



## WHY WAIT?

Despite a heap of dating advice to the contrary, having sex on the first date doesn't necessarily mean the relationship is doomed. Research from the University of Iowa found that couples who became intimate early on ended up just as happy as those who dated and waited, if both people were interested in a serious relationship in the first place. The crux of the matter is knowing whether your date is actually after something long-term or not. The researchers believe some people are prone to finding relationships unrewarding, and these people are more likely to seek casual hook ups.

# LIFE LOVE etc

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



## EASY AS A,B,C..

People who have similar vocabularies are more likely to hit it off, says a new study. According to research from Texas Tech University, which involved analysing speed dating results, those who used similar function words and phrases had higher chances of going on a second date. It turns out there really is a language of love after all!

## Soul SEARCHING

"He doesn't want my elderly mother to move in"

**Q** I feel like I'm in an impossible situation. My mother is very elderly and I want her to come and live with us, rather than go into a care home, but my husband is adamant he doesn't want this. There's no animosity between them, he just doesn't want the intrusion into our space. What should I do?

**A** The impossibility here is in trying to put both your mother and your husband first when they have different needs. You must consider the order of your values. Your husband has expressed his needs clearly, and while you may not agree with him, it would be useful for you to try to see his perspective so that you can at least understand



### 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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him. I'd also recommend he does the same for you.

Consider that the situation you'd bring your mother into – if your husband isn't welcoming – is unlikely to be nourishing. It's worth looking at other options that may keep your mother out of a care home without her having to move in with you,

because the latter sounds like it could put too much pressure on your marriage and cause some real problems.

Have you talked over options with your mother and found out what she'd like? Although moving in with her daughter might seem a good option, it may be more important for her to stay in her own home. There are some wonderful home







care companies that offer various options, including live-in staff. You may be able to arrange some time with your mother regularly and have daily carers come in. There are even organisations specialising in pairing up people who require care, with younger people who need somewhere to live and have time to help support the elderly person.

Failing this, you can help hugely by actively researching a great establishment. You may find your mother's very happy in a home and has a new lease of life. It's clear that you care about her, and she needs to know this if she doesn't already. Your husband also needs to know that you care about him, he is your primary relationship and as he's been adamant that he doesn't want your mother living with you, it's unlikely this would provide a happy situation.

### DID YOU KNOW?

*The average woman speaks 20,000 words a day – that's 13,000 more than the average man.*

“28% of couples sleep in separate rooms because of snoring”

## Inner Self | LOVE & SEX

### The LOVE CLINIC

#### OUR RESIDENT LOVE GURU ASKS WHAT SEX MEANS TO YOU

Many of my clients tell me they're not interested in sex. They say that they find sex unexciting or disappointing. As I inquire a little further I'm curious about what 'sex' means to them? For many people sex equals penetration. For others, it's genital contact and arousal. What I see is that holding these restrictive views of sex limits our ability to enjoy it.



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#### Common complaints

The most common thing I hear from female clients is that they are having brief, unsatisfying sex. Often the male partner will move to the woman's genitals much too fast or will attempt penetration without enough, or any, foreplay. Sadly our pornified culture has encouraged some men to believe that every woman is constantly 'up for it', and needs no preparation, encouragement and emotional opening up before she's ready to have full penetration.

Obviously this is sad for both men and women. However, what interests me most is that women rarely feel empowered enough to say: "Hang on a moment, I want something different, I need my breasts touched before you dive straight for my genitals!"

#### Changing expectations

Now think about the situation the other way around. Imagine a woman climaxing quickly, before the man. Envisage her feeling satisfied and rolling over to go to sleep. Would the man lie there, feeling frustrated and unsatisfied, without complaining while the woman snores away? I think not. I wonder if this ever happened in the history of the world!

For the most part, men believe that they have a right to sexual pleasure. Many women, sadly, have internalised the idea that 'good girls don't....' and deny themselves this joy.

So, do women want a different type of sex? When my female clients tell me they're not enjoying the type of sex they're having I ask them what would they like to do. Usually they reply that they want more foreplay, more cuddles, more kissing, longer sexual experiences. What I hear in that is these women actually want *more sex* than their male partners, they just don't realise it. Often men think they just want one kind of sex whereas women want longer and more varied types of sex.

It seems to me that these women, even though they thought they didn't want sex, actually just want better sex – and more of it. When women stand up and demand the right to the type of sex which satisfies them, then as men, we better shape up – or else we're in trouble!