

SAVAGE Love

Feeling Sensations

BY DAN SAVAGE

I am a straight cis-woman in her early 40s who ended a 12-year sexless marriage a few years ago. I have recently met a wonderful guy, and I am starting to be able to have fun in the bedroom again. My dilemma is that I have been experiencing pleasure so intense it becomes discomfort and takes me out of the moment. Like I loved when he was going down on me, but the sensation made me want to push him away because it was too much. Am I OK? Is this fixable? Help!

— Overwhelming Orgasmic Feelings

“This isn’t a problem to ‘fix’ so much as an invitation to get curious about what’s happening,” says Rena Martine, an intimacy coach and sex educator. “Sexual overstimulation is a real thing. Sometimes it’s caused by too much repetitive friction or sensory sensitivity from neurodivergence, but in OOF’s case, my guess is that it’s about the good feelings feeling so good because she hasn’t had them in a really long time.”

We don’t need to tell you this, OOF, but 12 years is a long time to spend in a sexless marriage. And while your marriage ended a few years ago, you only just met the new man in your life, bed, crotch, etc.

“Just like water hits differently when you’re dying of thirst,” Martine notes, “pleasure can hit differently when it’s been a long time since your body’s had a reason to remember what it likes. For all intents and purposes, this is new territory.”

So, while you may not be a

virgin technically — I’m assuming your marriage wasn’t sexless at the start — it’s been so long since you explored your sexuality with a partner (I’m hoping you were having good solo sex while your ex-husband neglected you), OOF, that you can think of yourself as a virgin in spirit. (Recognizing, of course, that the concept of virginity is a problematic one and blah blah blah. But you know what I mean here!)

“When I work with clients exploring anything new sexually, my mantra is: baby steps, and keep yourself in the driver’s seat,” Martine says. “There’s a technique by Masters & Johnson called Sensate Focus that I often recommend to couples. It’s essentially a scaffolded touch exercise where partners take turns showing and describing what feels good. It builds incrementally, and it’s great for expanding your body’s capacity for pleasure while learning each other’s cues. And while there are times when discomfort warrants a medical check — like pain during orgasm (dysorgasmia) or penetration (vaginismus) — because OOF describes the sensation as overwhelming rather than painful, there’s no need to sprint to the doctor’s office just yet.”

Follow Rena Martine on Instagram @_rena.martine_ and learn more about her work (and get her book *The Sex You Want*)— at RenaMartine.com.

Got problems? Yes, you do! Email your question for the column to mailbox@savage.love! Or record your question for the Savage Lovecast at savage.love/askdan! Podcasts, columns and more at Savage.Love

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You: Smiling down on me from Olympic Villas on Willamette Street, raising some Arizona in Eugene. Me: Just needed to know someone was watching over me. Thanks for eating a peach for hours.

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LEGAL NOTICES

TRUSTEE'S NOTICE OF SALE The Trust Deed to be foreclosed pursuant to Oregon law is referred to as follows (the "Trust Deed"): Grantors: Robert Miller Jensen. Trustee: First American Title Insurance of Oregon. Beneficiary: Oregon Community Credit Union. Date: November 19, 2008. Recording Date: November 20, 2008. Recording Reference: 2008-062915. County of Recording: Lane County. The Successor Trustee is Patrick L. Stevens and the mailing address of the Successor Trustee is: Patrick L. Stevens, Successor Trustee, Hutchinson Cox, PO Box 10886, Eugene, OR 97440. The Trust Deed covers the following described real property in the County of Lane and State of Oregon, ("the Property"): THE LAND REFERRED TO HEREIN BELOW IS SITUATED IN THE COUNTY OF Lane, STATE OF OR, AND IS DESCRIBED AS FOLLOWS: Parcel I: Beginning at the iron pipe marking the Northeast corner of Xury O. Duncan Donation Land Claim No. 41, Township 18 South, Range 5 West of the Willamette Meridian; thence South 0 32'30 " East 721.80 feet along the Easterly line of said claim as the same is now located and monumented by a survey of Earl N. Thompson titled "Subdivision for A.R. Taggart in Section 1, 12 and 13, Township 18 South, Range 5 West of the Willamette Meridian, Lane County, Oregon" and filed in the Office of the County Surveyor, Lane County, Oregon, under Survey Number 6622, to any iron pipe marking the Southeast corner of Parcel 14 shown thereon; thence South 0 12'20 " East 873.12 feet continuing along the Easterly line of said survey to an iron pipe marking the Northeast corner of Parcel 10 of said survey and marking the true Point of Beginning; thence South 89 59 ' East 1621.47 feet along the Southerly line of said parcel to the iron pipe marking the Southeast corner of said parcel; thence North 0 12 ' 20 " West 292.66 feet to the true Point of Beginning in Lane County, Oregon. Parcel II: Beginning at the iron pipe marking the Northeast corner of the Xury O. Duncan Donation Land Claim No. 41, Township 18 South, Range 5 West of the Willamette Meridian; thence South 0 32'30 " East 721.80 feet along the Easterly line of claim as the same as now located and monumented by a survey of Earl N. Thompson titled "Subdivision for A. R. Taggart in Sections 1, 12 and 13, Township 18 South, Range 5 West of the Willamette Meridian, Lane County, Oregon" and filed in the Office of the County Surveyor, Lane County, Oregon, under Survey Number 6622, to an iron pipe marking the Southeast corner of Parcel 14 shown thereon; thence South 0 12'20 " East 873.12 feet continuing along the Easterly line of said survey to an iron pipe marking the Northeast corner of Parcel 10 of said survey; thence South 89 58'25 " West 1621.47 feet along the North line of said parcel to the true Point of Beginning; thence South 89 58'25 " West 1362.04 feet to a point in the centerline of the County Road known as Spencer's Creek Road (being referenced on the ground by an iron pipe bearing North 89 59 ' East 21.18 feet and marking the Southwest corner of said parcel 10); thence North 89 59 ' East 1342.21 feet along the Southerly line of said parcel 10 to a point therein; thence North 0 12'19 " West 292.40 feet along a line parallel with the Easterly line of said Parcel 10 to the true Point of Beginning, in Lane County, Oregon. Also: Beginning at the Northwest corner of the above-described tract of land; thence West 30.26 feet (according to said survey) to the West line of said Xury Duncan Claim; thence South 0 05' West 195.6 feet (according to said survey) along said claim line; thence East 35.26 feet to the center of said County Road (according to said survey); thence Northerly to the Point of Beginning in Lane County, Oregon. Commonly known as: 86635 Pine Grove Road, Eugene, OR 97402. Both the beneficiary and the trustee have elected to sell the said real property to satisfy the obligations secured by said trust deed and a notice of default has been recorded pursuant to Oregon Revised Statutes 86.735(3); the default for which the foreclosure is made is grantor's failure to pay when due the following sums: The monthly installment payments beginning July 25, 2024 and continuing through the installment due March 25, 2025; plus interest and late charges; real property taxes, plus interest and penalties; and other liens and penalties. Total default as of March 25, 2025 is \$25,173.97. By reason of said default, the beneficiary has declared all sums owing on the obligation secured by the trust deed immediately due and payable, those sums being the following to wit: \$246,414.33 principal balance, plus unpaid interest through and including March 25, 2025 in the amount of \$851.27 which represents late fees, together with interest on the principal sum of \$246,414.33 with interest at the rate of 7.25% per annum from March 26, 2025 until paid, together with insurance paid by the Beneficiary on the property, late charges and penalties, trustee fees, attorney fees, foreclosure costs and any sums advanced by the Beneficiary pursuant to the trust deed. The date, time and place of the sale is: Date: Wednesday, January 28, 2026. Time: 11:00 o'clock a.m. Place: Front Entrance, Lane County Courthouse, 125 E. 8th Ave., Eugene, Oregon 97401. RIGHT TO CURE. The right exists under ORS 86.753 to have this foreclosure proceeding dismissed and the Trust Deed reinstated by doing all of the following at any time that is not later than five days before the date last set for the sale: (1) Paying to the Beneficiary the entire amount then due (other than such portion as would not then be due, had no default occurred); (2) Curing any other default complained of herein that is capable of being cured by tendering the performance required under the Trust Deed; and (3) Paying all costs and expenses actually incurred in enforcing the Obligation and Trust Deed, together with Trustee's and attorney's fees not exceeding the amounts provided by ORS 86.753. We are a debt collector attempting to collect a debt and any information we obtain will be used to collect the debt. Cashier's checks for the foreclosure sale must be payable to Oregon Community Credit Union. Dated: October 23, 2025. Patrick L. Stevens, Successor Trustee Hutchinson Cox, Attorneys at Law, PO Box 10886 Eugene, OR 97440, Phone: (541) 686-9160, Fax: (541) 343-8693

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