



First Name: Jack JustME Subject: HELP- Please!!!

Hi Steph!! I am at the end of my rope. My sexy, beautiful wife once said before we were married that she would be up for a three-way (I mentioned MFM just to relieve the possibility for jealousy). Now, after we married, she is not interested. Worse than that, it feels/looks/seems like she is challenging herself to become more prude. WTF? I don't like to and have never been to the point of frustration in any of my relationships, but I feel like I have been taking sex from her. This is a major confidence breaker for me. I hate to sound like a dweeby guy, but I am really stuck. We have attempted to visit a sex therapist, but she does not even want to do the masturbation exercises prescribed. I have done quite a bit of reading and my understanding of it is more confused than ever. I told her that I did not want to ask her for an open relationship and that I have too high of an opinion of myself to cheat. I asked her "where do you see this going from here?" She says, "I'm trying but after a few years, I resort to master Yoda" There is no try, there is only do or do not! (Sorry for the geek reference) Your thoughts? Thank you in advance.

Jack,

Allow me to start off by saying how much I appreciate your "geek reference"! To answer your question, you have what Dr. Michael Aaron calls "desire discordance" This occurs when there is a difference in type of sexual activities partners' desire. In your relationship, you desire a threesome with your wife, but she seems to be uninterested in this activity. Without knowing her side of the coin, it is extremely hard to see the full picture. I want to approach this situation very delicately and generically.

When there is desire discordance in a relationship, there are four main interventions that tend to occur. The first thing that could occur would be for you to suppress your desires for a threesome. The issue with suppression is that it is unsustainable for you and resentment will begin to grow towards your wife. The second intervention would be for her to try the threesome and process the experience with you with the understanding that she may never want to do this again. The third option is you can separate. Harsh, I know but that is a common occurrence when desires go unmet and resentment festers. The final intervention that tends to be effective

when desire discordance enters the relationship is "Don't Ask, Don't Tell". (DADT).

DADT is when one partner goes outside of the relationship with permission to have their needs fulfilled within the limitations set forth by the couple. The partner, your wife in this situation. She would know that you are doing things but does not want to know the details or when you are having your desires satisfied. Many couples who partake in DADT behavior set rules such as the time designated for satisfying the needs cannot take away from family time. While DADT sounds great on paper, it is not easy to deal with when a partner cannot handle the unknown.

I am biased and want every relationship to work out in a way where all members of the relationship are sexually satisfied and happy. However, that is not always the case. I feel that there are many elements in your situation that need to be explored in counseling, so I am glad that you are seeing someone at this time. I want to encourage you to have an open conversation with her expressing your needs in hopes of finding a suitable alternative to your dilemma, possibly using the interventions above.

Dramatically yours,

Stephanie

First Name: Joahn L Subject: How do you handle Fox wanting other women you don't

Stephanie, good morning and thank you for taking the time to answer questions from a professional's point of view. My wife is bisexual and a couple of years ago, together we decided to get into the lifestyle and allow her to play with other women. Last year, she came to me and said she felt it was unfair that she got to do all the playing. So, we decided to become a full swap couple. The issue we have faced is since we have been a full swap couple, my wife only wants me to be sexual with women she finds attractive and that she can also play with. I find myself feeling this is now selfish on her part and I really don't get to choose what I want. I've wanted a couple of women, but she has told me no; either because they are not bisexual or because they don't want to play with her too. What would you do with your partner Fox? Do you allow him to want and be with other women that might not want you too? Please help me talk to her about this and how I am feeling.

Joahn,

There are 2 viewpoints I am going to address your question personally and professionally. They both center on the same beginning, communication. Personally, if Fox has a woman that he wants to play with, but I don't, or they are not bisexual then we have a conversation about how to proceed.

Here are the options we discuss

1. Would the lady be part of a threesome where I played with Fox and not her at the same time Fox is playing with the lady? It takes so much finesse and more work for the gentleman, but it can be achieved.

2. Am I willing to play with myself while I watch him play with her?

If it is a full swap situation where the partner is involved, then there are many ways to play as a foursome without all parties touching. Some of the combinations can be him play with her while you play with the partner, you and your partner watch the other couple and vice versa. You will have to be creative, but this is absolutely achievable and can be so much fun! You have to use your imagination.

Professionally, as a couple's counselor, I want to really stress the importance of communication. The issue comes from how we communicate our feelings regarding the situation. Through the tone of the email, I can tell that you are beginning to become resentful towards her and that is an ingredient in the recipe for disaster. I want to encourage you to communicate using "I" statements. Using assertive communication techniques focuses on your own feelings and experiences as well as help you communicate your concerns, feelings, and needs without blaming her or sounding threatening.

Here is an example of how to approach the conversation with her:

When you only allow us to swap with women who you find attractive or want to play with you as well, I feel _____ (state feeling) because I need this adventure to be fair for both of us and is important to me. I would prefer that _____ (state preference).

At the end of the day, if both partners are not happy or feel they are having an equitable experience in the lifestyle, then resentment will develop. My comfort level in the lifestyle is much different than her comfort level so it is hard to compare. I know that using assertive communication will open up healthy conversations within the relationship.

Dramatically yours,

Stephanie

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