



## CAN'T GET NO SATISFACTION

Want to know the secret to a happy marriage? Apparently the more content the wife is, the happier the husband is with his life, no matter how he personally feels about their nuptials. "I think it comes down to the fact that when a wife is satisfied with the marriage she tends to do a lot more for her husband, which has a positive effect on his life," says lead professor Deborah Carr.

# LIFE LOVE etc

Our monthly look at the world of love, friendship and sex



## THE BACK-UP PLAN

Half of all women have a fall-back partner on call in case their current relationship turns sour, a new study by OnePoll suggests. It's likely to be an old friend who has always had feelings for her, or someone who she has known for around seven years, who will be 'ready and waiting' because of 'unfinished business'.

## Soul SEARCHING

Trouble with the in-laws

**Q** "My partner's mother is really critical of me. I'm dreading Christmas. Please help!"

**A** It is important that you and your partner make some time to really listen to each other on this. The way you communicate is crucial because you want him to be able to hear you, and he is unlikely to be able to if he is feeling defensive on behalf of his mother.

You'll need to explain how you felt during specific incidents with his mother. So rather than telling him how critical she is, tell him that when you were there last month and she said, for example, "What a pity you haven't got a better job", you felt upset/angry and had a sense that she didn't like you or was putting



### JAN DAY

*Jan leads workshops focused on conscious relationships and sexuality. Her teaching has a deep understanding and a warm-hearted appreciation for people's need to find and learn to trust their own journeys.*  
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you down. It's important here not to accuse her. Suggest what you were feeling: she said x and you felt y. Then you can tell him that because similar things have happened on several occasions, you find yourself dreading Christmas with her. And what you would like is...

That way you're presenting him with your vulnerability in the face of things that actually happened (not interpretations of what happened) and giving him a possible solution so you can solve the issue together.

In deciding what to suggest, be as reasonable as you can while still looking after your own needs. Rather than saying you just don't want to go you could suggest going for





*Inner Self* LOVE & SEX

## The LOVE CLINIC

### HOW MUCH CAN YOU GIVE YOURSELF PERMISSION?



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When it comes to sex, a lot of our thoughts, feelings and desires get edited out. So much of what gets cut out is due to how we imagine our desires may be judged by others. We may be uncomfortable to let our partner know that we want to try something new or experimental. It can be all too easy to think that our partner would never allow this and their non-acceptance could lead us to feel shame or rejection.

### The mirror

We may like to put the responsibility for that sense of rejection on to our partner, but it is ultimately our own relationship with our longings that we need to work on. Ultimately any relationship is a mirror of our feelings about our self. If we feel shame or guilt about our sexuality then that is what will be mirrored back by our loved ones.

Look more deeply at yourself. What acts or desires can you embrace and what do you judge as wrong or dirty? It is equally important to understand that any negative feelings about your sexuality arise in the first instance not from within, but from what we learnt, usually as children.

### Early judgements

Sexuality is, in essence, quite innocent. The sexual energy is our life force energy and is simply an impulse that yearns to be expressed. In childhood, we begin to express our sexual selves, either by exploring our bodies with natural, healthy curiosity or exploring the bodies of others of around the same age with the same attitude of enquiry. This is the most natural thing in the world. Problems begin when we experience the judgments of others (usually adults). "Good girls don't do that", "It's not nice to touch yourself there!" and so on. Each of these comments, however well-meant, is a blow to our sexual freedom of expression and therefore to our sense of self.

To heal and become whole once more, we need to regain our sense of innocence and give ourselves permission to explore our sexuality with that childlike sense of curiosity and wonder that so easily gets lost.

The miracle of life is that the more deeply we heal those wounds within ourselves, the more this is mirrored back from our partners and friends. Self-acceptance is the key is sexual freedom.

### DID YOU KNOW?

*If your parents tried to control you too much during adolescence, relationships may be trickier as an adult, a new study found*

**"Couples who share the same bedtime are more satisfied than those on different sleep schedules"**

Boxing day, or only for lunch on Christmas day, so that you have some time alone and some with his mother. Also consider how your partner could support you during this time with her. For example not leaving you two alone, actively supporting you with words or touch, or noticing if his mother does get critical and gently reminding her that he doesn't appreciate that and that he values you very much.

Remind yourself that if she gets critical that says more about her than you. She is probably feeling very insecure, lonely or jealous. Then you'll be seeing her as an insecure person who isn't handling her vulnerability very skillfully, rather than as a powerful person who can put you down. You don't have to let her negativity in, and that will be easier if you are able to see through her mask of power.