



ASK SABRINA

Advice from the frontline of gender relationships from FHM's sex and relationships soothsayer

+ CURIOUS

TIMING TROUBLES

How long should sex typically last? We're talking the actual penetration part - not the whole shebang. Do women really want men to last hours?

DAMIAN W VIA FHM.COM.AU

You wouldn't believe how many men worry they're underperforming in terms of sheer penetration time. The

good news is that most women don't expect or want porn-style, marathon sex. It's hard to say how long it should typically last as every woman's wants and needs are different, but if you're consistently only able to last a minute or two inside her, then you might want to talk to your doctor. That said, if you're able to satisfy her in other ways - through oral sex or with sex toys - she might not care that you come faster than Usain Bolt runs the 100.



Damo's eBay business: bad for business time

HOW DO WE MAKE TIME FOR SEX?

+ My girlfriend and I don't seem to have sex during the week any more - we're both too knackered when we get back from work. It's far more appealing than just eating dinner and watching TV; how can we schedule it back in?

RMJ, VIA FHM.COM.AU

The daily grind is for your sex life what Kryptonite is for Superman. Talk about it with her at a non-threatening moment, not when she's just brushed off your advances. As unsexy as it might sound, suggest scheduling a mid-week "sexy night". During that day, set the tone by sending her hot text messages. Plan a light dinner, then run a bath for her to unwind while you prepare the love den. Start by giving her a massage. Yes, it's a bit of hard work, but it's almost guaranteed to inject passion back into your weeknights.

+ DILEMMA

OPEN DESIRES

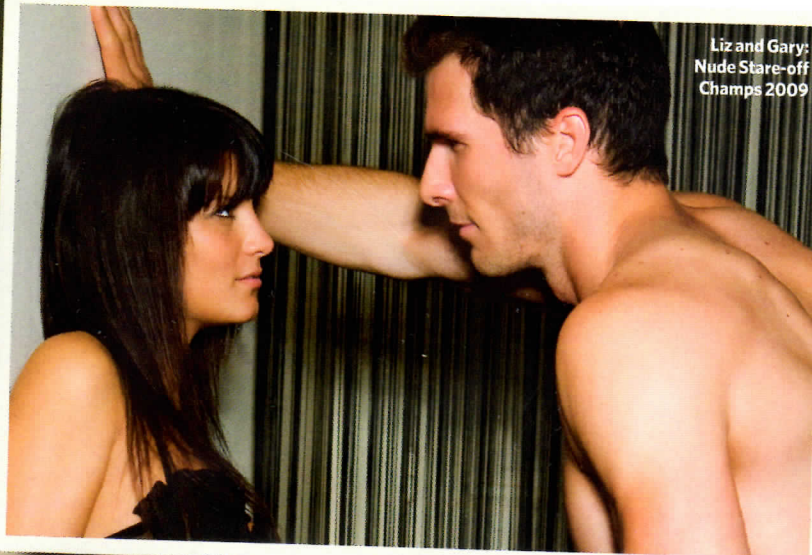
My girlfriend has asked for an open relationship for now "so she can make sure we are right for each other". I feel like that translates to "so she can sleep with other people". I'm not really cool with that, but don't want to end it. What should I do?

SAM VIA FHM.COM.AU

I hate to break this to you, but she's just not that into you. I apologise for quoting cheesy chick lit, but the rule is simple - if she really liked you, she wouldn't want to be with anyone else. If you're not comfortable with the idea of her seeing other guys, I strongly suggest you walk away now before you fall for her even harder and she breaks your heart. There is a girl out there who'll only have eyes for you.

Rob's 'Open Shirt Wednesdays' finally paid off

Liz and Gary: Nude Stare-off Champs 2009



she'll be putty in your hands when you finally take her to bed.

+ SEX STYLES

WHAT POSITION'S PRIME, FIRST TIME?

What is the best way to have sex for the first time - tame missionary or pull out all the porn moves?

JAMES BRANNIGAN VIA FACEBOOK

I'd suggest a little compromise - it doesn't have to be either a hole in the sheet or baby oil and plastic sheets. Try to gauge her personality to guess her sexual style. If she's a shy girl, definitely keep the handcuffs in the closet the first night and take it slowly. You're better off being a little more conservative to avoid scaring her off. Once you're getting into it, see how she responds. Is she moaning and enjoying herself?

Keep doing what you're doing. Does she seem tense? Scale it back a notch and see if she relaxes. Every girl is different, so try to make sure she's having a good time too.

+ ADMIRER

HOW DO I ASK A STRANGER OUT?

I keep seeing a girl on the bus on my way to work and I want to ask her out, but how? We get off at different stops and whenever

I get on, there always seems to be someone sitting next to her...

BARRY, VIA FACEBOOK

Jumping off the bus at her stop will likely freak her out, so I suggest a three-step plan. Next time

you see her, start with some simple body language cues. Initiate eye contact and give her a small smile, but don't give her the stalker stare. You should be able to gauge her interest by her response - if she frowns and glances away, forget it. If she seems responsive, wait until the next time you see her and try to sit beside her, or stand near her if the bus is packed. Find a reason to make a brief comment to her - mention how hot it is on the bus or how much you love the author of the book she's reading. Hopefully she'll respond and initiate small talk. By the third encounter, the ice should be broken and you'll be able to move in for the kill. Before she gets off the bus, ask her if she'd like to go for coffee - and make sure you get her number.

NEED ADVICE?
ASK SABRINA AT
FHM.COM.AU

+ GO FIGURE

7-13 MINUTES:

ACCORDING TO THE JOURNAL OF SEXUAL MEDICINE, THIS IS THE LENGTH OF TIME ON THE JOB WOMEN PREFER FROM MEN TO GET RESULTS. ANY LONGER AND THEY START THINKING ABOUT SHOE SHOPPING.

+ PATIENCE

PLAY HARD TO GET THE RIGHT WAY

I'm seeing this new girl and I want to tease her and make her want it rather than be the typical guy who just tries to get in her pants straight away. Any tips?

PJ, VIA FHM.COM.AU

I like your style - you'll definitely stand out from the pack. If you want to keep it in your pants, avoid situations that make you weak. Don't drink too much and don't let things get too hot and heavy. At the end of your next date, give her a passionate kiss before saying goodnight. If she invites you over, make up an excuse about having to work early, but make sure you give positive signals and let her know you had a good time or she might mistake your teasing for disinterest. Play your cards right and

+ BIOLOGICAL MATCH

MATCH.COM'S DR HELEN FISHER PULLS OUT THE TEST TUBES TO FIND YOUR PERFECT MATCH. THANKS SCIENCE!



Match.com's new test, the Daily 5, features a "unique personality assessment and matching system using science." Dr Fisher explains...

"Through research, I found four basic chemical systems connected to the traits of your personality," explains the MILF-y doc. "I studied dating behaviours of people expressing all the different systems, watching who they were attracted to." The upshot? She knows who your perfect lady is! Work out which personality category you fit into and discover your perfect match.

EXPLORERS Risk taking, novelty seeking, creative, energetic, curious, irreverent, optimistic and quite liberal. **Best match: Fellow Explorers**

BUILDERS Traditional, conventional, cautious but not fearful, calm, social, conscientious, cooperative, loyal and very managerial. **Best match: Fellow Builders**

DIRECTORS Analytical, logical, direct, decisive, tough minded, good at "rule-based systems", self-contained, sceptical and very ambitious. **Best match: Negotiators**

NEGOTIATORS They see the big picture, are contextual thinkers, highly imaginative, empathetic, altruistic and tend to be idealistic and nurturing. **Best match: Directors**

Dr Fisher's book *Why Him? Why Her? Finding Real Love by Understanding Your Personality Type* is out now.