Q: I keep catching my boyfriend stealing glances at good-looking women as they walk past. I’ve told him how lousy I feel when his eyes stray, so why does he still do it? How do I stop him?

→ I would like to say something on behalf of us men. When we’re in a relationship, we try to be caring, considerate and faithful. We do not, however, suddenly go blind. Women spend a considerable amount of time, energy and money to make sure that as many men appreciate their efforts to look good. I am also not entirely convinced by the explanation of “I only dress up for you, honey”.

That being said, this is not a question of human nature; but one of respect. What he is doing is disrespectful, especially since you’ve told him how you feel about it. So, next time you’re out for dinner, pick a good-looking guy at another table and stare at him between courses. If you’re feeling saucy, give him a wink if he looks over. When your boyfriend gets upset, tell him this is how you feel when he does this to you. If he doesn’t notice at all, get up and ask the other guy for his number.

→ Unless there are other signs that suggest he might stray, you should have nothing to worry about. I know couples who point out other attractive people – men and women – to each other as they trust the other party enough to know they’re just looking, not shopping.

Try initiating the exercise and share a quick comment about good-looking women and men you come across together. See how he reacts. If he gets jealous of you looking and talking about other men, he might reign it in himself.

However, if he continues to look at other women and it really bugs you, tell him he has to be more sensitive to your feelings. But know that while it might not look like he’s checking out other women, he’s probably being a lot more subtle about it out of respect for you.

→ First off, he’s not trying to hurt you. Even if the chances are close to zero that he will ever pursue anyone else, men are arguably wired to notice attractive women. Just imagine where your eyes might wander if there were new designer handbags on display.

Nevertheless, you can always behave similarly to let him feel how he’s making you feel. It’s not exactly the same for women, but one twist can do the trick. When you are out and have his attention, point out a tall, handsome man and – this is important – express your admiration for how this man looks so confident and successful. After a few times, your boyfriend will get the picture.