



IF MARRIAGE IS ON THE CARDS,
CHANCES ARE THAT THERE ARE
A DOZEN SEX-RELATED QUESTIONS
IN YOUR MIND, YOU DON'T
KNOW WHOM TO ASK.

ARUNA RATHOD GETS YOU
ALL THE ANSWERS—
RIGHT FROM THE EXPERTS.

Sex Questions you have been Embarrassed to Ask



1 How do I need to prepare so my sex life begins well?

Neeta V Shetty, Psychotherapist and Life Coach, Founder Blissful Mind

Therapy Centre, Mumbai: In case a bride-to-be has questions, it's best that she approaches a sex counsellor or goes in for a pre-marital counseling session to clear things out and be aware about what to be faced with. She should also try and read bestsellers on sex and relationship to know more about the dos and don'ts. See to it that the source of knowledge is always reliable and not based on word of mouth from your friends and well wishers. Where sex life is concerned, remember, one size does not fit well.

Dr. Kurien S. Thomas, Counselling Psychologist and Life Coach, Effective Living Inc: The new bride should be ready to accept the man without any preconceived notions. She should approach her sex life with an open mind as a union. But remember to take time to be comfortable with each other first before getting physically intimate. An intimate mind makes intimacy more pleasurable.

2 Can I ask my husband what he would like me to do?

Shetty: Communication is the key

towards a healthy sex life. Hence, it is extremely important to know what your spouse likes and dislikes, wishes and fantasises about. It is always better to do what gives pleasure to the partner as well as understand his needs.

Kurien: The comfort level will take time to develop. So, the bride can ask her husband what he likes, as it will be pleasing and encouraging for him to also know that his wife cares for his likes and dislikes.

3 Can I ask him to do what I find pleasure in?

Shetty: It is also equally important for him to understand your needs and wishes, and rather, it makes his life easier to know what pleases you, so that he need not worry. But, keep in mind that your partner might require some time to understand your body and your needs. Also, keep in mind your partner's comfort level.

Kurien: You can definitely do so, but remember, that you should be telling him so in an encouraging manner. It should never be in a way of evaluation of his performances. The bride should also understand that the way you are exploring a new relationship, he too is exploring a new life with you to make it comfortable for you, so, the words chosen should not be to hurt him.

4 Can I ask him if we can experiment with new outfits, positions places and toys?

Shetty: Yes, it is always great to be creative and experimental when it comes to sex; it adds zing to the relationship and does not allow monotony to set in. But while initiating things, always keep in mind your partner's viewpoint and comfort level, because it's too early to find out the perceptions of your partner when it comes to getting this bold.

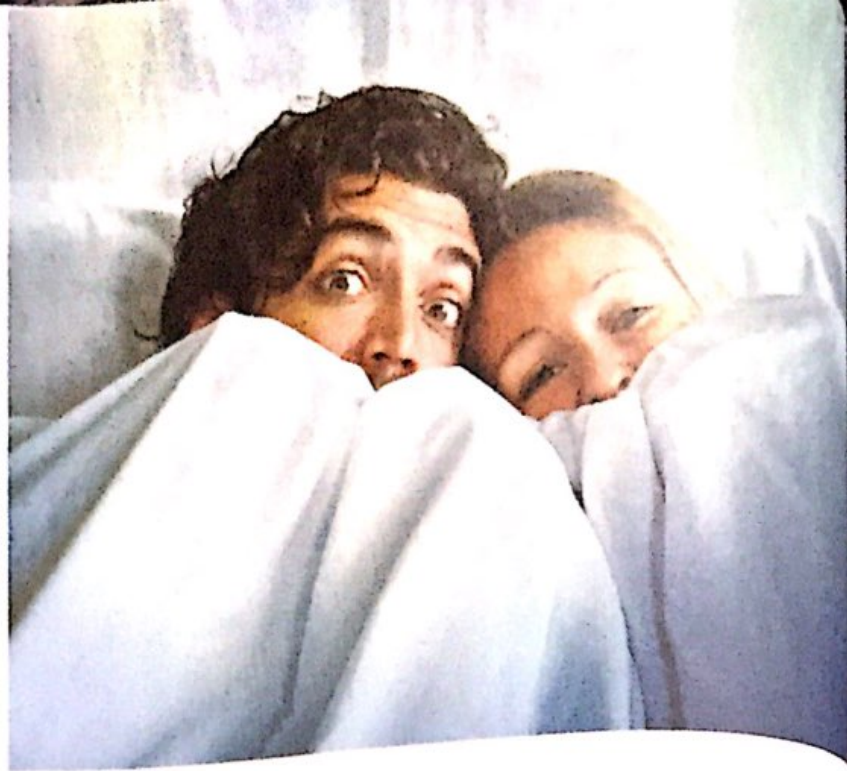
Kurien: There are no rules for intimacy when it is between you and your partner. Both of you should talk to each other as you grow into your comfort zone. This is your own private world. At the same time, if you find anything uncomfortable, you must speak about it openly to your husband in a nice way.

5 What should we use as a birth control since I want maximum pleasure without the fear of pregnancy?

Shetty: Visit and seek the opinion of a gynaecologist. You can do it together with your partner; if that makes you uncomfortable you can visit alone. She will either prescribe you a birth control pill which puts you in charge or you can suggest your partner to use a condom. There are also women condoms available in the market now. Other methods like the IUD or the After Morning Pill are not safe for women who have not conceived. Methods such as Vaginal Pessaries, Safe Days and the Withdrawal Methods are not 100

per cent reliable. But your gynaec would be the right person to guide you after a routine check-up.

Kurien: This homework can be done much before marriage, so that you are well prepared. You can speak about this to your husband as well, so, he too is well-aware and comfortable.



6 Can I ask him to talk dirty to me since it turns me on, without being embarrassed?

Shetty: You can always ask him to talk dirty without getting embarrassed but a good way to initiate this would be to start sexting each other to break the initial discomfort.

Kurien: Try and understand your man first. Some may find it not pleasing, some may like to talk and hear dirty while some may not know about dirty talking. Once you develop your comfort zone with your man, you will know what he likes. Do not get frustrated if he is not willing or does not know the dirty talking bit. You could educate him, but do not overdo it. There are many more ways to spice up your relationship.

7 Can I refuse certain things that I don't like?

Shetty: Do things within your comfort level so that it is pleasurable for both. Be open in your communication about your likes and dislikes, comfort and discomfort, or any activity that is either painful for either of the partner or unsafe to both of you. It is also important to sometimes go out of our comfort zones to please our partners. So take a call and decide. A key to a healthy sex life is education and communication.

Kurien: Yes you can, but as I mentioned earlier, let it be in a nice way. He may be trying out certain things to give you more pleasure. But, if it is uncomfortable for you, talk it out, and encourage him to spice it up in a different way. Honesty and openness is the trademark of a long standing relationship. **NW**