Ask the Sexpert

Sexologist Rachael L. Ross, MD, PhD, a.k.a. Dr. Rachael answers your questions.

September 1, 2009 By Dr. Rachael

Q: My husband wants me to have a threesome with him for his birthday. What do you think?

A: Two is company, and three is a crowd. Few couples survive the aftermath of a threesome. I must caution you against what I call “a threesome gone wrong.” Once you bring a third person into the intimate confines of your bedroom, the relationship changes forever. If you have ever been angry when your husband flirted with the bank teller, imagine what it feels like to see him kiss that same woman.

The day after a threesome the people involved are usually riddled with feelings of confusion, self-doubt, anger and regret. In an instant, everything you know and love about your husband and the bond you two share appears fake and untrue. Few couples can maintain healthy relationships after a three--some. In order to know if your relationship is prepared to survive, first ask yourself the following question: Am I prepared to watch my husband touch, kiss, caress and enjoy another woman?

My response might sound ominous, but I have seen too many relationships fail after a threesome to ever recommend that you try one.

Learn more about sexual health at drrachael.com.

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http://beta.docker.realhealthmag.com/article/threesome-sex-relationships-17181-3593