

The Jerk



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THE GOOD DOCTOR TOUCHES ON THE SUBJECT OF TOUCHING YOURSELF. HANDS WHERE WE CAN SEE THEM, BUDDY!

Walk the dog, bash the bishop, choke the chicken, double click the mouse, have a date with Mrs Palmer and her five daughters, polish the pearl, punch the munchkin, rub one out, slap the salami, spank the monkey... Whatever you might call it, it all means one thing: To masturbate. (Admittedly, we might be the only people who use the term 'punch the munchkin'.)

We know you do it (everyone does), and in some ways it's more socially acceptable for men than women (totally unfair), but the biggest question is: Can you still do it in a relationship? Is it appropriate to polish the family jewels when you have a girlfriend, wife, spouse, or significant other? Of course, I'm liberal minded when it

comes to acts like these and believe self-love is important in a relationship and in no way do I see it as a form of infidelity. But I recently learned that not all women think the same...

So how do you get away with jerkin' the gherkin when your partner is not a fan of looping the mule? And when does it become too much? Please note: Before I continue on my rant about buffing the banana, a female's mouth, vagina, or any other entry point is not a substitute for your hand, so don't get caught making comparisons. You might just end up losing painting the pickle rights.

OK, so what do you do when your loved one thinks yanking the crank is out of bounds? This relationship dilemma calls for the big C – *communication!* Yes, you are going to have to talk about it. We are all brought up with different morals when it comes to sexuality and if her belief is that a partnered man should not have to or just plain should not flog the flute, then you may have to open her mind to your point of view.

Plead your case by letting her know it's healthy, it prevents cancer, it makes you harder, and it helps you last longer. All scientifically proven facts, I assure you.

The biggest things she will be concerned about are: 1) That it's a replacement for sex with her. 2) You'll be thinking about someone else while you do it; call it 'mental infidelity'. Now, if you might be thinking of a girl who isn't her, but NEVER ADMIT TO IT if this is one of her concerns. The world of fantasy is a free and private space that, if disclosed, can be potentially harmful to one partner.

Besides reassuring her she is the only thing you think about during the act, incorporate her into your pumping the python sessions. Let her know when you're in the mood for self-love and, if you're lucky, you may just get a helping hand. Sneaking away behind closed doors – when she's in the shower or not around – is only going to add to her insecurities. Mutual masturbation could be the key. Show each other what gets you over the edge and then share the self-love. If she's doing it as well, surely she can't be mad at you for the same behaviour?

When does roping the pony in a relationship become too much? There is no agreed upon number or textbook stat I can quote but when it becomes a problem for you and your partner and it has a negative impact on your life (or lives), then it's too much. The other issues with this is, what you think is a problem might be something very different to what your partner thinks.

And we're back to your only sound option – the C word. When it comes to anything sexual, you need to make sure both you and your partner are on the same page and everything is out on the table. We have so much power in talking about our sexual needs and desires yet we sometimes feel it's all too awkward. What would you prefer: Sneaking away to jerk the turkey or having an uncomfortable conversation that might lead to front-row seats at a private viewing of her flicking the bean?

No secrets (unless you are using someone else for motivation), no assumptions, and no extra-long showers with the door locked. Masturbation is a natural, normal act and, just like communication, we should all be doing a little bit more of it.