

What *couples therapists* tell their friends

These mental-health pros save marriages—not just for clients, but for their pals who need help too. Now they're giving you their free, no-filter advice. #wewarnedyou BY SUNNY SEA GOLD

Your weight may be a problem, but not the way you think

"A girlfriend admitted to me that she's been really uncomfortable with her body recently, and it's affecting her sex life. She said, 'I can't get over how big my stomach feels, and when I'm in certain positions, all I can think about is how many rolls I have.' I asked her if there was anything she *does* like about her body. At first she said no, but when I pushed her, she said she liked her hands, her eyes, and her breasts. So I told her to try to focus on those positive things while having sex rather than on the negative, and ultimately to try to get out of her head and into her body. Because, trust me, he is not focusing on your stomach—he's just happy to be getting laid!"

—Rachel Needle, Psy.D., a psychologist at the Center for Marital and Sexual Health of South Florida

Treat your body as well as you'd treat his

smoke-free for a month. She says she's thinking of how much she loves her husband every time she wants to smoke, and it has been successful for now. When you ignore your own health, you're also ignoring the health of your marriage." —Bill Farr, a relationship coach and author of *The Power of Personality Types in Love and Relationships*

You're being sexist—and it's keeping you from being happy

"A friend of mine was married to a guy who was very supportive, a great father—but completely incapable of holding down a steady job. She was at the end of her rope, and they were fighting all the time. My friend hadn't worked in years, since she had kids, but she was a very competent and organized person, so I recommended that she pursue a career and let him be the househusband. That was clearly what he was good at! It was a great solution. She found a job she loved, made the money, and

body

Being "in the mood" is overrated

"Just yesterday, a good friend called me and was talking about having no interest in sex since the birth of her last child. She said she was too busy, stressed, and tired. What I said to her was to just do it! Our sexual desire waxes and wanes at different times in our lives, and sometimes we have to make a conscious effort to be intimate with our partner. If you sit around and wait to be suddenly in the mood, it could take forever. In the meantime, you and your husband are pleasure-starved and not having any fun. I asked her to take a chance and just say yes the next time he tried to initiate sex, even if she didn't feel like it. I knew once things got started she would enjoy herself—and she did." —Rachel Needle

... "good morning"