

• ask the manalysts



**FINALLY – THE BIZARRE BEHAVIOUR OF MEN DECODED! OUR WORLDLY-WISE PANEL OF THREE GIVE THEIR OWN UNIQUE TAKE.**

**Q:** After five years of marriage, our sex life has gone downhill. My husband doesn't ever initiate sex, and when I do, he either says he's tired or he'll try but fail to complete the act. He's still loving, so I'm sure he's not straying. How can I re-light his fire?



**THE MAN ABOUT TOWN**

**JEF LIM, 34**

**Occupation:** Vice-president/executive producer, Mark Burnett Productions Asia.  
**Experience:** Has dated and been dumped by a number of beautiful women, most of whom still talk to him.

→ The simple truth is that he has probably got a lot on his mind. When a relationship has grown comfortable and secure, a guy usually starts to think hard about other things, most probably his career and his future, which includes you.

As much as we like to convey the impression that we do not think about anything other than the next football game, we have the same sort of worries as you do; we just internalise them. All this unvoiced stress management can cause a temporary lack of interest in sex. Trying to talk this through with him is not a good idea either. We tend to find that talking about what is stressing us out... stresses us out.

I suggest a holiday to relax and enjoy each other's company. Bring a lot of sexy lingerie and swimwear and I think you'll soon re-light the fire.



**CHAN TAU CHOU, 34**

**Occupation:** TV producer-reporter.  
**Experience:** Has met a few girls' mums, and is still trying to figure out why mothers always seem more impressed with him than their daughters are.

→ While a lusty island getaway or candlelit dinner may lead to some action, these won't be long-term solutions if you don't make fundamental lifestyle changes.

His workload and stress level might have increased, or he spends less time keeping fit (it matters!), or the mundane "grown-up" stuff has caught up (bathe the dog/do the laundry/buy groceries). Besides, is there a chance that both of you might have, erm... let yourselves go a bit? It's harder to desire or feel desirable when a person is far from top form.

Perhaps it is about putting aside "couple time" every week to do something you used to enjoy together.

More importantly, don't feel the pressure! Get comfy, take your time and just enjoy each other without seeing sex as the be-all and end-all of the whole exercise.



**NORMAN LI, 42**

**Occupation:** Singapore Management University lecturer and a "mating research specialist".  
**Experience:** His research has found that attractive women are more likely to cheat, but he married one anyway.

→ You've perfectly described the Coolidge Effect – the tendency for males to experience decreased sexual interest over time towards the same partner. Females of numerous species (eg humans, cattle, rats, probably the entire Chinese zodiac) have had to contend with this.

To subvert this process, you have to trick your partner's primitive brain into thinking that you're someone new. So, try a new hairdo or colour, sexy outfit, or sassy attitude. Go to exciting places or arrange for situations you two have never encountered before. Seduce him as if you were a hot and wild girl he just met. If you allow your imagination to lead, you may be pleasantly surprised to see what, er... awakens.

Need help finding out what's going on with your guy? E-mail our Manalysts at [magherworld@sph.com.sg](mailto:magherworld@sph.com.sg).