

WHY SOME WOMEN FAKE ORGASMS



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In today's sexually liberated society, we have become increasingly aware of a woman's sexual potential and inherent ability to be as reliably orgasmic as her male partner. Research on the female sexual response and articles and books depict women as being able to be readily orgasmic at least once during the sexual encounter, if not multiply so! Many men have come to expect it and often ask, "Did you make it?" In reality, a woman sometimes may not "make it" as easily or readily her male counter-part. Yet, some women feel compelled to answer, "yes." Why does this deception occur between partners who are supposed to be intimate? In talking with

women (and men) who are in heterosexual relationships, we have identified four major reasons why women fake orgasms, and we would like to share these with our readers.

THE FIRST REASON A WOMAN MIGHT FAKE ORGASM HAS TO DO WITH SELF-PERCEPTION.

If a woman feels inadequate or abnormal because of difficulty with or inability to achieve orgasms, she may not wish to disclose her sexual "dysfunction" to her partner. In such cases, the woman also often believes that orgasms should be easy to "come" by (excuse the pun) and feels too uncomfortable to discuss these issues with her partner. To maintain her image of sexual adequacy concerning what she thinks should be "normal", she fakes orgasms.

The preceding situation is commonly created and complicated

by the woman's belief that orgasms must occur with intercourse. Even though she might be orgasmic with manual or oral stimulation, this belief causes her to think that she is not having orgasms the "right way!" In reality, the majority of women are not readily orgasmic with intercourse alone, requiring additional clitoral stimulation to reach orgasm. Unlike men, who typically can orgasm effectively with the stimulation of intercourse alone, only about 20% of women can do so. Furthermore, when the expectation exists that women should climax as easily as men during intercourse, and it is reinforced by a male partner who also believes that "this is only the way orgasms should happen," a woman's pressure to "fake it" is exacerbated even more.

THE SECOND REASON A WOMAN MIGHT FAKE ORGASM RELATES TO A MAN'S EXPECTATION OF "WHAT SHOULD HAPPEN"

AND CONCERNS A WOMAN NOT WANTING TO DISAPPOINT HER MAN RATHER THAN PROTECTING HER EGO.

In other words, some women fake orgasm to protect their partner's (fragile) male egos, more than their egos. Women sometimes sense the possibility of male ego devastation if he even suspected that he was not stimulating her to orgasm. The need for male ego protection seems to be heightened when a man believes that he has brought all of his previous partners to orgasm. She dare not disappoint him or he would feel inadequate as a lover. Also, she might fear that he would abandon her for another

who could maintain his
"macho" image.

THE THIRD REASON A WOMAN MIGHT FAKE ORGASM HAS TO DO WITH HER OWN CONCEPT OF LOVE AND SEX.

Many women erroneously believe that if they love their man enough, they will orgasm with him. One woman told us that she could not understand why she had difficulty reaching orgasm because she felt good about herself and so close and "in love" with her partner. She believed that good feelings automatically led to good sex. In reality, one's level of love and intimacy does directly contribute to good sexual experiences (especially for women), but it does not dictate orgasmic response! To achieve orgasm, we cannot negate the role of the body and the importance of being on-target when stimulating female genitals. If a woman believes that her

level of love dictates her orgasmic response or that her partner would interpret her lack of orgasm as a lack of love, she might fake orgasm to convince herself or her partner of her devotion. She does not realize that her ability to orgasm is not related to her ability to love.

THE FOURTH REASON A WOMAN MIGHT FAKE ORGASM IS "TO GET IT OVER WITH."

Some women tell us, "I hate sex but I know it's my duty as a wife. I fake pleasure and easy orgasms so that he will hurry up and get it over with." In this scenario, a woman can have sex finished in a matter of minutes; the husband thinks that the quickies were great (for her too) and she secretly thanks God that it is over! This deception sabotages her chances of ever learning to like sex because she gets it done almost before it starts.

TO SUMMARIZE:

We have explained that women fake orgasms to protect their self-image as adequate lovers or to protect their partner's egos. Women also fake orgasms because of sexual distaste and the desire to get sex finished fast. Ignorance or erroneous beliefs about love and sex, which promote both partners' faulty expectations about female orgasm, also contribute to faking. The belief that faking orgasm will avoid embarrassment or disappointment at best, or prevent rejection or abandonment at worst, are also reasons for this kind of deception. But is

faking worth the possible consequences to the relationship and is the price (of sexual dissatisfaction) worth paying?

We believe that bedroom honesty is the best policy! There is no place for deception in a loving, intimate relationship. Faking orgasm may seem like a solution in the short run, but in the long run it perpetuates sexual "problems" because they are never honestly and openly addressed and resolved. Most of all, "faking" interferes with emotional intimacy and with the achievement of true sexual satisfaction.

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