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Title: Not satisfied in bed? Talk about what you want
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Granted, you're screaming his name, flipping your hair and moaning like a tripped-out opera singer. True. And even though he's totally into it, one thought dominates your mind: How do I tell him I can't get no satisfaction? Hey? Hey? Hey? The fact of the matter is this Guy couldn't satisfy you if he were battery-operated. When push comes to shove, you'd just rather not. So, what do you do?

First determine what it's all about. Was the idea of him always better than the reality? Was he actually ever able to rock your universe or was this Armani-esque pretty Guy better from afar? Make sure you're in check. If you're not expecting nightly fireworks, but would prefer to use the bedroom for a little more than sleeping and the kitchen counter for a little more than eating, you're on target. There's an issue. Remember: Unsatisfying sex is often the symptom of a much larger relationship disconnect. Have a conversation. Figure out what's up with the two of you. Get yourselves on track.

Don't fake it

On the other hand, if your Guy couldn't find your pleasure pocket if you surrounded it with neon arrows, be patient. Talk to him. Why wouldn't you? As charming as "you stink in bed" might sound, take the softer, gentler approach. The conversation doesn't need to be all at once. No need to crush him.

And there's certainly no need to fake it. It's great cardio, but a waste of intimacy. Get yourself satisfied, Woman. If you're not satisfied, why should he be? Good times are at stake here. You simply can't keep this charade up forever. Are you prepared to live the next 50 years doing circus acts but never getting your horn blown? Why would you? Are you kidding?

Is he in that much need of an ego boost? If he just wanted a canned moan, he'd rent a video; have faith he wants you rocked. You owe it to him to be honest. Heck, you owe it to yourself. It's good to back your Guy. It's sweet that you care. It's strong of you to be supportive in all his endeavors, but there's pleasure to be had, sister. Let your body shake from something other than caffeine for once.

Show and tell

Sit the man down and give him some old-fashioned home schooling. In between your trampoline and trapeze acts, guide him to what feels good. Tell him what you like; whisper how he's making you feel. Give him the power to move you. If you need more time, ask for it. If you want to change positions, tell him. He wants to please you, show him how. Make him earn the props you've been giving him all of this time.

On the other hand, if he just simply doesn't care to take the time or care to please you, beware. A Selfish Lover is a just Selfish Partner lying down. Look for other unfulfilled areas in your relationship. Trust me, you'll find them.

Do what's necessary and bring the Guy to true rock-star status. If not, the consequences are severe.

Just ask Eileen.

That '80s band Dexys Midnight Runners, sang about her as the subject of their one-hit wonder, "Come On Eileen." And even though that song still plays on retro nights across the country, it's rumored after nearly two decades ... she never has.--

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