

I first put these responses on-line because we asked many general psy students (as well as students from my sex classes) during the Spring 2004 about anal sex and promised them that we would make the responses available to all who participated in the survey. These are an un-edited sample of those responses. We found that 40% had tried anal at least once. As you can see from the responses by females, these experiences were very painful for these women. In fact when we asked the women about how enjoyable it was (with 0 = "I hated it" and 10 = "I loved it"), their mean was 2.72. 34% gave it the lowest score they could (0 = I hated it). But on the other hand, 17% of the women rated it positively (greater than 5). I can only surmise the 72% who rated it negatively, didn't know how to "do anal" properly. It is more than just "penis into anus". Or at least that is what Dr. Anal (Jack Morin, PH.D) will say in the extra credit video "Anal Pleasure". Here are a sample of student responses.

1a. **Describe your first Anal Sex Experience (Females)**

- My husband asked several times. I bought some anal ease lubrication at a sugar and spice party. One night I drank enough for him to try it with my new product. It hurt at first, but it wasn't bad after the first few minutes.
- Both of the guys I did this with really wanted to. We were in the heat of the moment having sex and right before we both were about to orgasm is when we had anal intercourse. It was fast and I was so aroused right before it happened it wasn't bad but I wouldn't do it again just to do it.
- We were having just wild sex one night and one thing led to another. From a woman's standpoint, to be blunt, it sucks. I just thought I'd try it again the 2nd time, but its just very painful/uncomfortable. Its almost as though you have to be so relaxed, its not even enjoyable.
- I am in a long term relationship and we are very comfortable with each other. We started by using fingers first and eventually tried it and liked it. My boyfriend is very considerate of me and I trusted him not to hurt me. Oh, and I had taken a Xanax and drank a bottle of wine.
- My partner initiated it. I didn't want to participate because of the pain I felt. But I went on with it. I did not like it very much.
- I engaged in anal sex because it was something that my partner wanted to try. I really was not into learning about this experience, but I did it anyway. I wasn't pressured, I just did it to make my partner happy. I did not like the experience at all; it did not feel sexual to me. I felt violated and it hurt a great deal.
- As always I am open-minded. A man asked me if it was ok to put a finger in there. I was drunk and said yes. Once he put it in I had the orgasm of my life. Since then I have moved on to the penis, and I find it is wonderful. It feels better than regular sex some times. I also find that men really like it when you put a finger in them too. Even if they don't want to admit it. All women should try it. Just make sure to go really slow until it is comfortable for thrusting. Some times this can take up to 30 minutes.
- It was a mistake, maybe not on his part, but he claims it was an accident because it happened so fast. I was not prepared for it, so it was highly painful and uncomfortable. He slipped out the hole and slammed back into the wrong one. "Doggie-style", I suppose it's easy to miscalculate but yeah right.
- I have been told by several, older female friends that anal sex is amazing. WRONG!!! That is the most painful thing ever. I wanted to try it. I even bought anal ease, but it was still horrible! It completely turned me off. It was so painful that I cried! And the next day I was still sore! We didn't even do it long. He put it in, I screamed, he took it out. My

boyfriend has done this before, so he was very gentle. But that doesn't even matter – it still hurt, very BAD! I have no idea how his old girlfriend could have ever taken it! Actually, I find it quite amusing, and sometimes when I think about it, I laugh out loud – I could explain this in more detail, but I think you might get the idea. Ha ha!

- Both me and my boyfriend were interested in trying it. We're both very open to new experiences. So one night when we were looking for something new to try in bed we thought why not?
- My boyfriend and I had been together for quite awhile and sex had become somewhat boring. He kept asking if we could "try something new". I knew what he meant so one night we drank a few alcoholic drinks and although I wasn't drunk, I was more at ease with the concept of anal sex. The overall experience was better than I thought it was going to be- but it wasn't on my "top things to do list". I think the fact that I drank first helped, because I was nervous and tense. At first it felt really weird and uncomfortable, but after a few minutes it felt pretty good.
- Guys like it because of the view and its tighter back there. Most women enjoy it, but you must be accustomed to it. It's an acquired feeling.
- What led to it is that he wanted to try it, so I figured this would be my chance to see what I thought about it. He initiated it. I hated the experience and would never do it again.
- I guess it would be considered anal sex. We were having sex doggy style and he slipped out and put his penis in the wrong hole. I only allowed the head to penetrate before stopping him. This has happened more than once. I know all of my partners have wanted to try anal sex, but I'm opposed to it. I think they thought they could just slip it in and maybe I'd go along with it, but they were wrong.
- He wanted it so I tried it. It was terrible.
- My boyfriend of 4 years and I had a very sexual relationship. He always asked if we could try anal sex. After he continuously asked I finally agreed to shut him up. I made him promise to be gentle and go slow. We used KY liquid for lubrication and he slowly began to enter me. At first it hurt really bad, it felt like my skin was being ripped open and I felt like I was going to vomit. After a few minutes the pain stopped. He began massaging my clitoris and put his fingers in my vagina. Almost instantly I had the longest, most intense, explosive orgasm I have ever had in my life. But as soon as I came, it started to hurt again. After the first time, it never really hurt anymore except for when he first entered me anally.
- I was on my period and we wanted to have some kind of sex and since I didn't do oral, we did anal. I didn't want to take my tampon out so we had anal sex. It wasn't that bad cause I really wanted to do it. The after-math was a very horrible feeling though. I was hurting really bad.
- My boyfriend at the time wanted to, and begged me for a long time. He actually did not really ask me when it happened- he just did it. It was awful and I screamed and stopped it. I will never, ever try it again.
- I was a virgin at the time, he was not and wanted penile-vaginal sex. I did not want to have sex, so we came to an agreeable compromise (anal). He initiated, told me some lies ("It won't hurt!") and one night we decided to try it. I was on top of him. It was quite arousing seeing as I had never experienced such a sensation. We continued this for a while, but even after we began to have intercourse sex, we still liked to have anal sex every once in a while. (We didn't have to use condoms or so I was [once again] falsely informed by him.) It was something different to do, even though we still had penile-vaginal sex, and it is a different "good" feeling from regular sex.

- My husband initiated anal sex a couple of years into our marriage. It wasn't something we had ever discussed, he just started trying it! The first few times he tried, he was very unsuccessful! I couldn't stand it! Only recently have we succeeded, with a lot of lubrication being used! It is still a subject that we never discuss, it just happens. I think that we are too embarrassed to discuss it.

1b. Describe your first Anal Sex Experience (Males)

- I was wondering what it was like and a girlfriend let me try it on her.
- The experience came at the end of an evening of drinking. We were already having sex doggie style. She asked if I wanted to do it anally. I did, and she only enjoyed it for a few seconds before she made me stop. I enjoyed it the same as regular vaginal sex.
- Really didn't talk about it to either one. I just asked and they said yes. It was an alright experience, a little awkward finding the right position, but otherwise satisfying.
- I initiated it out of curiosity. In a way, it makes one feel more dominate.
- I wanted to try something new with my girlfriend and I heard that anal was tighter than normal sex.
- I initiated it just to give it a try.
- Long night of drinking and we started having sex and rolling around trying new positions. I was on hydrocodone so I lasted longer than normal – 1 hour and 45 minutes. We spent the most time in anal sex. It just happened. I guess I started it. I loved it.
- She asked me did I want to try it. She was older than me so she had it before. She was like you can put it in the other hole tonight so she stopped by the store and bought the KY jelly. It felt weird and tight at first, but it was alright. But I felt nasty because she had to use the bathroom after it.
- Girlfriend wanted to try it so we did. Enjoyable but not as good as regular sex.
- I initiated it simply out of curiosity. I heard from friends that it was extremely tight and you would have a hard time trying not to come fast. We discussed it and she understood that it would be painful, but I was gentle. After a while she loosened up and the experience was great for the both of us.
- It is not allowed, so thought we would try it. It was tight and gave a feeling of pleasure. Used KY jelly on my partner.
- Wanted to try something different. I initiated it. Experience was nothing special.
- I heard it was tighter and felt better, and I like to experiment
- The girl I was with wanted to do it that way. Told me she could get off easy that way. At that time I was willing to try anything. I admit, I did enjoy doing anal sex to the woman, who was 5 years older than myself. She went crazy with excitement.
- It started as oral that I was performing that led to oral anal, which led to finger, which led to penis. It was awkward for a couple of seconds when I began with the oral, but it quickly escalated and was easily accepted. The experience has never been mentioned or tried since.
- I was working on it but she said my penis was too big. She said she tried it once before but she said his penis was like half the size of mine and it fit. She said I would have torn her up and she would need stitches or something like that. I wasn't 100% sure I believed her but didn't want to hurt her if she was being truthful.
- Anal sex is interesting and different. Growing up I had many gay friends (guys and girls) but was always, as I am today, sure of my sexual preference. I am not attracted to men. They are, however, attracted to me. Anal sex as I am describing (on me) is primarily a

woman's fingers or use of beads. It is feminine in nature, but with the right partner turns the table to a submissive form which sometimes is enjoyable. My first experience in the administration of anal sex was one of experimentation. I have found that most women find it painful unless appropriately trained, usually bisexuals are better. Lubrication is key, primarily relying on spit, there is however liberal use of K-Y. The anus is not off limits, to me nothing is taboo.