A man in a dark suit and light blue shirt sits on the left side of a red leather couch, looking thoughtfully towards the camera with his hand on his chin. To his right, two women dressed as bunnies sit on the couch, laughing and looking at each other. They are wearing black strapless dresses, fishnet stockings, white cuffs, and large pink bunny ears. The background is a dark wall with a large, ornate gold picture frame.

'Bunny girls...  
pah! Give me  
Maggie Thatcher  
in fishnets any day'

# What *really* turns him on?

Red G-strings and suspenders? Nope. Men are more complicated than you might think when it comes to what arouses them. *New Woman* finds out all the weird things that hit their he-spots

**O**K, so you thought it was bunny girls, stockings and stilettos that turned a man on. Well, not anymore. Worldwide testing and research site Queendom.com reports men get aroused by the weirdest things. For instance, 25 per cent of men are turned on by hairy legs during sex, while 32 per cent like to be bitten so hard that it hurts. But we reckon it goes even further than that, so we hit the streets to find out first-hand what gets guys going – and we bet you'll be surprised by some of the strange things we heard.

**FACE OF FURY**

'Her "f\*\*\* off face". It's a facial expression that exudes absolute confidence and superiority from its owner. Without the girl actually looking at you, this look centres in on you, and in a quiet and indifferent tone says, "Just rack off – you've got no chance". I love it!'

**Kris, 27, financial analyst**

**FLUSHED PINK CHEEKS**

'I get really turned on by girls in the snow, all dressed up in jackets, scarves and beanies, with their cheeks flushed all pink from the cold. I think women look way hotter on the mountains than they do on the beach – especially if they've got a snowboard tucked under their arm! More clothes makes me think how much nicer they'd be to put my arms around.'

**Simon, 24, journalist**

**OL' DIRTY BRA STAR**

'My ex had this trick of taking her bra off on the beach, while she still had her T-shirt on. She'd kind of unhook it and feed it through her T-shirt arm-hole. Every time she did it, I was aroused. I think it's because I knew how great she looked inside that T-shirt.'

**Andy, 33, estate agent**

*The legs have it*

'I loved to watch my ex shaving her legs in the shower – she did it with such speed and expertise. It drove me crazy.'

**Jason, 27, teacher**

**Wheely turned on**

'To me there's nothing more sexy than a really attractive woman driving a powerful car and looking like she appreciates it. I'm not talking about your girls in their souped-up WRXs and neon Nissans – I'm talking about class cocooned within the

likes of an Aston Martin, TVR or Porsche 911. A long journey can become that bit more bearable in those rare moments when one of these cuties cruises by and you manage to get a smile out of them. Toot toot!'

**Nic, 29, accounts manager**

*Dead calm*

'I find women sexiest when they're in an argument and they're running rings around a man. That calm and confident Hilary Clinton type of rage.'

**Trent, 27, writer**

**The joys of spooning**

'I love it when my girlfriend gets her cappuccino, and just after she's opened the sugar sachet and poured it in, she uses a spoon to sort of chop up the cappuccino foam. Then she takes a big fluffy spoonful and sort of slurps it up, then licks the spoon clean as she's taking it out of her mouth. She does it so unselfconsciously and so sensually, it makes me think naughty things. We drink a lot of coffee in my household...'

**Ben, 28, senior features editor**

*Appetite for love*

'Watching a girl chow down on a hamburger. I love the fact she's not worried about the calories or how she looks'

**Marcus, 31, chef**

**PRACTICAL MAGIC**

'I love seeing a girl in a super-sexy mini being hindered from doing practical tasks by what she's wearing. Like getting out of a car or changing a light globe. It's the contrast of her looking awkward and sexy at the same time that gets me going.'

**Peter, 29, retouch artist**

**CASHING IN YOUR CHIPS**

'When my girl eats nachos, I love the way she scoops up the guacamole and uses her fingers to push the chips in her mouth. I go wild when she spills some on her chin!'

**Matt, 31, mechanic**

**SLIP ME SOME SKIN, SISTER**

'In my house it's called, "Getting into your greys". It's when my girlfriend slips into something comfortable. And I don't mean a sexy bra or some lacy lingerie, it's more like a pair of tracksuit pants or my personal favourite: a pair of little shorts. Why do I love this? Because I know my lady is totally relaxed, and when I slip my hand down her back, all I feel is pure skin!'

**Mike, 25, talent and artist manager**

## Press to impress

'Watching my girlfriend do the ironing. She does it naked sometimes and really concentrates on what she's doing. The iron isn't the only thing that gets hot.'

Sam, 33,  
advertising manager

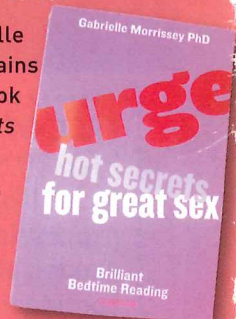


Dave got so hot when Jessica logged onto Internet banking

## TURN FANTASIES INTO REALITY!

Got a few quirky sexual turn-ons of your own?

Sexpert Gabrielle Morrissey explains in her latest book *Urge: Hot Secrets For Great Sex* (HarperCollins, \$22.95) how to bring your inner lusts to life. 'Couples should share their top six fantasies with each other and once a month, for a year, act one out. There may need to be negotiation - quite often one partner is not interested in some of the other's fantasies - so your lists should be ones you really want to try. If acting out isn't your thing, you can write or tell a fantasy story together. You'll learn a lot about your partner's desires and perceptions of erotica... and get hot in the process.'



### ◀ GREAT SET OF LUNGS

'Girls who bust out at karaoke and surprise you by having an amazing voice. I love it when they have the confidence to sing out loud. It sends shivers down my spine.'

Nick, 27, industrial designer

## SHE'S SUD-UCING ME

'I love it when she's doing the dishes in a sink full of suds. I get all hot and bothered as she's concentrating hard - swishing the glasses, scrubbing the plates and stroking the knives and forks. But it's when she stops, leans to one side with her hand on her hip and wipes her sweaty brow with a pink glove... holy moley!' Andrew, 31, PR consultant

### BEACH BUMS

'Seeing a girl lying on a surfboard or bodyboard with a wet swimming costume hugging her bum is awesome. Or the way she sits on a board - the curve of her hips and butt sticking out isn't bad either.'

Michael, 33, graphic designer

## Backs - the new boobs

'I love women wearing tops or dresses with the back cut out. In fact, I've long since been of the opinion the female back is "the thinking man's tits".'

Alex, 29, account director

### DIMPLY DELICIOUS

'I'm a sucker for the dimples you see on the lower back of some girls just above the belt-line of their jeans. I'm into really fit women, and girls with athletic figures often have those dimples. Plus I love a girl in jeans!'

Andrius, 35, retail manager

## Panty pulls

'When my girlfriend is wandering around the house in just her knickers and they start to ride up, she hooks both thumbs inside them and pulls the fabric down. She's so comfortable about doing it in front of me, I love watching her do it. It's really intimate and coy.'

David, 29, tax consultant

## TUNE INTO HIS TURN-ONS

Now you know what rocks his jocks, how can you use it to your sexual advantage? Jo-Anne Baker, sex and relationship therapist and founder of saucy site pleasurespot.com.au, fills us in...

### How can we tell what things we do turn him on?

It's all in his reaction. You could be showing him your latest pair of ugg boots and he'll be getting hot under the collar. If his pupils expand and dilate, his breathing becomes heavier or his behaviour's flirtatious, it's a safe bet he's not admiring the practical aspect of the soft sheepskin!

### And how can we make the most of it?

'Seduction is a wonderful game. If you're feeling sexy inside, you can project that to your partner. Remember when Princess Di used to tilt her head down, then open her eyes and look up? That's a standard way of appearing vulnerable and turning men on. Take note of his sensitive and sensual antics too. Often the way he touches you is the way he wants to be touched! Think about the flirting that went on when you first met - part of that was not knowing, but wanting to know more! It's all trial and error and each relationship is different, but finding his recipe is going to improve your time together and up your sexual compatibility.' NW

# GREAT GUY...

## shame about the sex

You've finally met 'the one' – the only problem is your sex life's about as exciting as filing a tax return. Help!

**W**atching Marie\* and Nick\* together you'd think they had a perfect relationship. They cuddle, kiss, laugh at each other's jokes and can't take their eyes off each other. But instead of having hot sex most nights, they usually just have a cup of tea, slip into their PJs and go to sleep.

The problem is that while Marie, 29, admits that Nick is her ideal match in most ways, things are about as heated in the bedroom as an ice cold frappé. 'Everyone thinks we're such a great couple, and we are; we're very much in love. But we haven't had sex in over a month, and when we do, there's no chemistry. It breaks my heart.'

She's not alone. According to experts, discovering your sex drives are on opposite sides of the road is not uncommon. 'Sex is very important and a relationship won't last unless it's going well,' says Dr Janet Hall, a sex

and relationship psychologist and author of *Sex-Life Solutions* (\$31.95, Finch Publishing). 'People who say sex doesn't matter are kidding themselves.' So what can you do if your sex life is as dull as a night out with John Howard?

### 'I WANT IT, HE DOESN'T'

Getting sexually in synch is no easy feat, given our very different individual needs. According to the 'Sex In Australia' survey conducted by La Trobe Uni in 2001-2002, couples are having sex twice a week on average, and of the 19,000 people surveyed, most admitted they wanted more sex. Sandra\*, 24, is far from satisfied: 'My boyfriend and I had loads of sex in the first few months of our relationship. But it seems now he can't be bothered or is "too tired". I know there's nobody else, and he tells me he finds me attractive, but I'm just too embarrassed to ask... it feels as if something

is definitely missing.'

Janet, who has set up the website [www.sex-therapy.com.au](http://www.sex-therapy.com.au), suggests it's time for Sandra to spice things up. 'Bring out the G-strings and high heels, and do it early in the evening – make it the entrée, instead of leaving it until dessert. Invite him into

the shower for a quickie, because no matter how "tired" they are, most guys will be up for it, especially once they get going.'

### 'I LIKE TO EXPERIMENT'

Knowing how far you can push your partner's sexual

## 5 REASONS YOU SHOULD GIVE UP

Tell him to hit the road if...

- 1 His idea of sweet-talking is shushing you so he can hear the footy scores. And when it comes to communicating about sex, it's just a grunt!
- 2 He only wants to get jiggy after working out at his male-only gym. And insists on going to Mardi Gras for the 'atmosphere'.
- 3 The whole reason you got together with him in the first place was because he rocked in the sack – personality-wise he's a bit of a jerk. But now his boudoir offerings are lacking. As Gretel would say, 'It's time to go...'
- 4 He doesn't oppose you faking an orgasm. In fact, he encourages it – less effort for him.
- 5 You are having sensational sex, thanks very much. Erm, it's just not with him.

limits is challenging for any relationship, as Stacey\*, 30, knows. 'I like to experiment sexually. I've had threesomes, I've tried anal sex and I get excited by having sex in peculiar places. Although my current boyfriend is socially extroverted, he's sexually reserved, making it difficult for me to express my desires. Despite this, he's the first person I've fallen for in ages.'

Jo-Anne Baker, sex counsellor and founder of [www.pleasurespot.com](http://www.pleasurespot.com), suggests Stacey approach this situation in a playful manner. 'Take it slowly at first; sometimes long-term

lovemaking turned out to be lame! We've been going out for a year now, and it's at the point where I'm either faking it or avoiding sex altogether.'

Janet says Louise needs to be subtly honest. 'Try to give your partner constructive feedback, and if he does his best to listen, then yes, it's definitely a trainable thing.' So how do you improve on technique? 'Don't look at pornos,' advises Janet, 'they are artificial, sensational and over-edited. It's just not reality. Instead, read a good sex book and study each other. Talk about it *outside* the bedroom, don't

## 'Sex should make up 25 per cent of the "relationship pie"'

relationships get into a rut and he might become more adventurous down the track. Also be careful about bringing in a third person – jealousy could destroy your bond.'

### 'HE'S JUST BAD IN BED'

When it comes to the art of lovemaking you'd score him an A for his good intentions... but fail him on all other counts.

'I'd had the hots for Mark\* big-time before he asked me out,' says Louise\*, 27. 'I'd get turned on just looking at him, so you can imagine how disappointed I was when his

wait till you're in the bed.' When it comes to actual on-the-job training, Janet suggests guiding him with the following technique: 'Start off by getting him to give you a back massage, then move on to a genital massage and guide his fingers where you'd like them to go. If you help him know what you really want it'll all come together like a symphony!'

### 'WE'RE IN LOVE, BUT...'

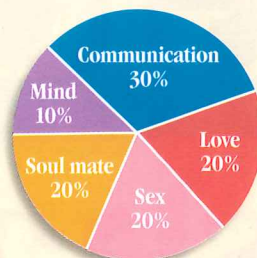
It happens: that 'in lust' excitement you had when you were newly coupled has now

## SO, WHAT MAKES A RELATIONSHIP WORK?



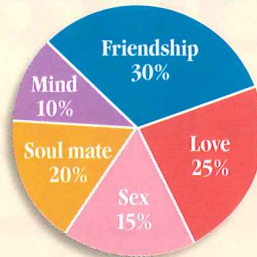
**MEGAN ORMSBY, 28, SYDNEY**

'Communication is the most important part of a relationship. If this doesn't work, the sex will be terrible too. If he's your soul mate, it'll all come naturally.'



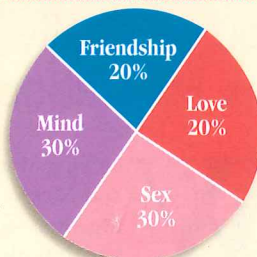
**LAUREN SEGAL, 25, MELBOURNE**

'Although one of the most defining elements in a relationship may be sex, to reach that stage you need to build a close friendship first so you can progress on to the next stage.'



**TALI KAHN, 23, SYDNEY**

'I don't believe in soul mates – there's more than one person you can love. Friendship is one of the most important things, as is sex – it's the physical reflection of your emotions.'



fizzled to a distant memory. Instead of juggling obligations around your bonk-a-thons, you're now using them as excuses to not do it at all.

'The sex between Jamie\* and I has almost completely gone off the boil,' confesses Terry\*, 25. 'We love each other very much, but at the end of the day, all we have the energy for is a quick cuddle,

a kiss and a bit of *CSI*. We're just not that interested in sex right now.'

Janet says: 'When you find yourself continually coming up with "sexuses" like "too tired" or "too busy", it's an indication that the relationship's lacking chemistry. Sex is a vitally important aspect of your partnership. It should make up 25 per cent of the "relationship pie". Love should be another 25 per cent, being a soul mate 25 per cent, and a meeting of minds the final slice.' Janet adds that people's temperaments don't change: 'How sensual you are is something that's with you all the time.' She believes that couples who want to stay together should endeavour to make their sex lives work *now* (and avoid sex therapist bills in the future!). **NW**

## It happened to me...

**Anita\*, 29, Sydney, says:**

'When I first met David\* we flirted for a year before we finally got together eight months ago. For the first two months we had incredible sex. We both clicked and I loved experimenting with him. I've never had such powerful orgasms in my life!

'After 10 weeks David told me he loved me and I was ecstatic, but

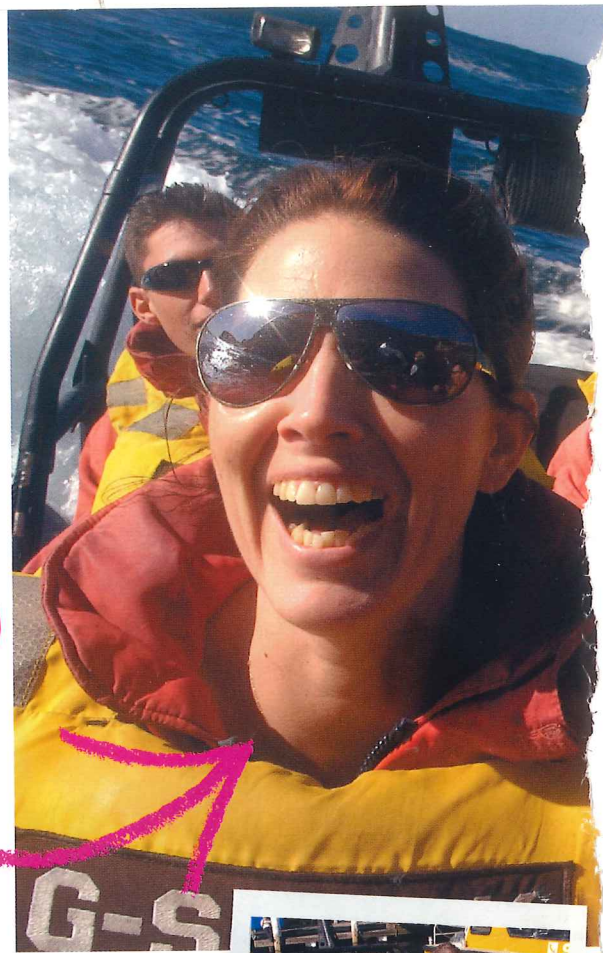
literally a few days later sex didn't seem as important to us. At first, I thought it was natural for the passion to cool but after a while I realised that we were both just going through the motions in bed. We kissed and cuddled but there was no lust!

'A couple of months later I brought it up and he admitted that now we were a "proper" couple, he didn't feel the

same desire for me, and to be honest I felt the same. Neither of us had had sex with someone we loved, so we decided to take it really slowly. One night we'd have a "quickie", the next we'd just fool around like teenagers. That way we didn't feel like we were getting in a sex rut. It's not perfect yet but at least I feel like we're tackling it, before we both look elsewhere.'

# Could you go on an extreme first date?

Does swapping dinner and a movie for a plane and a parachute really work?



Ianna hides her first-date jitters by laughing uncontrollably

**E**xtrême Dating is the new couple-craze sweeping Europe and the USA.

While some couples spend weeks getting to know each other over cocktails, others are choosing to confront their biggest fears together. But does a big dose of adrenalin help overcome first-date jitters? Can you fall in love as you fall out of a plane? Experts say you get to know people's real personalities when you're under pressure, but do you really want to see a grown man wet his pants?!

*New Woman* played cupid and set up six singles for skydiving, aerobatic flying and a jetboat ride. But was it love at first flight?

## Jet boating! Ianna & Greg



Greg was cracking jokes! I think he really let go and stopped caring about how he came across.

'Afterwards we went for a coffee and a chat. He's very kind and intelligent, and I didn't have to pretend to be someone I wasn't - he'd already seen me with wild hair and a big grin! It felt like we'd been friends for ages.'



'No, red really does match your shoes,' Greg counsels

### Ianna White, 27 PR manager

'I got lost trying to find the jet boat venue and ended up arriving really late. Greg kept joking that he'd been stood up so when I finally arrived everyone stared at me!

'My first impression of Greg was that he was different to the guys I usually date. I go for the rough, scruffy surfer type, while he was quite neat-looking. But it turned out he had my kind of humour!

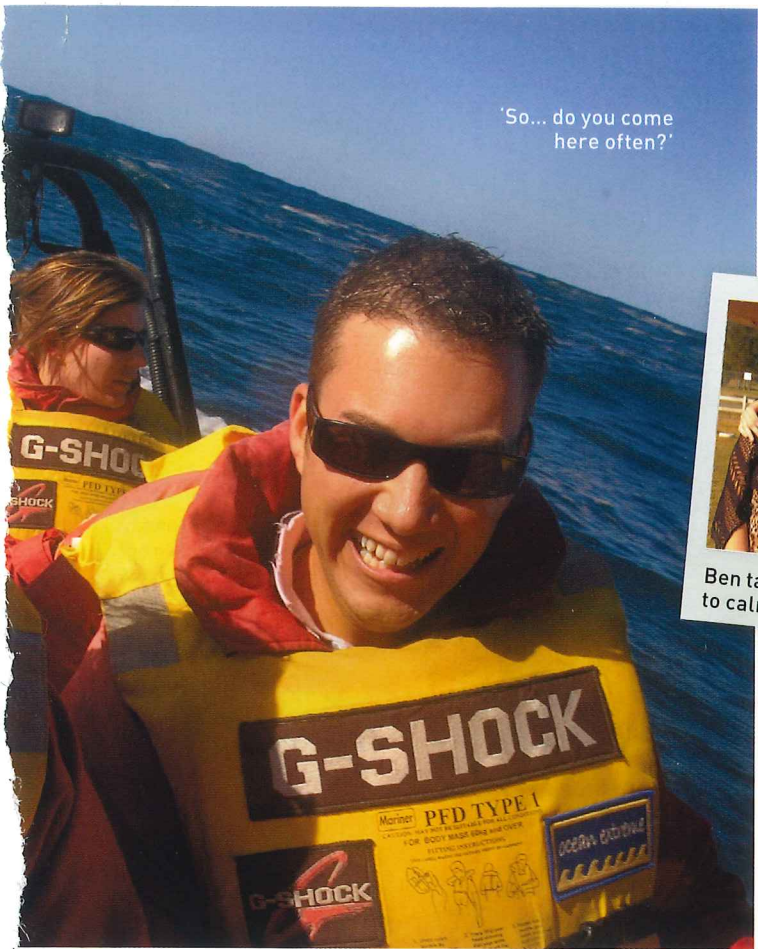
'We started speeding out of Sydney Harbour and headed towards waves the size of small houses - I was screaming my head off while

### Greg Fellin, 28 recruitment officer

'Ianna was lovely: very easygoing and attractive. The boat ride was such a unique experience, and it really got our hearts racing. The swell was unusually big, so

when the boat jumped over waves, Ianna and I yelled our heads off and her knuckles turned white from gripping the railing tightly. Afterwards we were relaxed and chatted freely. I raved about the date all day. I'd definitely consider this kind of adrenalin as a first date option again.'

**Repeat date?** Ianna: 'Erm... no, but I'd see him again as a friend, minus the wild hair.'



'So... do you come here often?'

# Gettin' some action!

## Aerobatic flying!

### Pep & Ben



Ben takes a 'hands on' approach to calming Pep's nerves

#### Pep Wilson, 29 art director

'I was set up with Ben by one of my friends. I was quite nervous about the two of us driving together to the flying field, because it was a couple of hours away! He walked up to the car in a cool zip-up jacket and big black sunnies (very *Top Gun*) - I was impressed! We ended up chatting about music the whole way, and by the time we arrived at the airstrip my nerves had pretty much disappeared. We hopped in separate planes with our pilots and jetted off. At one point his plane flew

upside down and I could see him three metres away from me! We waved and smiled and then he flew off! It was amazing. Although we didn't get to talk to each other while we were flying, it felt like I got to see the real him!'

#### Ben Windsor, 23 singer in the band After The Fall

'I was really excited about the flight so I was feeling enthusiastic and relaxed when I met Pep. We talked about music, family, past girlfriends and boyfriends... I think if our date was at a movie or something it would've felt a bit sterile, but the extreme date was fast-paced and more natural.

I was pretty nervous before hopping into the plane. I kept asking Pep if she was too, but she just said, "Nah, I'm fine". We took off together, but in separate planes, and after some siteseeing we did a trick called "the mirror" where my plane tips upside

down and flies directly above Pep's. It was scary! I gave her the thumbs up while she snapped photos! (see left) The whole day made getting to know each other so much fun because we had the experience to talk about on the

drive home, and we were so pumped from all the adrenalin! We're going to stay in touch - she's coming to see us play our next gig!'



Is love in the air? Well, something is!

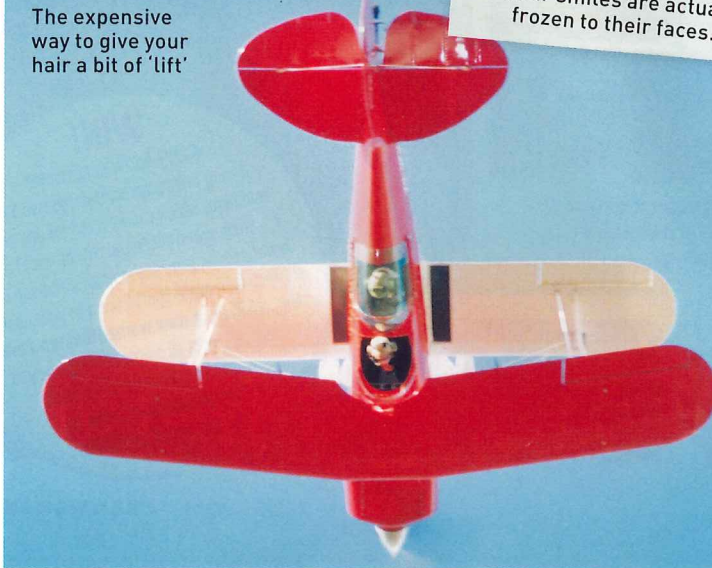


Their smiles are actually frozen to their faces...



'I feel the need, the need for speed!'

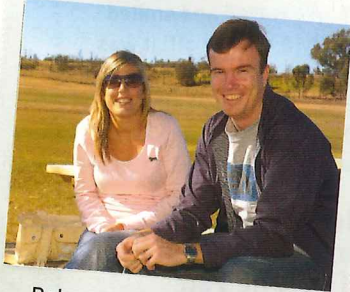
The expensive way to give your hair a bit of 'lift'



Repeat date? *Pep: 'Yep! It'd be great to have a more relaxing conversation with him sometime.'*

Gettin' some action

# Skydiving! Rebecca & Jonathan



Rebecca and Jono in a more 'grounded' moment

## Rebecca Fuller, 22, retail manager

I was a little nervous because this was a blind date, but I was more petrified of throwing myself from a plane! When I arrived and introduced myself to Jonathan I was really worried we'd have nothing to say to each other. He was a bit quiet and seemed more conservative than the men I usually date, but he was really considerate.

We geed each other up and chatted away about how excited we were. To be honest, if this had been a "normal" date we probably would have had a few awkward silences.

When we actually got in the plane, it was too noisy to talk. Jono went first. He shuffled up to the front of the line, gave me a really nervous smile, waved and was gone. Next it was my turn and the instructor literally had to push me out because I wouldn't jump! But it was such an adrenalin rush. Afterwards, Jono and I were both on cloud nine and joking around and high-fiving each other. But did I feel I got

to know his personality? Not really. But it was a fun and relaxed way to meet someone – that's for sure.

## Jonathan Clements, 29 accountant

I first noticed Bec had a cute smile, was easy to talk to and laughed a lot! She was very different to the city girls I'm usually surrounded by – they'd be doing brunch, while she was a bit of a surfie chick. The whole activity was the perfect icebreaker. When we were on the plane, we'd catch each other's eye as if to say, 'Shit, what are we doing?'

It was over so quickly, and by the time I reached the ground I wanted to do it all over again! When Bec landed I felt we immediately had a common bond and something we could both get excited about. I really felt we'd gone through it all together. The experience has definitely inspired me to think differently when it comes to dating. Going skydiving was a first date I certainly won't forget in a hurry! **NW**



'So where's the emergency stop button?'

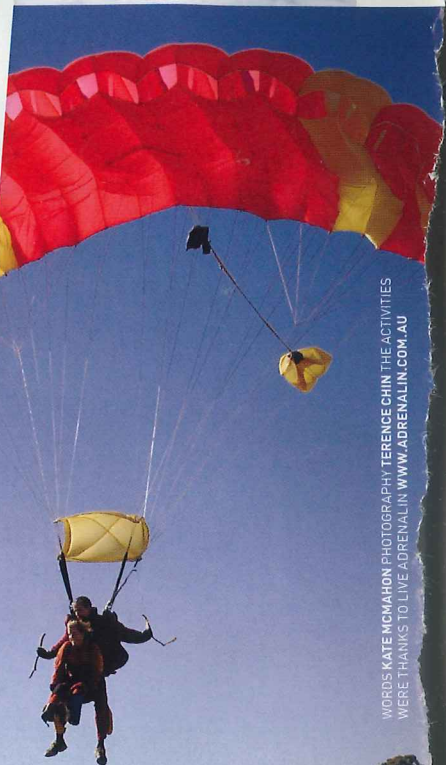
Jono won't need to get another root perm for a while



'Um, only check for wet patches after you jump'



'Look Mum – still in one piece!'



WORDS: KATE MCMAHON PHOTOGRAPHY: TERENCE CHIN THE ACTIVITIES WE'RE THANKS TO LIVE ADRENALIN WWW.ADRENALIN.COM.AU

### WIN!

A LIVE Adrenalin Extreme Dating prize pack containing two \$100 vouchers, which can be used for any one of their experiences (Australia-wide) or merchandise, plus one woman's and one man's Bio Tech adventure sports tee. For your chance to win, email us at [new.woman@emap.com.au](mailto:new.woman@emap.com.au) and tell us in 25 words or less why you want to go on an extreme date. See [newwoman.com.au](http://newwoman.com.au) for terms and conditions.

**NOW IT'S YOUR TURN!** Want to join in the fun? Why not join LIVE Adrenalin? It costs \$85 per year or \$165 for a lifetime, and you'll receive discounts on their activities and equipment. Visit [www.adrenalin.com.au](http://www.adrenalin.com.au).

Repeat date? Rebecca: No, but we definitely bonded over the experience. It was amazing!



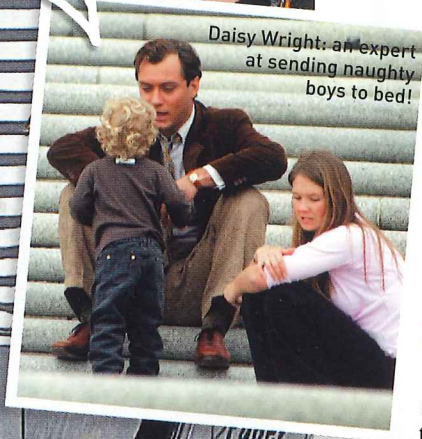
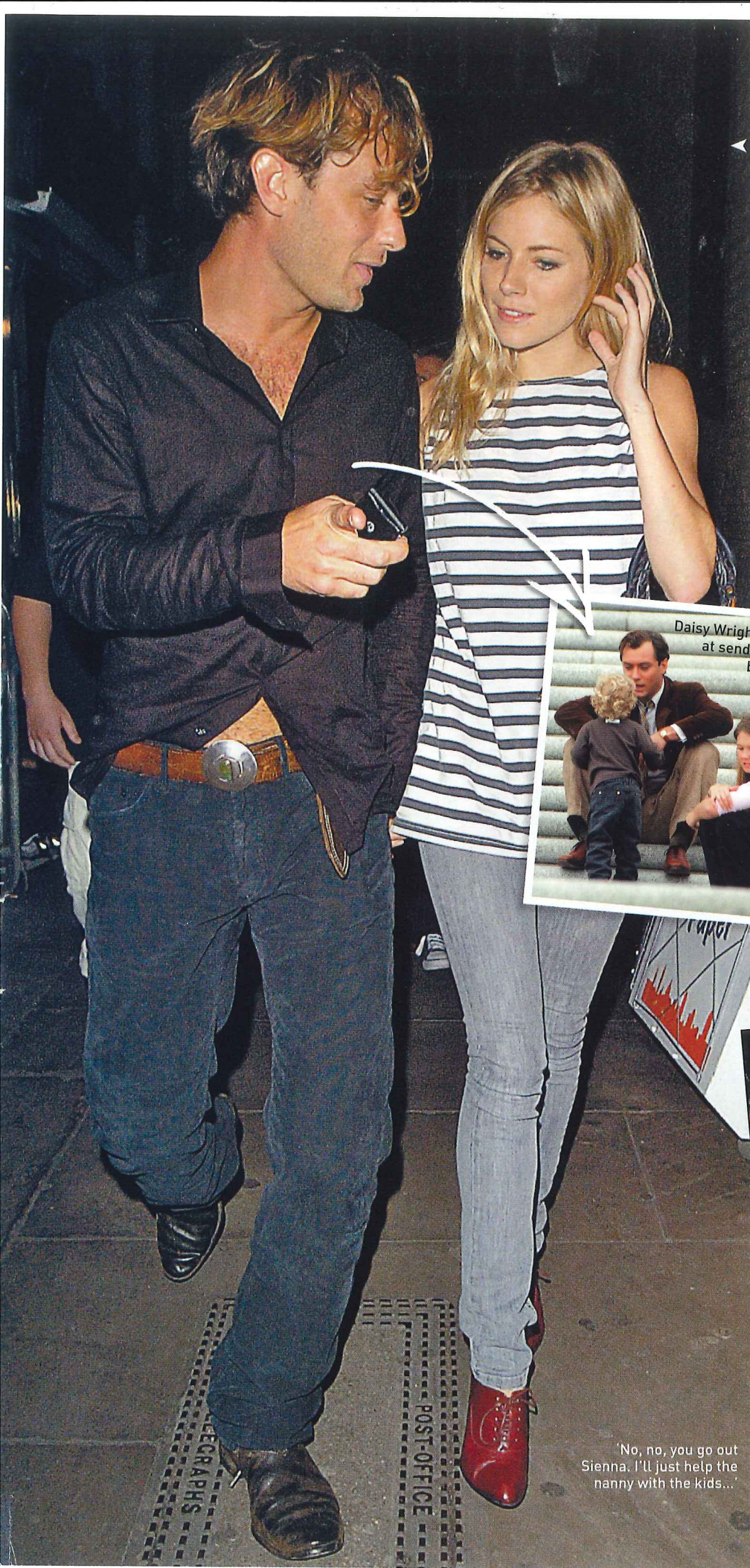
[Bit on the side?]

# ARE YOU GOING TO

# Cheat?

It's not just Jude Law doing the dirty. A *New Woman* survey reveals 65 per cent of you have strayed. So why is monogamy so hard?

**H**ow many times have you been told you can have it all? Your dream job, those new shoes or that three-month holiday... we've been taught we can have everything we want, whenever we want it. And now that philosophy has extended to include men - even if we're married or with a long-term boyfriend. Yep, we're a new generation of women finding it hard to stay faithful. ▶



Daisy Wright: an expert at sending naughty boys to bed!

## OUR SURVEY SAID...

Last month, a survey on [www.newwoman.com.au](http://www.newwoman.com.au) revealed that a huge 65 per cent of Australian women who responded have cheated on a partner at least once. What's even more shocking is that 46 per cent have cheated more than once on their current partner.

So, while we tut at Jude Law, maybe we're just as bad. Rachel Taylor, a 27-year-old PR executive, admits she is. 'I've been in a four-year relationship and I've already had two flings – one which came close to being a long-term affair. I love my boyfriend but I can't help being attracted to other men. In my relationship I feel safe, but it's not the same as the buzz you get with someone new.'

Anne Hollonds, CEO of Relationships Australia NSW, says the rapid increase in Aussie women's infidelity could be a result of how times have changed. 'We now have an attitude of, "I need to live my life in a way that makes me feel good, and if [an affair] makes me feel good then I'm entitled to it,"' she says.

## IF OPPORTUNITY KNOCKS...

Affairs are a flirt-fix we're growing addicted to. We love the thrill of falling in love. And when that wears off after a few

### *'It was revenge!'*



#### JESSICA, 22

'My boyfriend of three years lived interstate and one weekend I paid him a surprise visit, only to walk in on him having sex with another girl. I was heartbroken and

turned to my boyfriend's very cute best friend for comfort. After offering me a shoulder to cry on, he led me to the bedroom and we had great sex! My boyfriend found out later and was furious. Ah, revenge is a bitch!'

#### *Infidelity résumé*

How many times have you cheated?	1
Have you been cheated on?	yes
Would you cheat again?	no
Is cheating sex better than normal?	yes

'No, no, you go out Sienna. I'll just help the nanny with the kids...'

## 'I didn't know where I stood'



### EMMA, 25

'I was seeing a guy and one night we were out together and I saw him chatting up a girl – and then he disappeared for 45 minutes and came back all flustered. I was pretty annoyed. I knew his friend liked me and so I played on that and went back to his house for sex!'

### Infidelity résumé

How many times have you cheated?	1
Have you been cheated on?	yes
Would you cheat again?	no
Is cheating sex better than normal?	no

years of coupledness, we get bored. 'It's easy to become hooked on the high of excitement from a new relationship when our existing one goes through a stale patch,' Anne explains.

While 33 per cent of you confessed to *New Woman* your cheating experience was nothing more than a one-night stand, 19 per cent admitted to it being a long-term affair. And for the 36 per cent who simply sought someone else for a few snogs here and there, be warned: this can be the beginning of the end.

'Chris was my dream man and we had a great sex life. But seeing all my friends going out having fun made me feel I'd missed out,' says Laura Spencer, 32, a mum of two who married her husband at 21. 'One night at a friend's hens do a guy chatted me up, and I was excited by the attention. We kissed that night, and ended up having a four-month affair. I enjoyed feeling like a teenager again – spending hours texting and buying underwear. Eventually my husband found out, but after a tough few months he managed to forgive me. Of course I regret it. But part of me thinks I had to get it out of my system.'

Sex and relationship counsellor Jo-Anne Baker says, 'many women actually go out and seek affairs when the spark fizzles out of their own relationship. Your man may be married to his work and no longer showers you with love. So it's easy to get sidetracked when someone else is devoting his attention to

## THE REAL REASON WE CHEAT!

A recent study led by Professor Tim Spector of St Thomas' Hospital in London suggests women's cheating ways could be inherited from parents. 'There's a strong link between a woman's genetic inheritance and the chances she will commit infidelity,' Dr Spector revealed. Of course, there's always more to it than science, but you might want to ask your mum if she's ever been more than friends with 'uncle' Mike.



A man in the hand is worth two in the... er, maybe not

you. What women don't realise is they can flirt with someone and enjoy being desired, but they don't have to sleep with them. Better still, take that flirty high home to spice up your own relationship.'

## ON THE JOB

So where is all this 'extra curricular' activity taking place? Well, the office for one. A study by Dr Geoff Carter, of Brisbane's Griffith University, found that 80 per cent of Australians have had a fling with a colleague.

Georgina, 28, a publicist, has been there, done that. 'I'd been with my boyfriend for two years and felt taken for granted. I started socialising more with my work friends and one night had a drunken kiss with a colleague, which turned into a full-blown six-month affair.'

According to a survey by Relationships Australia, 89 per cent of us think our

relationships are in trouble because finding a work/life balance is so hard. We're spending so many hours at work it's no surprise we end up leaning on colleagues – in more ways than one. Indeed, in our survey 22 per cent of you 'fessed up to 'workin' it' with a co-worker or client while in a relationship.

## RISKY BUSINESS

With all this evidence, should we just give up and throw ourselves into the arms of the nearest man, or is there any hope of having a faithful relationship?

Well, the statistics should be enough to frighten us: our survey showed that 16 per cent of you lost your partner after your affair was discovered, and 41 per cent of you were forgiven, but lost his trust.

Natalie Lewis, 26, a beauty therapist wishes she'd considered the consequences of her affair. 'I'd been going out with my boyfriend, Mark, since I was 19 and wanted some excitement. I had an affair, but the bloke wasn't a patch on Mark. Eventually, Mark saw my texts and ended the relationship. Not a day goes by when I don't think – what if?'

So how can we make sure we avoid having any 'I deeply regret my actions...' conversations? According to psychologist Dr Willard F. Harley, Jr., author of *His Needs, Her Needs: Building an Affair-Proof Marriage* (\$18.95, Revell), the key to a lasting, loving relationship is to know the triggers – and avoid them. 'Affairs start when you aren't totally open with your feelings. Secrecy always forms the start of any affair, so be honest with each other and you'll both be less likely to stray.' Sounds easy enough – although perhaps don't start with, 'Hey, I really fancy the new guy at work...' **NW**

## 'I wanted to play the field'



### CAROLINE, 24

'I'd been going out with someone for five years but missed being single. So when I went travelling in America I hooked up with a few

guys. Cheating sex is better – it's uncomplicated and just about the sex!'

### Infidelity résumé

How many times have you cheated?	4
Have you been cheated on?	yes
Would you cheat again?	no
Is cheating sex better than normal?	yes

# GET A *rise* IN THE BEDROOM!

Your go-getting boardroom skills aren't just for the office... take them home and get exactly what you want in the bedroom too!

## Negotiate a bonus

### IN THE BOARDROOM

You're a great negotiator at work – you listen, you think, you persuade. In fact, whether you know it or not, you spend a lot of your day negotiating with workmates. 'Successful women at work tend to listen to what the other party wants first,' says Karen Miles, author of *Career Advice You Wish Your Mum Had Told You*, (\$24.95, Pennon Publishing). 'This way, you know what you're dealing with and whether to aim higher or lower. Once you've determined this, come in with your pitch and say what you want to get out of the deal.'

### IN THE BEDROOM

You can use those negotiation techniques to get ultimate satisfaction in the sack, too. 'People respond to feedback when it's delivered in an encouraging manner,' advises Dr Gabrielle Morrissey, author of *Urge: Hot Secrets For Great Sex* (\$22.95, HarperCollins).

'Instead of saying, "Aargh, you're always so boring!" start with what we call "I" language: "I think we should try something new," then be sure to involve him and advise how he'll benefit. "Come on, it's meant to give a great orgasm! What do you think?" Certainly don't shy away from negotiating, you have every right to a happy and healthy sex life, as does your partner.'

## Performance review

### IN THE BOARDROOM

'It's human nature to want to know how you're doing on the job,' explains Karen. 'Are you meeting expectations? Are there unrealistic expectations being placed on you?' Her advice on judging others is to keep your mouth shut unless you have something constructive to say. 'Start by saying, "This is what you do well, these are the areas we think you can improve on and here's a plan to assist you with

that," rather than a "you really suck at this" kind of attack!'

### IN THE BEDROOM

Just like at work, between-the-sheets assessments are essential too. Gabrielle suggests doing this when you're relaxed and stress-free – on holiday, for example. 'When it comes to giving him feedback you should begin with positive praise,' she says.

'Then instead of pinpointing what he's crap at, redirect him to try something new, and be sure to give him compliments if it gets your horn honking.' And if there are any big performance issues? 'Address them at the beginning of your relationship. Don't fall into a pattern of faking orgasms – you'll just dig yourself deeper into the hole of snoredom!'

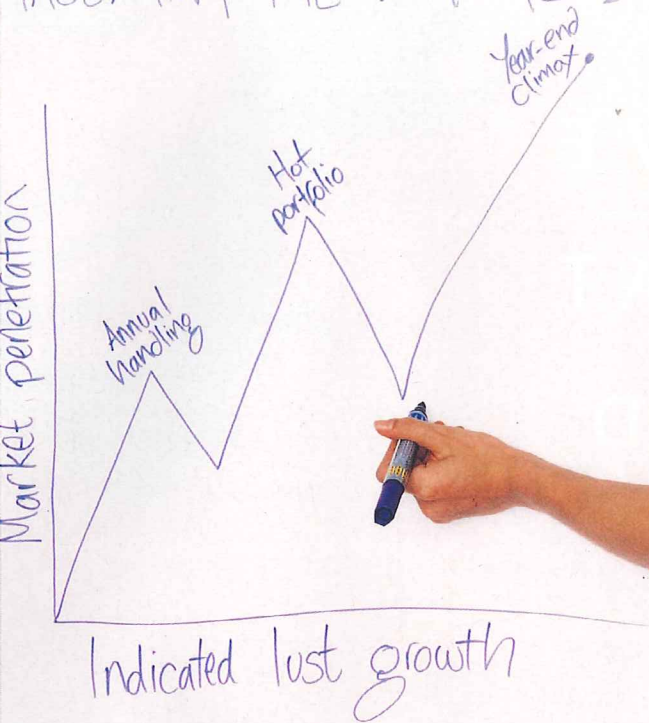
### IN THE BOARDROOM

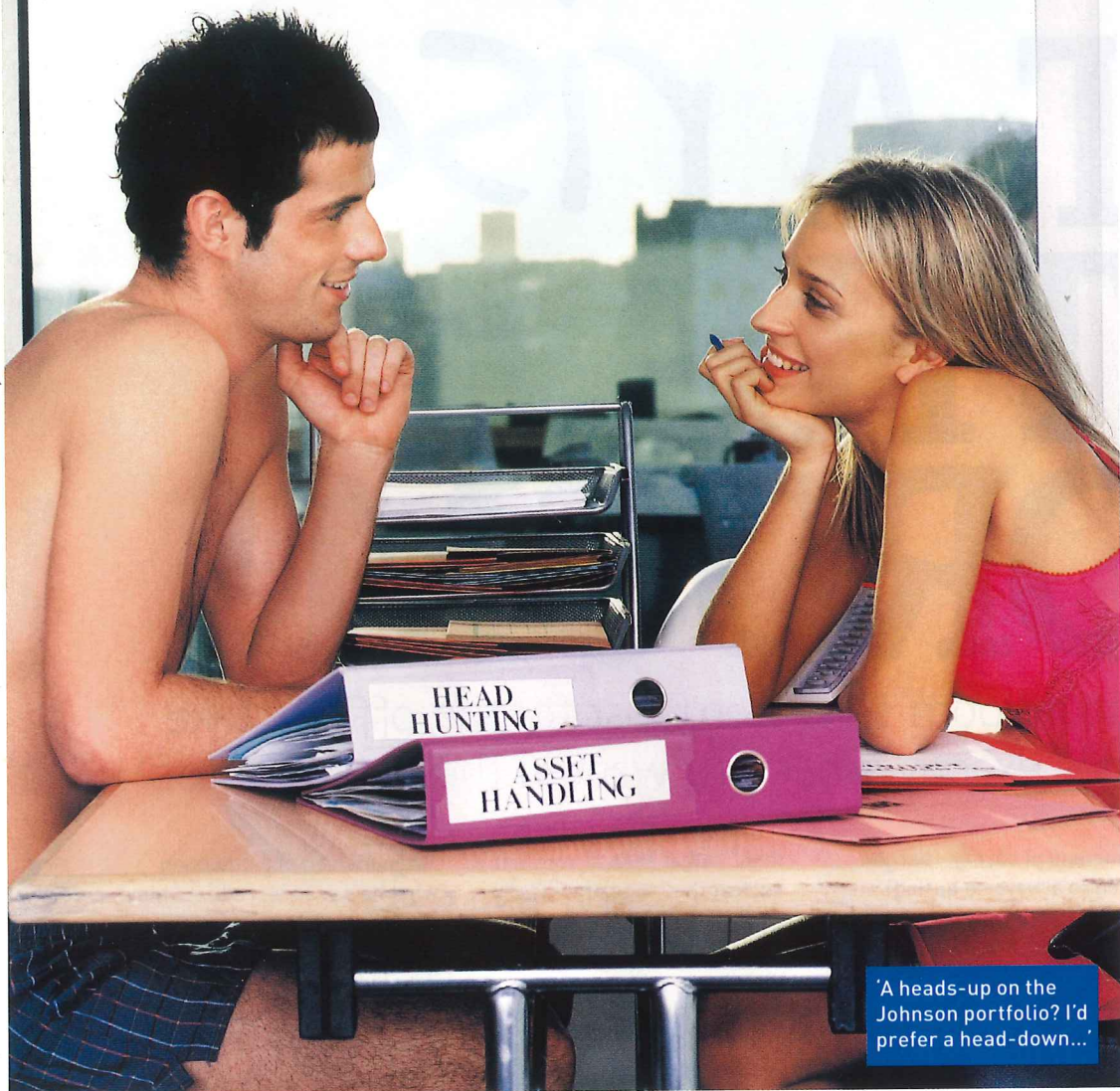
'Keep your company's competitors close,' says Karen. 'Know how you differ to them, then discover what their moves are, what they're good at, and improve on it. Don't, however, be too preoccupied with your rivals. Focus more on perfecting your own performance!'

### IN THE BEDROOM

While we're not suggesting you ring the ex he refers to as 'Bendy Wendy' for a heads-up, be aware of the 'competition'. 'Acknowledging your man has a past is important, but be sure you move on,' says Gabrielle. Encourage him to reveal what he favours from prior experience, but you really don't need the finer details of her name, age and bust size! If he loves oral sex, and you're cool with that, then do it in your own style. Just like the office, you can steal from the competition, but only if you're going to improve on them!

# MASSAGING THE FIGURES





A heads-up on the Johnson portfolio? I'd prefer a head-down...

## OFFICE AFFAIRS

Whatever you do, don't transfer these office tasks to the bedroom!

### WRITTEN WARNINGS

Sticking a Post-it note to the fridge that reads: 'You have one more chance to perform decent oral or you're dumped' is not exactly conducive to sexual satisfaction.

### PLANNING MEETINGS

Conversations that go like this: 'Right, let's meet at 8pm, have dinner at 8.30pm, then move on to sex at 9.15pm...' make sex about as spontaneous as one of Rove's jokes.

### PRESENTATIONS TO THE TEAM

Not only would it be bloody embarrassing, you'd be revealing all your sexual secrets to your work buddies!

### MULTI-TASKING

Asking him to take out the garbage, fix the fridge and peel the potatoes while pleasuring you is being just plain greedy.

### STEALING THE STATIONERY

Hole punchers, rubbers and dictaphones might sound sexual, but don't go there, girlfriend!

### DOUBLE-CLICKING THE MOUSE

Only when he's not around! Unless he's involved too, that is.

### CONFERENCE CALLING

'Yes, Mum, I'll be over later. What noise? Oh, that's Jason...' Wrong!

### WORKING LUNCHES

You might be hungry, but he won't appreciate you chowing down a tuna and avo sanger mid-coitus.

Have a heart-to-heart

### IN THE BOARDROOM

At work you have to deal with lots of 'personalities', so negative confrontations often rear their ugly head. 'Never confront someone when you're angry with them,' recommends Karen. 'Blaming someone is never going to give you the outcome you desire. Calm down, speak to them in a constructive way and suggest solutions. It's important to face negative issues rather than let them fester - they'll only become bigger.'

### IN THE BEDROOM

You're tired, he's grumpy, and the idea of sex is about as appealing as eating liver

dipped in jelly. It's better not to even broach the subject, right? Not so, according to Gabrielle. 'Avoiding conflict will only breed resentment,' she says. 'Being tactful and understanding is the key. Chances are he'll be glad you were the one who brought it out into the open, and you'll be all the closer for it.' And hey, if you have an argument, isn't make-up sex the best?!

Give a thorough debrief

### IN THE BOARDROOM

None of us are mind readers, so communication in the workplace is crucial. 'If you're assigning work to other employees, it's essential to be

concise about what you want to avoid disputes or blame-shifting,' Karen says. 'By making your needs apparent you're more likely to be successful in achieving your goals.'

### IN THE BEDROOM

He's about to initiate doggie-style, but you're in the mood for tender, face-to-face lovemaking. But how's he going to know this unless you tell him? 'We have a tendency to fall into a love trap,' warns Gabrielle. 'You think your partner should automatically know the right moves and right things to say because they "complete you". Wrong! Communication - both verbal and non-verbal - is crucial, otherwise your needs will only be half-met.' **NW**