



*Ten Commandments for*

## WHAT STRAIGHT COUPLES CAN LEARN FROM GAY COUPLES

RICHARD MILLER

1. Looking ain't a felony. It is normal and healthy to feel an attraction towards another person. So go right ahead, look, and enjoy the process of sharing what you learn with your partner! You are each separate sexual beings with feelings of your very own.
2. Share your histories. Since you both had a history prior to being with each other, why act as if this isn't true? Share the details of these experiences, and why not include present and future fantasies?! This may spice things up!
3. Enjoy various types of friendships. Gay men have learned how to develop friends of the same sex, even if there is an attraction. Even with this challenge, the benefit is to learn how to develop internal restraints rather than abiding by external or societal restraints. It is freeing to have outside friends and simultaneously enjoy the security of a primary relationship!
4. Living with Independence. Since men are socialized to be independent, having a degree of privacy and flexibility within a relationship is essential. Whether this includes career, separate email accounts, separate computers, or even separate desks or relaxing spaces in your home, it really works! Alone time makes it more enjoyable to be with your mate.
5. "It doesn't count as sex unless you go all the way." This bromide suggests that touching, kissing, oral, and masturbatory experiences with each other aren't really sexual. For many gay men, this is exactly what their sexual repertoire consists of and it is deeply satisfying. Slow yourselves down, explore each other, and practice this repeatedly by having sex without intercourse. You will be pleasantly surprised!
6. The Nicest House on the Street. Aside from gay men loving décor and design, gay male couples share a common interest in their home without specific gender roles. This benefit includes mutual problem solving skills and time spent together. By the end of a weekend of decorating, you will both have something to look at that you participated in together!
7. A perfect life without kids. Even though every couple has their unique challenges, having children is stressful to say the least. More gay men are having children and realize that life isn't as glamorous as it is thought to be! Do what they do and create a "Mandate." Establish a regular date night out of the house. Hire a baby sitter or family member on a regular basis and go out of your way to enjoy yourselves. Cleaning up and dressing nicely for these dates helps too.
8. Quick sex is hot! Quick, hot, fun, unexpected, inside, outside, away from the bedroom is hot! Enough said.
9. Ditch the gender roles. Because gay men aren't living as a male/female couple, there aren't expected gender roles. Both partners possess male and female characteristics within the relationship and there is something to be gained from this model. Chores and nurturing activities evolve from strengths and interest.
10. Marriage isn't the key. Until recently gay marriage wasn't legal and still is not in many States and there are many happy gay couples out there. The stability of any relationship comes from commitment and approaching life together as "we." Authenticity and desire provide the best kind of satisfaction that any couple can have. Go for it, married or not!



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