

sextalk.

answers to your questions about sex and relationships

factoid

1 out of 5 UA students who are exclusively dating one person have never had sexual intercourse. (2006 Health and Wellness Survey, n= 3102)

Q. Is it true that it may be harder to get over a boyfriend if you have slept with him?

A. Getting over a boyfriend or girlfriend is never easy, but throw sex into the equation and things are bound to get complicated. Why? As much as sex gets portrayed in purely physical terms, its emotional element will always be along for the ride. Sure, there are a few among us who claim that sex is just a score, bereft of feeling. But these are usually the ones left craving real connection the most, long after the “player” act gets embarrassing.

Are you questioning sex, your boyfriend or the combination of the two? If your hesitancy comes from not knowing if this is the right time or the right person, trust your instincts. Yes, sex could represent the next level of intimacy that you are both ready to share, or it could be an expectation that you don't feel comfortable with. Given that these are two very different scenarios, it's worthwhile to talk things over before you leap.

A good rule of thumb is to think about the kind of relationship you'd like to have, and see how being intimate fits in with that picture. Bottom line: If your boyfriend is asking for sex just so he'll stick around, he probably isn't worth A) sleeping with or B) having a relationship with – making your decision (and life) a little easier.

If you are coming away with more questions than answers, don't despair. Such is the nature of relationships. Describing the mechanics of sex is easy; unraveling the inner workings of how we interpret that intimacy is another story altogether. Take the time to answer these questions for yourself. At some point, you will look back and be glad you did.

For a second opinion, talk to a close friend or contact Counseling and Psychological Services (CAPS) at 621-3334. Located on campus in the Highland Commons Building, CAPS has a highly trained staff that specializes in relationships.

Have a question? Send it to sextalk@email.arizona.edu

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