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# Women's Health

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## crush control

» It's Oscar time again. Don't let red-carpet hotties cramp your sex life

VISIONS OF JAKE GYLLENHAAL'S chiseled torso in *Jarhead* may be a reliable way to get your juices flowing. But ogle too enthusiastically and you'll wind up with unrealistic expectations—or make your leading man feel like an on-set extra. And if his celeb crush makes you feel like Ugly Betty, where's the fun in that? Handle a Hollywood crush the right way and your relationship will thank the Academy.

### Rule #1 Dream on

"Celeb crushes are fantasies," says Debbie Magids, Ph.D., a psychologist in New York City. Researchers have known for decades that people who fantasize have more orgasms and greater relationship satisfaction.

**That said...** Orgasms could become elusive unless you're picturing, oh, Daniel Craig from the waist down. "And then your partner won't do it for you," says Stuart Fischhoff, Ph.D., a psychologist in Los Angeles. The fix? Mentally dress up your man like James Bond and imagine him ravishing you on the hood of his Bentley. It may be surprisingly effective.

### Rule #2 Act the part

Why wait for the show to start when you've got a perfectly good male lead waiting in the wings? "Think about what you'd do with

the celeb you're hot for and do that with your partner," says Michelle Callahan, Ph.D., a psychologist in New York City. Invite your guy to a hot-spot restaurant, then stay at a swank hotel and abuse the high-thread-count sheets exactly the way you'd want to with, say, Clive Owen. **That said...** "People get caught up in an ideal, then find fault with what they have," Magids says. Remind yourself what makes your guy a stud. Whether it's the way he looks just out of bed or how he gets your cup of java right every time, tell him. "If your words and thoughts are positive," Callahan says, "your emotions naturally follow."

### Rule #3 Protect your egos

Hollywood life is so unreal that it's usually safe—and fun—fantasy territory.

**That said...** "Some people can't handle it," Callahan says. Gritty details might be especially unwelcome. If his Salma Hayek obsession bugs you, tell him you understand that he appreciates gorgeous women but to spare you the play-by-play. Likewise, if he's sick of hearing about Brad's kissable pout, zip it. Fantasies should be the fire starter in your relationship, not the wet blanket that makes sparks fizzle.

### WE'RE JUST ASKING...

And guys fess up

■ "WHICH CELEB MAKES YOU GO WEEK IN THE KNEES?"

Salma Hayek

52%

Angelina Jolie

26%

Beyoncé

12%

Naomi Watts

10%

SOURCE: HENSHHEALTH.COM

POLL OF 1,754 GUYS

## He Says/She Says

One man and one woman tackle a thorny relationship question with honesty and a bit of humor

*My husband seems frustrated that my career is more successful than his, although he denies it. What should I say?*

—Alanna S., Pasadena, CA

**Ted says** If my wife tried to talk to me about this, it wouldn't matter what she said. I'd hear this: "I know you try, dear, but please don't worry about my superstardom and your mediocrity." Even if your husband won't admit it, he probably is bothered because your success magnifies his lack of it—and because testosterone makes him more competitive than a hooked marlin. Your best play: Don't give career advice (too condescending) and don't tell him you understand how he feels (too pitying). Just drop it. Give the impression it's no big deal and eventually he'll get that it isn't.

**Nicole says** Ted's right.

Don't console him about his lackluster career or compare it with your own. But don't you dare downplay your excitement about new projects or promotions. Pop the champagne, thank him for his support, and ask him to celebrate with you. Be sure to let him know you're proud of him for countless other reasons. Brag to friends about the incredible job he did renovating the kitchen or what an amazing Little League coach he is. Even better: Tell him he's the best lover you could ever hope for. The one thing more closely linked to a man's ego than his paycheck is his penis.

*Ted's wife has never called him "dear." Nicole would rather date a massage therapist than a real estate mogul.*



Womenshealthmag.com/  
hesaysshesays  
Send Ted and Nicole your  
relationship questions online.

Fab 4-play:  
Clive, Christian,  
Jake, and  
Daniel.