



MOOD:  embarrassed

Penis-Phobia??

 [sextips](#)

So I'm pretty sure I have a penis-phobia... At least touching it with either my hands or mouth. With my first boyfriend I was too shy to even look at his penis, much less touch it, but with my current boyfriend, I can't touch it without getting super shy, giggly, and terrified. This makes me feel TERRIBLE because he always asks me to touch his penis and I always either say no or touch it really quickly and recoil like it's going to bite me (haha). The thought of touching his penis with my hands or mouth just makes me so scared and embarrassed that I am actually flushing in the face as I write this! I can at least look at my now-boyfriend's penis, so that's an improvement, and we have sex every day, but I would love to start pleasing him in other ways besides just PIV! I need some advice on how I can get over my penis-phobia!

I had this same problem with my boyfriend when we first started dating and when I asked for advice about it, everyone said, "Just do it!" which as you can imagine is not very helpful! For me, I was terrified of it because I'd never really interacted with penises before and I was afraid that I was going to be horrible with penis play. Try to figure out what scares you.

I would say to take things slowly. Start off by getting used to touching it through his pants or underwear. Then later have him show you how he likes to be touched. I mean, either you could slowly get acquainted with it or just jump right in there. Either way, you have to just force yourself to do something or you'll never get over the fear.



 [tacit](#)

CHECK [COLLAPSE](#)

What is it about "just do it" that you did not find helpful?

When you are afraid of something, the fear can seem so overwhelming that it tricks you into believing that you can't, just absolutely can't, do whatever you're afraid of. But that feeling is not the truth. Even when you are so scared that you are shaking and sweating and ready to burst into tears, you still have control of your muscles. A person who is afraid of heights can still walk out onto a balcony, the fear can make you *feel like* you can't, but as long as you can still move your legs, you can.

"Just do it" is very helpful in many cases to overcome a fear because it shows you that the fear is a lie. It shows you that even when you're shaking and sobbing and terrified, you still have power; you can still control your body, and you can still choose what to do.



What I've found, and what psychologists say, is that when you are scared of something and you do it anyway, your fear loses its power. Suddenly, you realize that you have control over your fear, and that your fear can not rule your life. In fact, the most common way to deal with phobias is to confront whatever gives you the phobia.

Now, I'm not saying that this is what the original poster should do. It sounds like the original poster may still have some ideas that sex, or sexual parts of the body, are somehow dirty or shameful, which might mean that perhaps the original poster is not yet ready for sex. But I do believe very strongly that "just do it!" is the single most powerful way to deal with fear.