

Relationship resolutions

Irritating Habits



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Irritating Habits

Sadly, we chaps have all got them, hard-wired into our genetic makeup like a manufacturer's fault on a new toaster.

You could send us back, but you'd only end up with another, equally useless model.

Not only that, but we don't like having to change, so if you want to get us mended you need to tread carefully.

Relationship expert Keren Smedley agrees: 'It's a tricky one, but the best thing is to sit down and have a chat about those **niggly irritations** you both have with each other.'

Giving him a chance to air his grievances will seem a lot less like you're giving him a lecture.

Also, while you don't want to come off like his Mum, it's no good stomping

around in a silent rage, as he'll never work out what it's about on his own.

As **Jean Smith** says, **'"Hrumph"s and "tsk"s don't always translate accurately.'** Most of us can be domesticated quite easily. It just takes some gentle prodding, rather than the full hairdryer treatment.

Down, boy!



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When it comes to sex, obliging us every time we get the urge would mean you'd never get anything else done!

However, turning it down is a sure-fire way to give the male ego a thorough kicking, so a bit of tact is required.

As **Joe, 32 from Croydon**, recalls, 'My ex often said she was **too tired for sex**. It'd get really awkward as I didn't really know how to react.'

Keren Smedley says communication, again, is key. 'If it only happens occasionally, explain why, ask for a cuddle instead and **reassure him that tomorrow will be different**.

If it's happening a lot then there may be a problem with the amount you're working, with stress, even with your hormones. This needs to be tackled and talked about.'

We blokes don't have to deal with the mayhem of hormones, so we need it explaining when they come into play. If there's something that needs sorting, don't keep us in the dark.

We can be quite understanding given half a chance!

Thanks to our experts...

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