



**NEED
ADVICE?**
ASK SABRINA AT
FHM.COM.AU/
CONTACT



"Er, ma'am?
Your table's
ready"

ASK SABRINA

Advice from the coalface of gender relations with FHM's sex and relationships expert.

+ SETTLING

HOW DO I KNOW SHE'S THE ONE?

I'm 35 and want to settle down and have a family. The only problem is that I'm extremely fussy. I'm a confident, good-looking bloke and I get lots of opportunities to establish a relationship, but I don't know who to choose. If I choose girl A, I think maybe I've missed out on something with girl B or girl C. I can't make up my mind. Help!

CHRIS, VIA FHM.COM.AU

Chris, you suffer from FOMO: Fear Of Missing Out. But I've got news for you: there are going to be some cold, lonely nights when you're 90 and eating your Weet-Bix alone. If you have so many great options - A, B and C - can't you just pick one? The prettiest, the smartest, the one that makes you laugh... whatever. I think you're more afraid of commitment than of picking the wrong girl. Bite the bullet and make a decision ASAP.



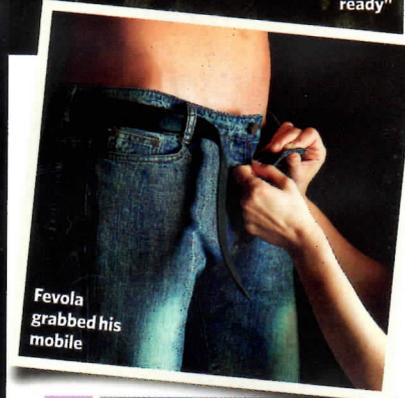
Bin Laden had a problem with his 72 virgins

BIZARRE LOVE TRIANGLE

I've been in a relationship for two years but I'm having feelings for a girl I haven't seen in years - she was my best mate's girlfriend. I was taking her out on dates without my mate knowing; then he found out and I haven't seen him in years. She has a new boyfriend, but I want to get in touch with her. Any suggestions?

ANT, VIA FHM.COM.AU

So, not only are you in a long-term relationship, but so is she, and she's your ex-best friend's girl? Buddy, I don't know how many ways to tell you to stay away. You already broke up a relationship and lost a friendship; the least you can do is leave her alone and not risk splitting up another couple. I'm not saying it's all your fault, but there's a point at which you have to stop thinking only about yourself and realise how your actions affect others.



Fevola
Grabbed his
mobile

+ BEDROOM

GIVE US A HAND

My wife and I have been together three years. I've always wanted her to masturbate me, but it's never happened. How can I get her to agree to it?

RANDY, VIA FHM.COM.AU

Have you asked her? You'd be surprised how effective it can be to put in a request. If you have asked and she's refused, try easing her into it. During foreplay, kiss her and rub her clitoris in gentle, circular motions with your fingers. Once she starts getting into it, delicately take her hand, place it around your penis and move it like you want her to. If you're not pushy or aggressive, she'll hopefully ease into it. **FHM**

ADVICE ON-THE-GO

To receive Sabrina's tips each week, SMS '199 SX TIP' (199 79 847)
SMS costs \$1 (inc GST) per message received. Max cost \$1 per week.

Receive no-nonsense guidance from Sabrina, FHM's sex and relationships soothsayer, straight to your phone every week. Just in time to spice up your weekend!

Subscription Service. Send STOP to 199 79847 to end. 5th Finger Pty Ltd Helpdesk 1300 464 866. Users must be 16 years and over or have the bill payer's permission.