

Everything You Always Wanted to Know about Sex but were Afraid to Ask...maybe

Sarah Elizabeth Malinak, M. Div.

When I was seventeen, the United States was experiencing its least amount of sexual innocence in its history. That was in 1977. The pendulum swing away from sexual innocence and naiveté is still swinging wide.

Back then I had questions about sex and sexuality that my mother appreciated but did not really want to answer! She suggested I read the book *Everything You Always Wanted to Know about Sex but were Afraid to Ask*. She said she would buy it for me. Ever the independent individual, I chose to buy it for myself. Man! I consumed that book faster than any other book I'd ever read. It really did answer the questions I could not get answered any other way without going blindly along creating experiences for myself that may or may not have been in my best interest. I got to come into my own sexuality, armed with information that helped me make good choices for myself.

Not too long ago, I heard someone belittle *Everything You Always Wanted to Know about Sex but were Afraid to Ask*. I disagree with that. Obviously, no matter how sexually free we think we are, we still have questions about sex that we are afraid to ask.

I will share with you the one thing the critics pulled out of the book and made fun of because it is rather humorous. It also suggests something about loving another person at either the beginning of or well inside a relationship with him or her that is deeper than the superficial advice the author gives.

Toward the end of the book, he has suggestions for reeling in the man of your dreams. One suggestion is that the way to subliminally suggest to a man that you are the woman for him is to fix him a home cooked meal and with it serve either milk or beer. The milk (or beer) will remind him of mother's milk and create a sense of bonding from him to you. As I write this I am laughing, even though thirty-one years ago I latched onto it as if it were a golden nugget of advice!

And now, as an expert on the romantic challenges of mama's boys and daddy's girls, I would never suggest to anyone that you remind the person you are attracted to of mother's milk as a means to his or her heart. However, I do like what the advice implies, even if I'm stretching a wee bit here.

When you are dating, first in love, or in a solid relationship, make a habit of making "it" be about the other person instead of yourself. Whatever "it" may be: a meal, the conversation, the movie choice, the favorite series on TV choice, whose family to spend or not spend the holiday with, how to roll up the toothpaste tube, etc. Making everything about the other person isn't wise. That creates co-dependence even in the most diligent person if he or she is on the receiving end of that much selflessness.

Sometimes, though, it is just so great to be in love and have the feeling and commitment (or potential commitment) returned that we feel like we have come home to the one person who loves everything about us. Who will listen forever and give us good strokes and lift us up when we're down! And if you've been in a relationship for awhile, there are still those moments when you say something so profound and find it appreciated so greatly that you're thrown right back into that space of, "I am loved! It's all about me! He/she thinks I'm precious! Wah-hooooo!"

Ideally, feeling that completely loved is a true experience. However, that level of interest doesn't last. And that's OK. There is intimacy, vulnerability, and deep love in the experience of give and take. Turning your attention off yourself and giving the spotlight to him or her renews the love and passion in your relationships. And if you are just beginning to date or newly in love, it sends a big message as to the kind of life time mate you have the potential to be for him or her.

I don't know if giving a man a glass of milk or a beer makes a difference in his psyche, causing you to stand out from the rest of the women in his life. But being genuinely interested and invested in him can make a difference. With whatever manipulative technique folks are sharing with men for how to snare a woman, it may or may not work. But being genuinely interested and invested in her can make a difference.

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