

Adviser

WISE GUY

MICHAEL HARRY RESOLVES LIFE'S AWKWARD MOMENTS FOR YOU
wiseguy@heraldsun.com.au



Q Is it, under any circumstances, OK to share nail clippers? I think of it like sharing a toothbrush. My partner thinks I'm a head case. What say you?

MJ, Gilberton

A Wait, this is your partner? Lord knows what kind of viscosity you are swapping in the bedroom. I understand why you wouldn't share a toothbrush on a day-to-day basis; there is just too much junk breeding in those moist bristles. Yet nail clippers are an occasional grooming accoutrement. A quick wave under the tap and it's as good as new. You share spoons (argh!), and forks (eee!) and spoons (waaaaah!) with people in restaurants, right? And you'd probably mash the ATM keypad and then eat a sandwich? Basically, the germs floating around us don't even bear thinking about. If you were that stressed about germs and inter-mingled toe jam then you wouldn't ever leave the house. Stress less. Besides, we're talking about something that costs less than \$4.95 at Priceline. Save up and you could buy a different set for each toe and finger, his and hers style.

Q I am going away on holidays and won't see my colleagues at the office for four weeks. Does this necessitate physical contact, such as a hug or kiss goodbye?

Potentially awkward

A This depends on two inflexible factors. 1. The kind of establishment for which you work; and 2. The kind of person you are. By the sounds of it, you exist in a corporate milieu, in which case, the kiss goodbye is not necessary for 99.9 per cent of your colleagues. A curt nod of the head and a little smile will probably do. Four weeks isn't very long, after all. You probably wouldn't even notice if half of your teammates didn't come in for a month and perhaps you overestimate how much these people will miss you. If you worked in a touchy, feely, huggy, lovely, place (like Subway), then it would be second nature to show a bit of affection, such as the kiss on fingertips/blow technique, before you hit the road. Yet the fact you're stressing about it means you aren't the touchy feely type. That's all right. The rise and rise of OH&S and other PC acronyms mean we keep ourselves to ourselves in the workplace, and leave the kisses goodbye for the Christmas party.

“THE GERMS FLOATING AROUND US DON'T EVEN BEAR THINKING ABOUT”



PILLOW TALK

LYNDA CARLYLE ANSWERS YOUR SEX, LOVE AND RELATIONSHIPS QUESTIONS
sextalk@heraldsun.com.au



Q I'm frustrated because I can't seem to reach orgasm any more. It's been over a year. What's happened to me?

A Changes to arousal ability may be gradual or sudden. People often mistakenly expect to be sexual machines, able to perform at their peak at all times and under any conditions, but we're humans and can be affected by life's hiccups and challenges.

Has something created stress and anxiety in your life? Things such as starting a new job or difficulties finding a place to live can affect our ability to get turned on. Strong emotions can cancel out sexual arousal for some women.

If your life seems dull and boring, that can spill over into your sexual enjoyment.

Have you forgotten how to have fun, in bed and out? Has lovemaking taken on a serious tone rather than a playful one? Routine, predictable sex may also lead to difficulties.

It follows that when sex is routine and life is busy, women tend to think

less positively about sex. At the end of a busy day, often the last thing on your mind is long, luxurious lovemaking, which can tempt you to cull foreplay down to a no-frills version. Eventually this is bound to have an effect.

Painful sex can also make orgasm difficult. Maybe you proceed before you're ready. There can be many causes, but the result is that pain distracts you from arousal and the anticipation of pain can make you anxious. See your GP if sex is uncomfortable.

Changes to health can also influence responsiveness. Some medical conditions and medications can challenge not only the physical abilities of the body to become highly aroused, they may affect psychological arousal, self image and energy levels.

Examine influences that might be keeping you from reaching orgasm. Change what you can. Schedule time to wind down before lovemaking and get your mind and body more focussed on your sexual turn-ons. Invest in yourself.

“IF YOUR LIFE SEEMS DULL AND BORING, THAT CAN AFFECT SEX”

