



ASK SABRINA

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

+ THREESOME

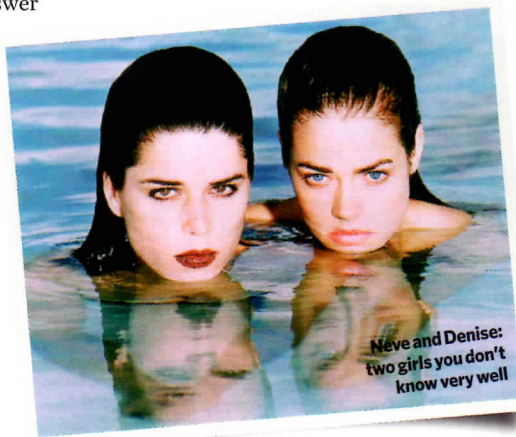
WHAT CAN I SAY TO CONVINCE HER?

We go on about threesomes all the time, but beyond fantasy, is there any realistic way to convince your girlfriend to partake in one? With another girl, of course...

AZ, VIA EMAIL

You probably know the answer to your question already. If your girlfriend is generally open to sexual experimentation, you'll have a much better chance of convincing her to have a threesome than if her idea of a wild night is getting on top. But while most women love the fantasy element of a

threesome, it's really difficult for many a girl to imagine watching the guy she loves going at it with another woman. Think about it: would you like to see her being pounded by some other dude? Didn't think so. Ask her if she's willing, but if she says no, don't push the issue. Your best chance of having a threesome is with two girls you trust but don't know very well – no emotional attachment means no one gets hurt.



Neve and Denise:
two girls you don't
know very well

OFFICE FLIRT

+ There's a girl at work who keeps coming on to me, but I'm not interested. How do I get her to stop without insulting her?

MICK, VIA FHM.COM.AU

The first step is to make sure you're not giving her any positive signals – be polite but standoffish. Although it may not be entirely honest, mentioning a "girl you're seeing" could get her to back off while sparing her ego. If that doesn't work, be more direct. Next time she makes a sexy innuendo, tell her, "I think you're a really nice girl, but I don't feel comfortable with any interaction in the workplace that's beyond professional." She should get the picture.

+ FANTASY

NORMAL OR NOT?

My girlfriend loves to be dominated in bed. I'm not complaining, but is it normal for women to fantasise about being taken by force?

TOM G, VIA EMAIL

Don't worry, it's common for women to fantasise about submitting to a strong, powerful man. Like many other fantasies, what happens in the bedroom stays in the bedroom, and it doesn't mean she'd want it to happen in real life. Make sure you communicate openly about your turn-ons and limits, so you both feel comfortable and trust each other, then have fun with it! You can pin her down with your own body weight or try tying her up with one of your ties, scarves or even handcuffs. Now go show her who's boss!



Bend and stretch, reach for the stapler

+ ORAL SEX

HER TECHNIQUE IS RUBBISH

My girlfriend gives terrible blow jobs and I've tried to - gently - instruct her on how to do it well, but she just doesn't get it. Should I give up or is there still hope?

MJ, VIA FHM.COM.AU

Where there's a will there's a way, my friend. Your girlfriend might suck at sucking, but at least she's willing to give it a go - some guys couldn't get their girlfriends down there if they had a 32-carat diamond on the end of their schlongs. Proceed with caution, as you don't want to bruise her ego. I'm not sure what you've tried so far, but instead of giving her a set of instructions beforehand and hoping for the best, coach her through the process. Encourage her when she's doing something right by moaning or

whispering "yes", and if it's not quite right, tactfully tell her what you'd like her to do. For example, say, "Oh, that's great, can you do that harder/faster/use your hand this way?" She'll be a pro in no time.

+ THE EX

THE BEST WAY TO AVOID A SCENE

I'm going to a friend's wedding with my fiancée, and my ex will be there. I haven't told my fiancée yet, but she's not going to like it. How can I cause minimal damage when I tell her, and how do I handle the situation on the big day?

STEVE F, VIA EMAIL

When it comes to breaking it to your fiancée, it's like ripping off a bandaid - the quicker, the better. Let her know how uncomfortable you are about the whole thing because you don't want to upset her. If you all come face to face at the wedding, introduce them, make polite conversation for a minute, then excuse yourself with your fiancée. Try not to leave her alone for extended periods during the wedding so she doesn't risk running into your ex by herself and feeling like a tool.

+ BODY ISSUES

IS HONESTY THE BEST POLICY?

I'm 28 and am in really good shape. I love hard-bodied

women, generally. Anyway, I've been seeing this woman who's awesome: the sex is great, we laugh like anything and I really see a future with her. It's just... she's got a really baggy, cellulitey arse, and it bothers me. It's kind of stopping me from committing totally. I know I shouldn't mention it, but I want her to work on it.

ANONYMOUS, VIA EMAIL

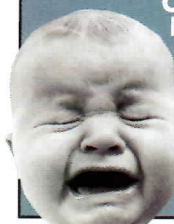
I'm guessing you've never told her and I understand how tough that can be. If you think she'd be able to handle the criticism and that it might push her to start working out, you might want to tell her in a kind way. But if there's a chance she could take offence and it could affect your relationship in the long term, you have to ask yourself whether it's worth the risk. She sounds pretty great... is that worth giving up for a bit of cellulite?

NEED ADVICE?
ASK SABRINA AT
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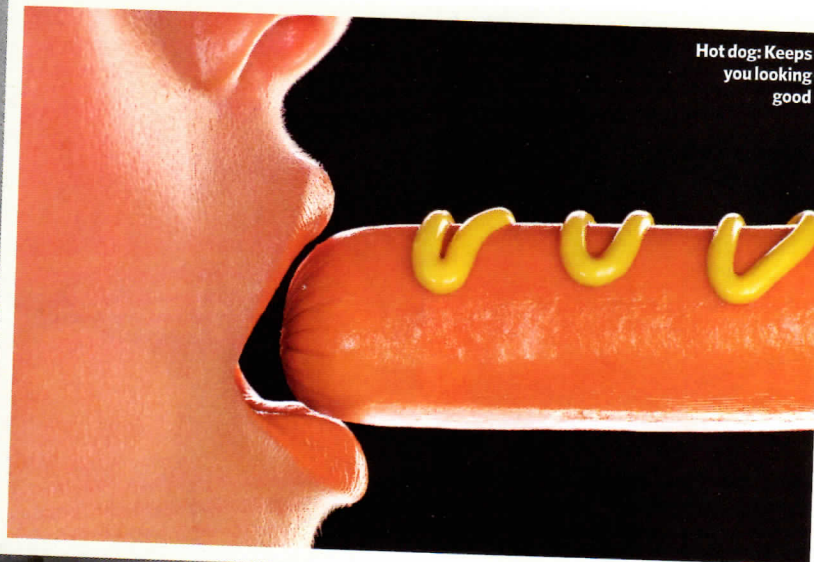
GO FIGURE

13%

THE PROPORTION OF LITTLE DUDES CIRCUMCISED IN AUSTRALIA OVER THE LAST FEW YEARS. UNLUCKY NUMBER INDEED...



Hot dog: Keeps you looking good



TAKE GOLFING HOLIDAYS WITH YOUR MATES

ZOË FOSTER, AUTHOR OF THE CHICK-TASTIC TEXTBOOK ROMANCE, TALKS TO FHM

Your book is sub-titled "A step-by-step guide to getting the guy". Getting a guy is easy: just say yes.

Maybe it could be simpler, but when we do say yes and put ourselves on a platter, you get bored of us real quick.

But the pressure is always on the guy to make the move.

Yeah, it is. I don't think women should make the first move, which I realise puts pressure on guys, but you always value things more when you've had to work for them.

Girls always say they like a guy with a sense of humour. Is that something hot women say so they don't seem shallow?

No, a guy who can make us laugh will always win in the end; there's charm and intelligence in a sense of humour. It's definitely the resurgence of the funny guy now.

Why don't women get man-time?

Listen, there are a couple things men will always do: perv and have cave time. It baffles me when women say, "Oh my God, he wants to go to the pub every Friday."

How do you avoid boredom when you've been together for a while?

Romance over domesticity is the key, so shut the bathroom door! And go on separate holidays. Take a golf holiday before you have a couple's holiday.



Zoë's book, *Textbook Romance* (Penguin Books, \$24.95), is out now