



## IN SICKNESS AND HEALTH

In case you needed another reason to keep your lover in tip top shape, here it is. A new study has found couples argue more if the man is ill. University of Chicago researchers found that a husband's good health is integral to preventing conflict between long-term cohabiting couples, but there is little difference if it's the woman who is poorly.

They also discovered most arguments are either caused by one person criticising the other, making too many demands, or generally getting on the other person's nerves!

# LIFE LOVE etc

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



## WEDDING WEIGHT

Marriage is the latest thing to make you fat according to a recent study, and it's brides who diet intensely before the wedding who gain the most afterwards. Health experts in Australia discovered the brides-to-be gain an average of 4.7lbs. That's contentment for you!

## Soul SEARCHING

"His porn habit is killing our love"

**Q** My husband regularly turns down my requests for love-making, but I know (from checking internet history) that he watches pornography almost daily. I feel so unwanted. Please help.

**A** Even though he is not responding to your advances, it doesn't mean he doesn't want you. The over-stimulation of porn will reduce his response to a real lover, so before he can enjoy healthy sex with you again, he's going to have to find a way out of the porn cycle – unless he is really wanting to end the relationship, which is possible but unlikely. Usually men turn to porn as a way of dealing with stress or difficult emotional situations, and once hooked it's a challenging cycle to get out of.



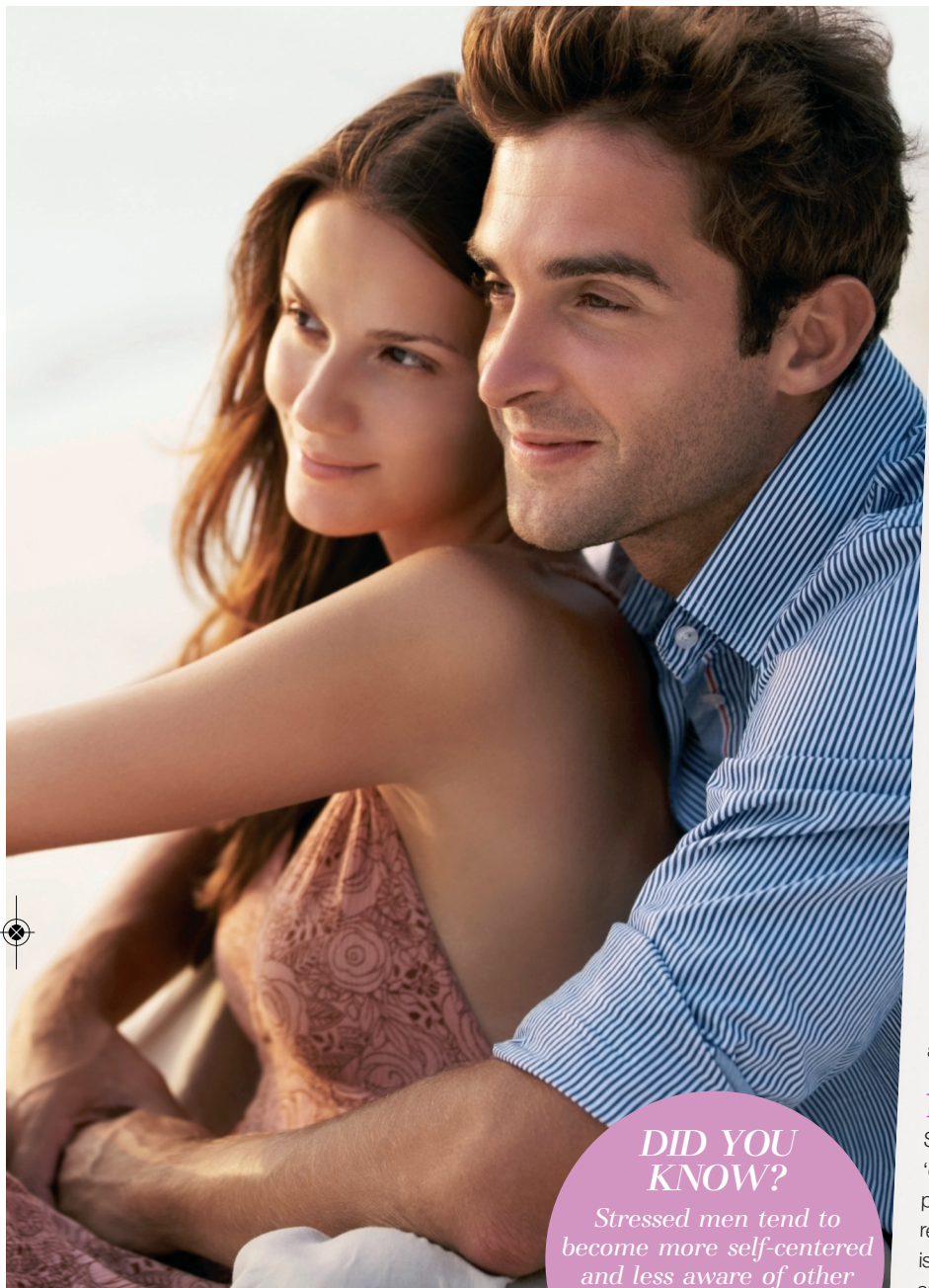
### JAN DAY

*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.*  
[janday.com](http://janday.com)

To counter the story about him not wanting you, you need to find some ways to bolster your own self esteem and resource yourself. This is a good time to spend time with supportive girlfriends, or to go to classes or events that you know give you a boost, whether

that's an art class or yoga or cooking or tango. Whatever reminds you that you're a wonderful, attractive woman. This is to promote self love – not to get it from him!

Then, from a place of strength tell your partner you need discuss something really important to you. Tell him that you're missing your sexual connection with him and that you'd



like to find a way to re-establish it. Ask him how he's feeling. You need to find out if he wants to deal with the porn issue. It's quite normal for partners to negotiate different levels of sexual desire, but porn adds an artificial factor because of its addictiveness and the way it changes sexual responsiveness.

If he is willing to address the issue he'll need ongoing professional support or to visit [pomaddictsanonymous.org](http://pomaddictsanonymous.org) in order to deal with the addiction and the emotional issues that led to it. Clear, honest talking between you both will strengthen your relationship – but you can't be his therapist and he has to want to address this issue. If he doesn't want to resolve it you need to look at what you want for yourself and make choices that are loving to you.

### DID YOU KNOW?

*Stressed men tend to become more self-centered and less aware of other people's emotions, but for women the opposite of this is true...*

“Only 14% of singletons trust someone's online dating profile, according to a survey”

## Inner Self | LOVE & SEX

### The LOVE CLINIC

#### OUR LOVE GURU ON THE TRANSIENT NATURE OF RELATIONSHIPS

Some relationships last a lifetime. Most do not. They are mirrors for where we are in our life and on our journey. Every one is a lesson in love; sometimes a painful one. We may engage fully with someone, learn a lesson and then it's time to move on.

Don't despair – I don't mean to be negative, but to highlight how valuable these relationships can be if entered into with awareness.



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#### Lessons to learn

Each person we attract into our lives serves to show us something of ourselves. Each one is a lesson in love and there is a psychic contract. Ask yourself what is the lesson you have (probably unconsciously) agreed to teach each other. It may be that you've agreed to explore your sexuality more fully, or to test the trustability of a partner, learning along the way what behaviours bring you closer to this sense of trust, and which pull you away from it. Whatever the lesson, become aware of it and work to honour it.

If a relationship has run its course, and the lesson is learnt, it's time to move on. If it no longer honours who you are or have become, it's time to move on. Ideally each new union builds on the last. The lessons of the previous relationships are incorporated into the new one and additional ones are learnt.

#### Moving on

Sometimes partnerships endure. Most don't. In many, the 'other' can serve as a gate-keeper. You meet them on your path. You walk together for a while, then part company, the relationship having naturally served its purpose. If the other is a gate-keeper for you, he or she will take you forward in some way. You will become expanded, learn new lessons and in learning these, new possibilities arise. You will see new ways of being. The other can show you this gateway which opens to a wonderful new world of possibility, but cannot always walk with you into this new place. If they hold the key to the gate, if they show you this new way of being without being able to be it too, then they are a gate-keeper. Allow them to show you the way, but know they can't come with you through this gate. The relationship may have served its purpose and no longer serve you to continue in it. Do not become angry with the other for being unable to continue on your journey with you. Of course they can't come with you; they are a gate-keeper, if they move on they can no longer stand by the gate. So honour them for showing you the gate, bless them and move forward, thanking them for their generosity. Then we can allow ourselves to move on, acknowledging the blessings that it brought us while still recognising that it was time to go ahead alone.