

sex talk.

answers to your questions about sex and relationships

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Relationship difficulties? Counseling and Psych Services (CAPS) is here to help. (520) 621-3334

Why do relationships have so many different titles? Aren't you just dating someone or not dating someone?

Great question! Relationships are complicated in more ways than one. Usually people who call a relationship “complicated” are unsure of where they stand in their relationship and have not clearly defined what that relationship is. This is where communication comes into play. It is important to ask the person you are seeing what they define it as and what they want out of the relationship. It is also important that you have your own idea of what you would like to define it as so you can foster a healthy conversation on where you are in your relationship.

Do it in person. Texting and instant messaging are great but not for communicating about relationships. The best way to get an honest answer is to do it face-to-face.

Ask them. You will never know how someone feels without asking them. Prepare yourself

for their answer. It may be something you've been waiting to hear, or something you were not expecting.

Tell them how you feel. How do they know how you feel if you don't tell them? After you have listened to their feelings, share yours as well.

Decide where to go from there. Maybe it's friends with benefits, a causal relationship, or an exclusive one. Once you have established what your relationship status is, decide together where you want it to go. If you are not able to compromise with your partner, ending the relationship may be best.

Having this conversation is not always the easiest thing to do, but it is the best way for you and your partner to be on the same page. Instead of it “being complicated,” communicate!

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



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