



ASK SABRINA

Sex life going nowhere and relationship not far behind? Watch Sabrina rescue both in one fell swoop...

+ BUCKS PARTIES

STRIP UNEASE

I have a bucks weekend coming up and my girlfriend is freaking out because there will be strippers and she's worried about what will happen. I've tried to tell her it's no big deal, but she's still not happy. Is there any way I can reassure her?

NEIL, VIA FHM.COM.AU
It's natural for her to be worried if she doesn't know what to expect. First, talk her through what you'll be doing over the weekend; surely

you won't be watching naked women 24/7? Then, despite the fact that it might seem like a bad idea, explain in some detail how it will go down when the stripper arrives. Tell your girlfriend that the show only lasts about half an hour, the girl has a minder and no one can touch her. I think the problem is that many women have heard horror stories and imagine the worst as a result. Once you have calmed her fears, promise to call her at a given time and stick to it. Meanwhile, have fun!



The buck stops here.



Leonard's blind tasting results were conclusive

NEED ADVICE?
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TICK, TOCK, TICK, TOCK...

+ My girlfriend, who is six years older than me, keeps pressuring me to have kids because she's afraid she'll be too old soon. I do want to have children, but not for a couple more years. What do I do?

RAY, VIA FHM.COM.AU
That's a tough situation. Normally I'd say that if you don't agree on basic life goals you should walk away, but you do agree - just not yet. If she's in her thirties and feeling the clock ticking, it'll be hard to get her to change her mind. Perhaps you can agree to have children in 18 months rather than her "right now" or your "sometime in the future"? It comes down to how much you're willing to compromise to stay together. Don't just ignore the issue and hope it resolves itself miraculously; as tough as it is, sit down and have the conversation now so you can both decide whether to commit or go your separate ways. Good luck.



Dilemma: mention that the game's still on, or no?

+ SPEED SEX

FAST AND FURIOUS

My boyfriend was a virgin before he met me and comes after about a minute of sex; is this normal for guys at this stage?

MELODY, VIA FHM.COM.AU
It's completely normal for guys to come quickly during their first encounters; it probably means he is really turned on and hasn't yet learned how to delay ejaculation. He can control it by exercising his PC muscles, located around his testicles and anus; that means contracting them and letting go, which can be done anywhere, anytime. More immediate ways he can stop himself are by interrupting sex for a few moments until the urge has passed or pulling gently on his testicles. Doesn't sound sexy, but it works!



Oooh, fruity...

+ INFIDELITY

MY CHEATING HEART

I cheated on my girlfriend of two years by kissing a random girl in a club. It meant nothing and I totally regret it. Do I tell her?

ROB, VIA FHM.COM.AU
If it meant nothing, why did you compromise your relationship over it? You're putting me in a tough position here: part of me wants to say it's not worth telling her since it's only a kiss, but I believe in full disclosure and honesty in relationships so my advice is to confess. If you have long-term plans with this girl, you should start your life together without secrets. Hopefully she'll be able to forgive you, but be prepared for it to take a while before she fully trusts you again.

PICTURES: GETTY IMAGES



"I like you, but we just haven't connected"

+ NET GAIN

ONLINE SEARCH

I'd like to try online dating but don't want to seem desperate in my profile. Any tips?

TERRY, VIA FHM.COM.AU
Don't feel stupid: online dating is mainstream now. I know several couples who met on the net and went on to get married and have a family. Be as honest as you can on your profile without revealing too much about yourself, and avoid clichés. Don't list "romantic, candlelit dinners" as your hobbies; girls will see right through it. Give a short and accurate description of your interests and what you look for in a woman, and post a flattering photo of yourself (with your shirt on). Then wait for women to flock.



"Must... get... head... lower... than... knee..."

+ FALLING SHORT

SPRINTING THE MARATHON

My love life follows a tragic pattern. I meet a girl, have a great conversation with them and think I've left an awesome first impression. But maintaining that spark is the problem; before I know it the girl loses interest. Am I being too eager and needy?

THOMAS, VIA FHM.COM.AU

If you start calling and texting and a girl every day as soon as you meet her, you're definitely showing too much interest. Do you talk about your future with her on the second date? Don't. You seem to have the hook down pat, which puts you a step ahead of many guys who can't get the intro right. Learn to reign in your affections for a few months; let things develop naturally. If you don't, you'll continue to scare women off.

+ ISOLATION

STUCK IN THE STICKS

I live in a remote area of country NSW and find it hard to meet women, for obvious reasons. Any suggestions?

GERARD, VIA FHM.COM.AU
I'll spare you the square dance and hoedown jokes. Your best bet is to join a dating site such as RSVP.com.au or OasisActive.com.au. Leave your reservations behind; internet dating is not just for losers. You can search for women who live in your area or are up for a long-distance deal that could lead to a new life in the country for them. Just beware of coming on too strong by asking big questions about the future right away; regular dating rules apply even if the circumstances are more restrictive because of distance.

The world's smallest man had picked the wrong hat



Perth pubs: quiet but productive

+ FANTASY

IS THREE REALLY A CROWD?

I really want a threesome before I get married but my fiancée says no. How can I convince her?

PETER, VIA FHM.COM.AU
Peter, your priorities are so out of whack that I don't even know where to start. There's no way you'll be able to convince your wife-to-be to jump in bed with another girl for your pleasure while she's planning floral arrangements and bonbonnières. Your threesome fantasy is something you should have fulfilled before getting into a serious relationship; it's too late now and you should just let it go. Focus on ways to spice up your sex life that will be acceptable to your fiancée - suggest watching porn, role-playing or light bondage, for example.

CHEEKY

+ How come some women like anal sex so much?

PAT, VIA FHM.COM.AU
Really? Are you telling me you know hordes of women begging for backdoor action? Send me a list of names and numbers: I can think of many men who'd like the opportunity to tick that one off the list... In all seriousness, I think the majority of women actually aren't big fans of anal sex because they find it uncomfortable or painful. If you want to broach the subject, approach it slowly and promise that you'll use lots of lube; some women get freaked out by a bad first experience because it wasn't approached delicately. Of the many conversations I've had with women on the topic, I've rarely heard anyone say they loved it from the start, but many learn to enjoy it over time. But hey, why am I telling you this? You have to beat them off with a stick, apparently... FHM