

COSMOPOLITAN

Emma
CHAMBERLAIN

The most
popular
girl
in the
world

This
sext
has
a

99.2%

success
rate

YOUR WEIRD
PERIOD IS A
NORMAL PERIOD

The 28-day
cycle turns out
to be a scam

Curated
Pier-
cings

Your
new
tiny
tat

*movie
trailer
voice*

Mercury
Retro-
grade.
Valentine's
Day.

**Prepare
thysel.**

I saw Emma
Chamberlain
wearing a skort,
so I bought
a skort



Here's the real culprit behind your painful sex

Seventy-seven percent of our readers say they experience painful intercourse. The reason's not always obvious.

By JILL HAMILTON

The old blanket advice for uncomfortable sex? "Try more foreplay" and "Use more lube." And, yeah, those can help, but what if you're already having 30-minute make-outs and going through tubes of the slick stuff and it still effing hurts? Follow this flowchart for actually helpful insight on what might be going on and how to make it stop.*

Sorry for this mental image, luv



Where does it hurt the most?

On your vulva?

Yes No, but really close to it...

Right inside your vagina?

Does it feel super tight, like it's on lockdown?
Yes No

Deep inside your vagina?

Have you had surgery or experienced tearing from previous sex?
Yes No

*SOURCES: MICHAEL ENGBRE, MD, OF THE CENTER FOR SPECIALIZED WOMEN'S HEALTH AND OB-GYN HEALTH SERVICES, MD, OFFER THESE GENIUS TIPS HERE, BUT THIS ISN'T A SUBSTITUTE FOR MEDICAL ADVICE. IF THESE SUGGESTIONS DON'T WORK ANYFOR THE PROBLEMS PRESENTS, GO TO YOUR DOCTOR.

MARCEL/STOCKERY

IT COULD BE
Contact dermatitis

YOUR PLAN
Sitz bath. Fill your tub with a few inches of warm water and a handful of baking soda and/or Epsom salts and sit(z) your ass down. Does that work?

Yes No
[YOU MAY PROCEED TO BONING]

You might have a yeast infection.

Can you see or feel a bump?
Yes No

IT COULD BE
An infected hair follicle

YOUR PLAN
Sitz bath! If it gets worse, see a doc to totally rule out HPV or herpes. (Herpes usually feels more like a canker sore—a valley, not a bump—and HPV warts aren't typically painful, so we really do mean "rule out.")

Put your feet in the stirrups and slide down—it's gyno time! Seeing a doctor for any unexplained symptoms is now your best move. Just think about how much easier you'll be able to sleep (and, duh, have sex) once you cross this off your list.

IT COULD BE
Vaginismus, a pelvic-floor spasm that causes involuntary tightening of the vagina

YOUR PLAN
Pelvic-floor physical therapy—aka a massage for your vagina by a trained specialist—can relax your muscles and increase blood flow. Your gyno can refer you, sooo...

Does it feel like you're peeing glass?
Yes No

You might have a UTI or yeast infection (likely) or chlamydia or gonorrhea (less likely). Womp wab.

Can you see or feel a swollen bulge on either side of your vagina?
Yes Dunno

IT COULD BE
A Bartholin's cyst, caused by a clogged fluid duct

YOUR PLAN
Try a sitz bath (see above left) or warm compresses. If that doesn't work, your doc may have to (yeah...) drain it.

IT COULD BE
A few things, including endometriosis, ovarian cysts, inflammation, or scar tissue

YOUR PLAN
Have a gyno check it out and confirm. Anything hurting in the lower third of your vagina needs an expert opinion.

IT COULD BE
Some leftover scar tissue from a trauma or an injury

YOUR PLAN
Physical therapy. Or consider surgery to clear out the damaged area so you can get your V back in the game.

Do you feel it when a penis or toy hits your cervix?
Yes No

IT COULD BE
BDE, literally. Cervixes are super sensitive, so if they get hit in the wrong way by a long penis or toy, it can cause some pain.

YOUR PLAN
Try a position that avoids cervical slamming.

Does it feel like a deep ache or a sharp "OMG, that effing hurts!" ping?
"OMG, that effing hurts!" Deep ache

IT COULD BE
Cervicitis or pelvic inflammatory disease

YOUR PLAN
Sis, you might need antibiotics.

Have you been diagnosed with endometriosis or ovarian cysts?
Yes No

IT COULD BE
The positions in your routine aren't ideal.

YOUR PLAN
Switch it up with a fresh arrangement.

Pop a pre-sex ibuprofen and tell your partner to go easy on the thrusting to keep them from going too deep inside you. Did that work?
Yes WTF, it still hurts.
[YOU MAY PROCEED TO BONING]

MISSION POSSIBLE
Do it in missionary—but with your legs straight and pressed together lightly. Shallower penetration will feel less hurt-y.

GET UP, STAND UP
Stand and lean on something, then have your partner enter you from behind to avoid pain points in your abdomen.

Does that help?
Yes No
[YOU MAY PROCEED TO BONING]