



Translation from Bulgarian

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SEX FOR MEN IS ALWAYS GOOD

Boryana is a Master in Psychology. She works with young people, she herself has two children aged 5 and 7. I asked her for professional advice how to manage with relationship crises. Our conversation was so interesting that I could hardly reproduce it in just one issue of the newspaper. See for yourselves.

“Boryana, to what extent can a psychologist help a couple when there are serious problems in the relationship?”

A psychologist knows the possible reasons that led to a particular problem and is able to manage with the problems. It is a fact that men and women are essentially different in their way of thinking and acting. For that reason they are not always able to understand each other. Put in another way, briefly, one of the methods is when a psychologist takes up the role of a translator between the two sexes allowing each partner in a relationship to accept the view point of the other.

“Let’s talk some more about crises in marriage. Can we prevent cheating for example and why do partners cheat?”

Marriage does not guarantee that we would not meet interesting people. Men are polygamous. The proliferation of semen is encoded in male individuals. Women do not have such encoding because a woman can carry one child over a certain period of time. Why is it more pleasant with a lover? Because everything there is much simpler – no day-to-day issues, no common problems, just pleasure for a while. A lover does not complain but meets a man with desire. He sees her always in a good mood because dates are agreed upon while dates in co-habitation are inevitable. Thus men are left with the impression that it is better with HER.

“And she wants him at any time?”

Yes, she always wants him and this nourishes his self-esteem. People tend to fall in love rather in their reflection in another person’s eyes. We are better than men at playing tricks, purring, currying favour and playing roles. If you give him the emotions that she gives him you will deprive her of the right to give him more. What does she give him more than the wife? Nothing, but she takes nothing either. When one is alone one is entitled to do whatever he or she wants. Why do we believe that after marriage a person’s mission is to become another person’s unconditional property? The fact that he has decided that you will be the one to rely on him does not mean that you have to possess his emotions as well. There are no guarantees that you will not be attracted to another person as well.

“Yet cheating destroys many families”

A responsible individual does not allow to be accused of cheating. Cheating is not something that we do against our partner but something that we do for ourselves. We should not think that if he has chosen us he has no right to prove his masculinity. Bans and limitations in marriage do not contribute to a relationship. So, unless you have a reason, do not dig. Do not demonstrate that you expect him to cheat on you at any time because thus you could allow him to justify your expectations. Show him that even if something happens you believe that he does not want to hurt you and will do everything possible to keep the situation secret from you.



“How can we safeguard ourselves against younger competitors?”

Every age has its virtues. We should know our worth. Even the fact that we know the man better than the other woman should be sufficient to make us comfortable. There is no recipe for preventing the interest in another woman. But to have an easy conscience that we did everything possible and that he would not find with her what we give him – the comfort to be herself. In every situation, before reacting, we should first place ourselves in his shoes.

“How?”

Ask yourself the question: “If I cheat on him does it mean that I do not love him?” Of course, not! Therefore there is no need to dramatize the situation, to cry that you are not loved or to blame him that he did not think about you. Men’s love is reflected in their attitude to us and the family and not in the fact whether they cheated – this may not be a criterion of their love. This does not mean of course that everyday affairs with other women are something normal. Everything has limits. We speak about cases where this has happened for some reason – individual cases and not continuing extramarital relations. In such relationships the question is how close our contact is and whether we have been disappointed by each other. A single case of cheating however is not a reason for terminating a good relationship. The fact that your partner went away for a while does not mean that he would not stand by you when you need him, which is more important.

“And how can we remain an object of sexual desire after the marriage?”

By using additional sexual surprises. For men sex is always good – no matter where and with whom. Women relate sex in their mind to emotions, to the memory of the atmosphere and the details about the partner and the act through the prism of their own sensations. Diversity is necessary even if passion has gone. A basic rule to maintain good sexual contacts is to let him know that he is desired and able to satisfy you.

“Is absence of sex in marriage normal?”

Of course! Everyone has their periods. A woman should indicate to the man that she does not always expect sex: a cuddle may be enough to make her feel satisfied. Thus he would not be worried if he is not in shape for sex. And there is something very important – he DOESN OT KNOW when to cuddle you! Show him, give him a hint, you may even initiate the affectionate behavior. Do not expect him to respond to your expectations if they have not been verbalized. Men are designed to react to obvious circumstances and not to envisage intangible things. A woman has a maternal instinct – to feel her children’s emotions before they speak, to anticipate their feelings, to provide help if needed. Men do not have such skills. You will see that even a most loving father makes mistakes with his child such as speaking in a sharp tone, making untimely remarks and so on. So, share your desires with your partner – do not expect him to guess them indirectly. Here is the principle: a man makes love to pour out his emotions, a woman – to pour in emotions. For that reason she needs more conversations, attention and so on. Make compromise on both sides – sometimes react on a primary impulse for sex as he would like, another time make a request for a tender and romantic evening.

“I would like you to answer another permanently topical question – what is parents’ most common mistake when raising their children?”

I will answer with the following example: After learning to walk a child starts discovering the world in which he lives trying to reach everything that he sees – he may hit, push, knock down... Very often Bulgarian mothers use the word “No!” to prevent possible unpleasant consequences such as breaking or damaging an item and this puzzles the child. And since a child cannot understand the actual reason for the ban he thinks just one thing – that he made a mistake. Subsequently the child becomes passive and lacks initiative as a grown up person. A correct parent behavior is to remove dangerous and valuable objects from the scope of the child. A “No” should be said only in the actions of the child threaten his life.

“Ultimately, when will Bulgarians start to use the services of psychologists?”

Perhaps when they realize that a psychologists do not perform “brain wash” and when they stop seeing them as psychics. (Laughs). Unless Bulgarians understand that a visit to a psychologist does not mean that they are “crazy” they will not be able to feel the benefits of this profession. Moreover, I see that people have a wrong idea that psychologists give ideas while Bulgarians are used to asking friends and relatives for advice. From this point of view it seems logical – no one needs a stranger to tell him what to do. The truth however is that psychologists DO NOT GIVE their opinion, they help a person find the answers himself.



“And we are often afraid that we would feel embarrassed, right?”

That is another reason keeping people from seeing a psychologist. Each individual is unique and no one knows this better than a psychologist. Unlike everyone else that a person encounters in his or her day-to-day life a psychologist is not judgmental. Psychologists are trained to view a person without the interference of his personal prejudice. It is a psychologist’s job to help a person become more self-confident, emotionally and morally independent or, in other words, people should not be afraid to be themselves. Little by little we, the Bulgarians, should shake off the concerns that has been long instilled in us “What will people say?” when we follow our own decisions.

“Boryana, will we be able to help our younger readers not to suffer when they fall in love?”

I would do it with pleasure in another issue.

“Thank you.”

I, the undersigned Lyudmila Georgieva Kovacheva, certify the truthfulness of the translation made by me from Bulgarian into English language of the attached document – Newspaper article. The translation consists of 1 page.

Translator:



/Lyudmila Georgieva Kovacheva/

