not robots. And where sex is concerned, we have different needs. So before you sleep with a new bloke, ask yourself and write down your sex riders. For example, does the room need to be certain temperature? What kind of day would be ideal? Would you feel more comfortable at your own place, instead of his? Do you need music? Candles? Does a bath help you to feel more relaxed? Does he need to go slow? Tell the bloke you had a dodgy first time and you know what you need to enjoy sex. He'll love the fact that you're up front. If you can talk about sex openly, great sex will follow.

Mr Sexperience

If the first bloke you slept with was experienced and attentive, you were taught right from the start how good sex can be. You know your own body and aren't afraid to say what feels good. You're not afraid to try out something new, or say if something doesn't feel right. Because there was no awkwardness, you are comfortable to talk about techniques and fantasies, you really enjoy sex.

TIP: When you end up in bed with a bloke who is not as confident as your past lovers, be as good to him as the first guy you slept with was to you. Don't write him off. Asking someone how they like to be touched opens up the sexual communication. And when he touches you, say what he's doing well. Soon his confidence will catch up to yours. And you can play away!



First Serious Boyfriend

If you lost your virginity to your first love, the sexual technique might or might not have been the big wow you imagined. But because you were in love, the experience felt very powerful. If you're not still together, the guys you've slept with since may have been a disappointment. You compare them to your first love and worry that you'll never have the same intensity of sexual feelings again. You enjoy sex, but find it hard to let yourself go fully. As a result, you aren't as adventurous as you'd like to be.

TIP: The only reason you're not enjoying sex as much as you want to, is because you're still thinking about your ex. The biggest sex organ is in between your ears, not in your pants. Work on getting over your ex. Write down all the reasons why he wasn't right for you. Stick it up somewhere where you can read it every day. Get your friend to remind you of more reasons! When you close off that relationship, you can learn to give your whole self to another. Your sex life will reignite as soon as you can fall in love again.

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