

Feeling good!

It's personal...

Your questions answered by qualified sex therapist Clare O'Toole

Q My bloke has just read *Fifty Shades Of Grey* and it's given him ideas that I'm just not into. He thinks I'm being prudish, but I'm just not a submissive kind of person. I appreciate that he wants to spice things up, but I really don't find that stuff sexy. Please help.

Izzy, 27

A Don't beat yourself up! Many women, including me, didn't find the book sexy at all and it was so hyped up that lots of women are now questioning how sexual they are, just because they're not like a fictional character in a novel. Get real, guys! Spicing things up is a great idea, but you both have to enjoy it. Talk to your bloke and tell him you don't want to be pressured into being something you're not. Suggest other things that turn you on, and have fun experimenting.



Ask our sexpert Clare

Q I've always been open with my daughter about sex so she wouldn't find it embarrassing in the future. She's 17 now and has a boyfriend, but says she finds it impossible to talk to him about sex. How can I help her overcome this?

Chrissie, 43

A Sex education is essential for growing up with a safe attitude towards sex, so well done! It's important that she doesn't become stressed about it, so tell her to introduce the subject in a fun, light way. Try to contain your own anxiety. She's only young and will learn through experience how to communicate. After all, you can't teach her everything.

Q I've just started seeing a guy who had a bad break-up before me. Part of the problem seems to have been their sex life and he's now so worried when we go to bed that he can't get it up. I really fancy him and want to help him get over this.

Sophie, 34

A The best way to help him is to take the emphasis off sex. Try being intimate without sexual intercourse, for example by massaging, or stroking and holding each other, as this will relax him. Discussing the break-up may also help. Tell him how much you fancy him and that you care enough to keep trying, then his self-confidence will improve.



Am I normal?

I was diagnosed with asthma as a kid but haven't had any problems in years. Lately, I've noticed shortness of breath during exercise. Do you think I need an inhaler again?

Tracy, 28

Dr Rob Hicks says: It's possible that the asthma has returned, as it can do. Have a check-up with your doctor to identify what might be responsible. For example, chest infections can cause people to feel short of breath when they exercise.

It may be that you've developed an allergy such as hayfever, or that you're not currently as fit as you thought you were, and are overdoing the exercise. If this is the case, then things should improve as you build-up your fitness.

WORDS: KERRY HARDEN PHOTO: ALAMY/POSED BY MODELS. IF YOUR SYMPTOMS ARE URGENT, SEE YOUR GP

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