

Sexual Positions & Variations

A supportive, educational guide to expanding comfort, pleasure, and connection

This guide introduces a variety of positions and intimacy styles that couples may explore together. Everybody is different, and what feels good can vary based on comfort, flexibility, energy levels, and emotional connection. The goal is not performance, but **curiosity, communication, and shared experience**.

Foundational Positions & Variations

Side-by-Side (Scissors Variation)

Partners lie next to one another, bodies angled so that legs may intertwine.

- Encourages closeness and slower pacing
- Ideal for eye contact and gentle touch

Standing Rear Entry (Tree Variation)

Both partners stand, with one partner positioned behind the other.

- Requires balance and coordination
- Can feel grounding and physically engaging

Oral Stimulation (Giving & Receiving)

Oral intimacy can be offered in a variety of positions—kneeling, lying down, or standing.

- Focus on communication and comfort
- Can include hands, breath, and pacing variations

Partner-on-Top (Cowgirl / Rider Variations)

One partner sits or lies back while the other is on top.

- Allows the partner on top to control rhythm and depth
- Often enhances body awareness and confidence

Mutual Oral (69 Position)

Both partners give and receive oral stimulation simultaneously.

- Encourages reciprocity
- May require adjustments for comfort and focus

Positions for Deeper Connection

Bent Missionary

A variation of traditional missionary with legs elevated.

- Can increase angle and stimulation
- Supports eye contact and closeness

Face-to-Face Standing

Partners stand facing each other.

- Encourages emotional intimacy and eye contact
- Works well for spontaneous moments

Seated Embrace (Rocking Chair / Sitting Flower)

One partner sits while the other straddles them.

- Promotes closeness, hugging, and kissing
- Allows for slow, rhythmic movement

Spooning

Both partners lie on their sides, facing the same direction.

- Gentle and comforting
- Ideal for slower, relaxed intimacy

Positions for Exploration & Variety

Reverse Rider

The partner on top faces away.

- Offers a different visual and physical experience
- Allows for varied stimulation angles

Rear Entry (Doggy Style Variations)

One partner kneels or leans forward while the other is behind.

- Can allow for deeper penetration
- Easily adaptable with pillows or support

Kneeling Positions (Lotus / Kneeling Embrace)

Partners kneel facing each other or in aligned positions.

- Encourages closeness and synchronized movement
- Can feel grounding and connected

Standing Lift (Advanced)

One partner lifts the other while standing.

- Requires strength and communication
- Best approached slowly and with support

Flexibility-Based Positions

Some positions require increased flexibility or strength. These are optional and should only be explored if both partners feel physically comfortable.

Examples include:

- Legs elevated or extended overhead
- Deep hip opening or split-like positioning
- Balance-based or lifted positions

Important: These are not necessary for pleasure. Comfort and safety always come first.

Oral-Focused Positions

Receiving with Support (Queen's Variation)

One partner stands or sits while the other provides oral stimulation from below.

- Can feel empowering for the receiving partner
- Allows for control of pacing and pressure

Face-Sitting (Modified for Comfort)

One partner sits above the other's face.

- Requires communication and awareness of comfort
- Can be adjusted for safety and ease

Sexual Positions During Pregnancy

Sexual intimacy can absolutely remain a meaningful and supportive part of your relationship during pregnancy. As your body changes, you may find that certain positions feel different—or that you naturally begin to seek out new ways of being comfortable, connected, and present with your partner.

Every pregnancy experience is unique. Some individuals notice a decrease in desire, while others experience an increase. Both are completely normal. The most important factors are **comfort, communication, and attunement to your body.**

As long as your healthcare provider has not advised otherwise, sexual activity is generally safe during pregnancy. Your baby is well protected by the uterus and amniotic fluid.

General Guidelines for Comfort

- As your belly grows, positions that place pressure on the abdomen may become uncomfortable
- Positions that allow you to **control depth, pace, and angle** can feel more supportive
- Side-lying or upright positions are often more comfortable, especially in later pregnancy
- After approximately 20 weeks, lying flat on your back for extended periods is typically not recommended
- Pillows, cushions, or supportive surfaces can significantly increase comfort

Supportive Positions to Consider

Side-Lying (Face-to-Face)

Both partners lie on their sides, facing each other.

- Gentle, supported, and low-pressure
- Encourages eye contact and emotional closeness
- A pillow can be placed behind the back or under the belly for added comfort

Side-Lying (From Behind / Spooning Variation)

Both partners lie on their sides, with one partner behind the other.

- Reduces pressure on the abdomen
- Allows for slower, more controlled movement
- Often more comfortable in later pregnancy

Partner-on-Top (Woman on Top)

Straddling your partner while they lie on their back.

- Allows you to guide depth, rhythm, and angle
- Minimizes pressure on the belly
- Can be adjusted as your body changes

Seated Positions (Chair or Edge of Bed)

One partner sits while the other straddles them.

- Provides stability and support
- Can be adapted for closeness (facing each other) or comfort (facing away)
- Works well when supported by a wall or sturdy surface

Modified Missionary (Early Pregnancy or with Support)

During early pregnancy, this position may still feel comfortable.

- As pregnancy progresses, use pillows to create a slight tilt rather than lying flat
- Ensure your partner supports their weight with their arms

Edge of Bed

Lying near the edge of the bed while your partner stands or kneels.

- Allows for more control over angle and positioning
- Can reduce strain on the body with proper support

Rear Entry (Supported)

Leaning forward on hands and knees or over pillows while your partner is behind.

- Takes pressure off the abdomen
- Can be easily adjusted with pillows for comfort
- Encourages communication around depth and pacing

When Intercourse Feels Less Appealing

It is completely normal for sexual experiences to shift during pregnancy. If intercourse feels uncomfortable or less desirable, intimacy can still be nurtured in many ways:

- Touch, cuddling, and massage
- Extended foreplay and sensual exploration

- Mutual stimulation or self-pleasure
- Oral intimacy (with mindful awareness and care)

Intimacy is not limited to penetration—it is about **connection, presence, and shared experience**.

Sexual Positions with Mobility Considerations

Physical changes such as joint pain, back discomfort, or decreased mobility can impact how intimacy feels in the body. It is very common for individuals and couples to experience shifts in their sexual connection when movement becomes more limited or certain positions create discomfort.

However, intimacy does not need to be lost—it simply may need to be **adapted with care, creativity, and communication**.

The goal is to prioritize **comfort, support, and connection**, rather than performance. With small adjustments and thoughtful positioning, many couples can maintain a satisfying and meaningful intimate life.

Supportive Positions for Comfort & Accessibility

Modified Missionary (With Support)

One partner lies on their back while the other is positioned above, supporting their weight with their arms.

- Place pillows under the hips or lower back for added comfort
- Can be adjusted by shifting to the edge of the bed to reduce strain
- Allows for closeness, eye contact, and gentle pacing

Side-Lying (Spooning)

Both partners lie on their sides facing the same direction.

- Minimizes pressure on joints, hips, and back
- Requires less physical exertion
- Offers a sense of warmth, safety, and emotional closeness

Partner-on-Top (Adaptable Control Position)

One partner lies comfortably on their back while the other is on top.

- The partner on top can control depth, rhythm, and movement
- Can be modified by leaning forward, backward, or using hands for support
- Helpful when one partner has limited mobility and the other can guide movement

Edge of Bed / Seated Variation

One partner lies or sits at the edge of a bed or sturdy chair while the other partner kneels or stands.

- Reduces the need for full-body support or weight-bearing
- Allows for easier adjustments in angle and positioning
- Pillows or cushions can be used under the knees or back for added comfort

Rear Entry (Supported)

One partner leans forward on pillows, the bed, or another supportive surface while the other partner is behind.

- Can relieve pressure on the hips and lower back
- Easily adjustable with pillows or positioning aids
- Encourages slower, more controlled movement

Helpful Adaptations & Tools

- Use **pillows or wedges** to support the back, hips, or knees
- **Adjust height and surfaces** (bed, chair, couch) to reduce strain

- **Move slowly and intentionally**, allowing the body to guide the experience
- **Pause and reposition as needed**—comfort can shift moment to moment

Expanding Intimacy Beyond Positions

If certain movements or positions feel uncomfortable, intimacy can still be nurtured in many meaningful ways:

- Touch, massage, and skin-to-skin contact
- Sensual exploration without penetration
- Mutual stimulation or guided touch
- Emotional closeness, eye contact, and verbal connection

Key Principles for All Positions

1. Comfort Over Performance

There is no “right” position—only what feels good for both partners.

2. Communication is Essential

Check in:

- “Does this feel good?”
- “Do you want slower or faster?”
- “Would you like to adjust?”

3. Use Support

Pillows, walls, furniture, and positioning aids can:

- Reduce strain
- Increase comfort
- Enhance pleasure

4. Pace Matters

Slower movement often increases sensation and connection.

5. Emotional Safety Enhances Physical Pleasure

Feeling safe, desired, and respected is foundational to enjoyable intimacy.

A Gentle Reminder

This guide is intended for **educational and relational exploration purposes only**. It is not medical advice. If you experience pain, discomfort, or ongoing concerns related to intimacy or sexual function, consider consulting a qualified healthcare or mental health professional.

Closing Thought

Exploring intimacy is not about mastering techniques—it is about **learning your body, your partner, and the space between you**. There is no goal to achieve. There is only **connection to deepen**.

Educational Disclaimer

This material is for educational purposes only and is not medical, psychological, or therapeutic advice. It does not replace professional care or establish a therapeutic relationship. Please consult a qualified professional for personalized support.

Copyright © 2026. Dr. Tiffany Stanley, Ph.D., LPC-S, MA, ABS, CST. Tiffany Stanley Therapy. All Rights Reserved.

