

sex talk.

answers to your questions about sex and relationships

wildfact

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My long-term boyfriend recently told me that, although he thinks that I am attractive, he doesn't get aroused that much when looking at me. We get along really well and enjoy sleeping with each other, but I've noticed that he doesn't always come when we have sex. Now I am worried that he might be more interested in other girls than in me. Do you have any suggestions for what I should do?

A. Communication is the currency of our relationships, but like a lot of things in life, finding the right way to talk about "stuff" is often easier said than done. Hearing your boyfriend's thoughts may have left you surprised and hurt, but bringing up the issue with him in a non-confrontational way is the best approach to see where things are at with the relationship – and to find out if you are both willing to make things work.

First, find a good time to discuss things when you are free from distractions. You might start by saying something like: "I've been thinking about what you said the other day, and I'd really like to talk more about it." Let him know that you care about the relationship and want to speak openly about how things have changed. What follows will likely shed light on whether your boyfriend wants to see someone else, or find a way to get the spark

back with you. You may even find that there are other factors affecting his sex drive that are not directly related to you.

Let's face it – any long term relationship will have its share of sexual lulls. The longer we are with someone, the more comfortable we become and the less we try to impress. But while new relationships may have suspense and initial allure, you have the benefit of knowing your boyfriend better than anyone else. Talking about ways to spice things up – if that is in fact the issue – can help get things back on track if you both have a stake in making that happen.

Visit your local library or bookstore for helpful books on sexual and intimate relationships, or go to www.goaskalice.com for quick and reliable advice for college students.



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

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