

The set-up: "I screwed up and want to hear your thoughts."

Whether you blabbed a good friend's secret or ran over the neighbour's hugely expensive racing bike, admit it. Confessing an error in judgment leaves you exposed and vulnerable, which makes a woman want to wrap you in her arms. Telling her about it wins her over even more – you're showing that you value her opinion. The resulting combo of compassion and confidence will inspire her to make everything all better – or to at least distract you.

The set-up: "I'm organising a team of volunteers for Clean Up Australia Day."

Whether it's fishing other people's rubbish out of a creek, climbing mountains with inner-city kids or carrying your elderly neighbour's shopping, helping others boosts your sexy factor for two reasons. First, altruism shows her that you can put your own needs aside, which inspires her to take care of them for you. Second, your good deeds make her feel as if she's dating up, because clearly you're a better person than she is. She'll want to join forces with you on your life's quest.

The set-up: "You must be exhausted. Let's take a hot shower and I'll scrub your back."

The number-one reason your partner turns down sex is because she's stressed. And while

she knows there's no better cure for wound-up nerves than a spring-release orgasm, it can be difficult to shake off the day's distractions. By blasting the hot water and lighting candles, you'll offer a tension-melting solution she can't refuse. Once the hot water and your soapy hands chase the stress away, she'll finally feel sexy again.

The set-up: "I want to accomplish a few key things in the next five years."

When a woman hears a man talk about the future with a "whatever" attitude, her level of respect for him drops and her thighs snap shut. She was surrounded by way too many of those directionless blokes back in school, and she has learnt that men who have clear goals and realistic plans for achieving them are rare. She'll appreciate your farsightedness all the more. Making up your mind settles hers as well.

The set-up: "I'm taking tomorrow off to help chaperone my niece's school trip."

While a woman is impressed by a man who's driven to succeed, she's even more tantalised by a striver who's willing to put a family member first – extra points if that family member is under 12. She'll instantly flash-forward to when you're the sweet, caring father of her children, at which point her heart will go all gooey. Come back from your outing with a cute stuffed animal for her and she'll practically drag you into bed.



SEX COACH

Jacqueline Hellyer boosts your bedroom know-how

Q My girlfriend's sex drive is a lot higher than mine. What can I do to even things up? – KD

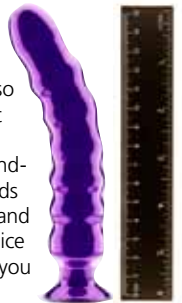
A We always hear stories about couples where the woman has a lower sex drive than her male partner. But in at least one-third of the cases I see involving mismatched libidos, it's actually the man with the lower sexual interest. So don't worry; you're far from alone.

To improve the situation, there are two key things you need to take on board. First, if you're tired and stressed, and therefore not in the mood, make sure you take the time to create a space where the two of you can chill out together so that you can become sufficiently relaxed to get in the mood to want to have sex.

Second, if she's hassling you for sex, that will actually lower your desire. Being constantly nagged for sex is not sexy. Be honest and tell her that she's making it worse, and what you actually need is more space so that you can find it within you to desire her.

Q My new girlfriend uses a vibrator. Should I be offended? I think it's bigger than I am! – SF

A What, her vibrator is six feet tall? Oh, you mean bigger than your penis. Is that all you think you are, SF, a penis? Is that all you think she's interested in? Is it just your penis that can give her pleasure? No, no and no! You need to take a deep breath and relax. Do not compare yourself to a small piece of machinery. A vibrator is just a toy that she can use when you're not around and maybe to add extra titillation to your sexual play. It's just that – a piece of plastic that vibrates. Whereas you, on the other hand, are so much more than just your penis – you're a great hulk of flesh-and-blood man with hands and lips and a brain and eyes and skin and voice and tongue and . . . you get my drift?



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