



The HOT List

Cool stuff we want this week

You won't miss HB London's case on the luggage carousel thanks to the eye-catching tropical print and your initials monogrammed in large letters. From £130, hblondon.uk



The ultimate tan sandals for summer? The Katherine Scallop from Hobbs. £129, hobbs.co.uk



Shu Uemura's Thermo BB cream and serum are soothing, heat-protecting and moisturising. £23.10 each, shuueamuraartofhair.com



HELVENBET.NE.T

He demands too much sex

MY NEW boyfriend has a high sex drive. While mine is certainly not low, I'm struggling to keep up with his requirements. I really have fallen for him, and he says he has for me, so I'm concerned this will drive a wedge between us. When I'm not up for it, he acts hurt. He even said he wondered whether I was exciting enough for him because I didn't want to have sex when I was working during the day. When I say I can't just drop everything for him, he says I'm being sensitive. Perhaps it won't always be this way but I don't want to lose him. How do we compromise?

enough'), leaving you feeling unworthy and boring.

'He is using guilt so you will obey him and then plays on your insecurities,' says Rupert Smith. 'There's having a high sex drive and then there's coercion. There is nothing wrong with being

sensitive or choosing not to have sex.'

It is not unusual for new unions to struggle over sex, says Dr Angharad Rudkin.

'New partners have to figure out what makes the other feel loved and cared for,' she says, 'so you both need to talk about the ways you show your love for one another. For him it may be sex, for you it may be a listening ear, but it is unacceptable to be made to feel inadequate because you don't want to have sex.'

You could suggest 'sex and no sex' days, says Rudkin. 'Or have a signal for when you're "available" at home.'

But even with these proposals, we wonder whether he will consider your needs before his.

'If you really believed he loved you, perhaps you wouldn't write that "he says" he has fallen for you - you'd know it,' says McConnachie. 'And you'd see it every day in the caring and respectful way he treats you.'

THE EXPERTS



Rupert Smith is the author of *Interlude (Turnaround)*



James McConnachie is the author of *Sex (Rough Guides)*



Dr Angharad Rudkin is a clinical psychologist

HIS requirements. Those two words howl in James McConnachie's ears like police sirens. 'No one requires sex,' he says, 'and no one can insist on it or systematically undermine someone else to get it.'

Mismatched sex drives lie at the heart of many relationship problems and the only resolution is for both partners to show respect, empathy and the ability to compromise.

However, your boyfriend's approach when you don't feel like sex is to dismiss your feelings (you're 'being sensitive') and denigrate you as a person (you're 'not exciting



HOLLAND & BARRETT
the good life

BIG DEALS
better than half price



was £12.29
now £5.99
save £6.30
01540



was £18.99
now £8.99
save £10.00
17352



was £8.99
now £3.99
save £5.00
04360



was £24.99
now £11.24
save £13.75
91519



Bounceball Range
now 98p each
was £1.99 each



was £11.99
now £5.87
save £6.12
021891

www.hollandandbarrett.com

Plus **PENNY SALE** on selected lines



POP IN STORE | SHOP ONLINE | CLICK AND COLLECT

Offer valid until 16th May 2017. Selected lines only. Subject to availability. Big Deal lines are excluded from the Penny sale.

Email your relationship questions to lisa.scott@metro.co.uk