



SHE'S TOTALLY WRONG

Your strategy: never agree to disagree. A study published in the *Journal of Management Development* found that women are more likely than men to resolve conflict through collaboration.

"Agreeing to disagree shuts down the communication process and never resolves a thing," says Dr Tom Merrill, co-author of *Settle for More: You Can Have the Relationship You Always Wanted . . . Guaranteed!*

"The less comfortable she feels communicating, the less confident she'll feel about the relationship."

Your move: ask non-judgmental questions like, "Why do you think that?" or "Have you thought of it this way?". It shows respect for her intellect and decisions, and she'll be more likely to share her thoughts.

SHE'S FEELING GOOD

Your strategy: make it up to her. What? You aren't in trouble, so it's the ideal time to fix a past mistake. A woman questions your sincerity when you take action to remedy a problem that's fresh in her mind, according to a recent study in the *Journal of Personality and Social Psychology*. You're most effective when her focus is elsewhere.

"She'll appreciate your efforts to make her happy much more when she's already in a good mood," says Simpson.

Your move: "Think about what your last few fights were about," suggests Simpson. "Tailor your behaviour as if you were trying to make up for that." Now's the time to do the dishes because you want to do them, or surprise her with flowers.



THE SEX COACH

Jacqueline Hellyer boosts your bedroom know-how

Q *During sex, I last until my wife orgasms (that takes about five minutes). But could you share some techniques to last longer, as I want to give her multiple orgasms. I find it hard to hold myself back when she screams during her first (and usually only) orgasm.* — RT

A Relax, RT, it would take a strong man to hold himself back as his woman convulses into a screaming orgasm! And a finale of simultaneous orgasm is a very fine thing indeed.

If you want your wife to have more orgasms then give them to her through manual or oral stimulation before you move onto intercourse.

If you're dead keen on achieving more orgasms by intercourse alone then try positions and rhythms that are stimulating for her but less so for you. Woman on top can be good for this. A slow, constant thrusting motion can also drive your woman wild while leaving you in control. Also try entering her deeply then moving shallowly while deep inside, rather than big thrusts in and out. Keep your own breathing slow and steady.

Q *I asked my partner to spice things up by "going commando" when we went out to dinner, but she just laughed it off. She's usually fairly open-minded. Was it wrong to ask her?* — TW

A I hope you're not simply asking: "Hey, honey, how about going commando tonight?". How unsexy is that? Sounds like you want to play one of those hunt-and-kill video games. Whenever you want to push your sexual boundaries, the approach is so important. You need to take it slowly.

You'll be a lot more successful with this type of approach: as you're getting ready to go out, stand back and admire her, then move up behind and kiss her on the neck, whispering into her ear how gorgeous she looks and just how much you'd like her to remove her knickers so you can fantasise about her luscious tush all through dinner . . .

Get the drift? Build the frisson so she's aroused and confident and keen to fulfill your erotic fantasies.



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