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Title: Got sex questions? She's got the answers
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Need advice about sex or relationships? I'm here to help. If you have a question, send it to casualsex@tribune.com. I'd love to hear what's on your mind.

The deal: A reader wrote me saying that his girlfriend gets turned on with rough sex and wants it from him. His perspective: "she is the love of my life and ... I do not feel comfortable saying things or doing things to her that I feel are disrespectful or degrading." He also noted that this was the kind of sex she had with her ex and he doesn't want her to be reminded of the other guy while she's with him.

My take: First, get the other guy out of your head. Even if she had twisted sex with him, she's with you now. You're an entirely different man and will give her an entirely different experience. It's about the two of you. You're a caring gentleman. And clearly, she's a strong woman who knows what she wants. Give her credit for knowing you and her desires well enough to ask for what she wants. Loving sex isn't in the how, it's in the why. Of course, violence has no place in the bedroom. Roughing up the sheets doesn't have to be about roughing up each other; it simply can mean eliciting the more fierce sexual side from each other. The best way to pave that road is to go slowly. Keep eye contact while discovering her pleasures. Watch how she responds and how you feel. Staying connected and true to your mutual comfort is the key. Unless of course you wind up getting into handcuffs, and then the key is really the key.

The deal: A reader told me he and a friend are starting to hang out as "friends with benefits." Although they're keeping it casual, he's jonesing for them to have sex already. His girl is apprehensive to move forward because they're not committed. He still wants to keep it casual but get a little more satisfaction.

My take: If she wants commitment and you want it casual, it sounds like you're out of luck. Just because you're in a laid-back relationship doesn't mean she has to lie down.

The deal: A 21 year-old self-proclaimed "GQ-reading black guy" wrote about his sex appeal, great smile and good looks. The issue is that he "wants to date a white girl and doesn't know how to mack 'em." He "hates seeing other brothers walking around with bad-ass chicks" when he's not. What to do?

My take: There's no color-by-number formula. Women respond to men who know what they want and go for it. No games. No lingo. Just you. Women are swept up with a confident man--a guy cool enough to be real. You want something surefire? Try "hello." Find the color in her personality--her interests, her scene, her experiences. And when you get into the sweet talking, avoid the obvious and give her what she hasn't heard before. Be interested, then dig. Unless you're looking for pure vanilla, a woman's full spectrum never sits on the surface.

The deal: A reader hit me with a story about her boyfriend who has lied to her, cheated on her and even stolen a few bills to take to the clubs. She's obviously suspicious of the guy but "loves him" and "wants to make it work." She's wondering what she can do to ensure he gets on better behavior.

My take: You can try training him all you want. But, in the end, a dog will always lift his leg.

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