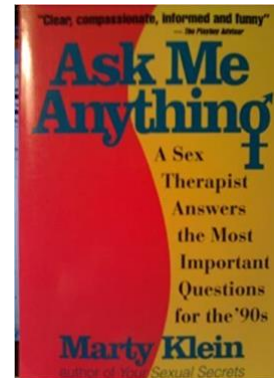


**"Ask Me Anything:
A Sex Therapist Answers
the Most Important
Questions for the '90s."**

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Question #320 from "Ask Me Anything," page 179

320. Is there some way to get out of making love if you change your mind in the middle? What if you're willing to continue but you just don't want to do a certain thing?

You don't need to "get out of" making love. Lovemaking should be an activity that both parties consent to freely. Once you feel trapped or obligated, you're no longer making love. You're involved in a sorry power game that no one can win.

You can interrupt sex in the middle the same way you leave a store in the middle of trying on a dress or a restaurant before you've finished ordering. You look at your partner and say, "This just isn't working for me, and we need to stop now, okay?"

Getting into bed with someone is not a commitment to do anything but be friendly and gentle. While interrupting sex five times in a row will probably discourage a sixth invitation, you have the right to change your mind for *any* reason (and your partner, of course, has the right not to like this one bit).

If you want to interrupt a game, or choose a different position, or change the rules altogether, just tell your partner. If he or she can't be flexible enough to make room for your needs, suggest joint counseling, or consider changing partners.