

# sex talk.

answers to your questions about sex and relationships

## wildfact

If you received the original Gardasil (HPV) vaccine, you do not need to be revaccinated with the new Gardasil 9.

**I recently had sex with a guy from my home town and I thought it was more than what he thought – which was a one night stand. I'm now feeling really awful and depressed about it all and I don't know what to do. Please help.**

Think about it this way: if relationships are like a healthy meal and sex is like dessert, having dessert first may seem like a good idea at the time you indulge. However, in the long run, just eating dessert can leave you feeling unsatisfied and, perhaps, feeling disappointed and guilty. The dessert (sex) doesn't "make" the meal (relationship)... and it doesn't nourish you... completely.

A lot of things in life are about expectations and yours were clearly unmet, which is very disappointing. Some questions to ask yourself are: Was I too hasty? Did he send mixed "signals" or did I misinterpret his words or actions? Did I communicate my desires clearly enough? Did "wishful thinking" cloud my judgment? What can be done differently in the future so I don't feel like this again?

We ALL make choices, and do things, we later regret. You can't change the past but it's up to you to define this encounter. You can choose to frame this as a learning experience. Or choose to dwell only on the negatives.

It's important to communicate your intentions and wishes with potential sexual partners. Some of us want "healthy meals" and others want more "dessert." Next time, get more familiar with the menu before you partake.

In the meantime, it might be helpful to talk with a counselor who can help you to cope better with your feelings. You can see someone at Counseling and Psych Services at UA Campus Health, M-F from 9am-3pm. No appointment needed for first appointment. Questions? Call (520) 621-3334.

*(Special thanks to collaborators Amy Cunningham & Hailey Schwartz.)*



[www.health.arizona.edu](http://www.health.arizona.edu)

Have a question? Email it to [sextalk@email.arizona.edu](mailto:sextalk@email.arizona.edu)



**CAMPUS  
HEALTH**

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