



ORGASMS EXPLAINED

Did you know that there's a direct correlation between the ability to experience an orgasm and sexual satisfaction? If you're having difficulty achieving an orgasm, you should know that with some basic education and some practice, you should be good to go. And if not, there are treatments that can help.

After 20 years of practice, we've heard thousands of questions and concerns about orgasms. Here are the most popular:

WHAT IS AN ORGASM?

"Orgasm" is the word used to describe the intense sensation experienced at the peak of sexual excitement. But there is no absolute definition. Most women (hovering somewhere around 96%) can have orgasms. They can last seconds or longer. For some women, they are subtle like an exhale or sigh. For others, they can be intense like a tidal wave with screaming, crying, moaning, convulsing, flushing, shaking, or leg numbness. And no one orgasm is "better" than another, they're just different

WILL I KNOW WHEN I HAVE ONE?

It's obvious to most women who have experienced an orgasm that something has happened. Like a sneeze, there's a buildup, then a threshold is crossed, and then a sense of relief follows. Again, there's no one size fits all. It may feel like a flutter or an explosion, or anything in between.



“The hardest thing about going to Maze was trying to figure out what to say. I kept practicing in my head but couldn't figure out how to tell them that I wasn't getting turned on, I wasn't getting wet and sex just didn't feel good. Like I thought it was supposed to. I didn't even realize I wasn't having orgasms!”

ARE THERE DIFFERENT KINDS OF ORGASMS?

Short answer: An orgasm is an orgasm!

Long answer: It can come from clitoral, vaginal, G spot, or anal stimulation. It can come from oral sex, solo sex, partnered sex, hands, vibrators, penetrative sex, squeezing your legs, rubbing against something, stimulating your ears, nipples, and even “thinking off” for some. They may feel different with various types of sexual activity, still...an orgasm is an orgasm!

IS THERE A BEST WAY TO HAVE AN ORGASM?

Yes, your way! Orgasms are individualized. I like to use the phrase “experience” orgasm rather than achieve orgasm. We all differ from one another in propensity toward orgasm and how we experience it. Strengthening pelvic floor muscles can be useful. Relaxing, breathing, and focusing on pleasure is the name of the game. To experience orgasm, you need to be highly aroused. Get comfortable and familiar with your sexual and sensual parts. Focus on your likes and preferences. And if there is a partner involved, have ongoing conversations about how to enhance the experience for you.

I DON'T HAVE ORGASMS FROM INTERCOURSE. IS THERE SOMETHING WRONG WITH ME?

There is nothing wrong with you, you are quite typical. 70% (or even higher) of women do not have orgasms with penetration alone. The notion that a woman is broken because she didn't have an orgasm from intercourse is ridiculous. Freud had it wrong, and we are finally beginning to appreciate that the clitoris and orgasm (not the vagina) are closely associated; intercourse alone may simply not provide enough direct clitoral stimulation to allow for orgasm.

DO MOST WOMEN HAVE ORGASMS?

Yes, yes, yes! Perhaps as much as 10% of the population don't have orgasms and are considered anorgasmic, or what I like to optimistically call pre-orgasmic. Pleasure can be learned and sexual exploration with the emphasis on pleasure versus pressure is most important. Factors such as fatigue, stress, medications, or inability to concentrate can make it harder to have an orgasm.



ARE THERE A CERTAIN AMOUNT OF ORGASMS I SHOULD HAVE?

Sex is not an Olympic sport, a contest, or a performance. There's no right or wrong here. Orgasms feel great. They release hormones which can help reduce pain, inflammation, and tension. They are calming and associated with lowering cardiovascular risk. Have as many or as few as you want. Having said that, 15% of women appear to be multi-orgasmic.

SHOULD I HAVE AN ORGASM EVERY TIME I HAVE SEX?

The words "sex" and "should" don't partner well. If you feel pressure to have an orgasm, that can feel limiting. Experiencing orgasm is about self-love, pleasure, and fulfillment. Enjoy!

ORGASM STAT

“Only 30% of women have an orgasm from intercourse alone, 70-80% have an orgasm from a hand or a mouth, and 95% can have an orgasm from a vibrator”

I'M STILL NOT HAVING ORGASMS. ANY ADVICE?

We realize that it's one thing to know all about the orgasm, and quite another to experience one. Whether you've never had one, or want to improve the ones you already enjoy, we've got you covered. Here are some simple steps to start exploration:

1. Above all else, fly solo and explore. Whether you're looking to take your pleasure to the next level by yourself or with a partner, there's no substitute for experimentation. In order to do that, consider your environment.
 - Find a time when you can really be present, and when you're able to keep stress to a minimum. Stress is the arch enemy of sex. We can't rid ourselves of it completely, but we can ask it to take a backseat when we're trying to get busy.
 - Don't forget the lube! Whether for the sake of this exercise, other masturbation sessions or engagements with others, lube helps to keep sex going like – literally – a well-oiled machine.
 - Secure your privacy.
 - Think about ambiance. Do you want total silence or do you need some music? Consider lighting and comfort (same old sheets, or do you want to be surrounded by something special like silk, satin or velvet?)
2. It's okay if you're not immediately in the mood, or if you're even a bit nervous. Most women can't just turn on their desire spontaneously. If you relate, here are some powerful tools that can get you where you want to be:
 - Read or listen to some audio erotica
 - Watch some feminist, ethically produced porn
 - Fantasize



3. Next, focus on touch. Pay attention to the different sensations you experience as you caress each part of your body. Remember, while most women orgasm from clitoral sensation, you might be driven crazy by stimulation of your nipples or earlobes or the inside of your thighs. Consider pressure, tempo, temperature, breathing patterns. What heats things up and what might make you hit the brakes?

Position can be everything. Are you lying down? Sitting in a chair? In the shower or bathtub? On your back? Side? Stomach? Again – take note.

- Consider toys. If touch is all you need, that's awesome! But toys can enhance your sexual experience.
 - There are so many to choose from – and so ubiquitous now you can find them at your local drug store – so you're sure to find something to your liking.
 - Ensure your toy of choice is made from non-toxic materials, and read the privacy policy if it comes with an app.
 - Some devices are for internal use, others for external and even some that service both.
4. If you've completed exploration and still aren't able to achieve the Big-O, you may want to consult with a medical care provider who specializes in sexual health issues (most OB/GYNs and urologists aren't trained to address sexual pain and dysfunction, so inquire about a clinician's background when you make an appointment). Some reasons you may be experiencing an inability to orgasm:
- High levels of stress or other behavioral health issues
 - Your hormonal levels may be off, particularly testosterone which is associated with sex drive
 - Interpersonal challenges
 - Belief system in regard to sex

I WANT TO LEARN MORE ABOUT ORGASMS. WHAT SHOULD I READ?

I love this question because there's so much information on this topic, and it's hard to sift out what's good. Here's a short list of good reads:

- *Becoming Cliterate: Why Orgasm Equality Matters and How To Get It*, by Laurie Mintz
- *Becoming Orgasmic: A Sexual Personal Growth Program for Women*, by Julia Heiman
- *The Elusive Orgasm: A Woman's Guide to Why She Can't and How She Can Orgasm*, by Vivienne Cass



If you are having trouble with orgasms or any other sexual dysfunction issues, **contact us for a free phone consultation.**

