



# Haunted by Her Threesome

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Dear Dr. Mark,

The moment I met my wife, I knew we were perfect for one another; she had every quality I have ever sought in a woman. She was smart, humorous and to me was absolutely gorgeous. The dates were fantastic and we got along better than anything I have ever witnessed.



A few months along in the relationship, she sat me down and did the one thing that the general tone here seems to say over and over again not to do. She told me about her past. Not in great detail, just that she had numerous partners and we are not talking a small number here. I love her dearly, so I didn't speak my mind, but it bothers me considerably.

The fact that my wife told me she had two partners at the same time sickens me. I know, I know, I should be more open-minded, but it is disturbing. We continued onward through our relationship, and I had learned to suppress the emotions, and focused on the one thing that really mattered, the fact that I love her and she loves me. The problem began after we had been married for a while; a friend of mine confided in me that he had slept with her before she met me. And he called her a "screamer", which she does make a lot of noise during intimacy. After that I was overcome with jealousy. This is starting to cause arguments inside the relationship. I don't want to fight, especially over something that doesn't pertain to us.

When I try to discuss my feelings with my wife she becomes defensive and angry. It becomes a night of not speaking; this doesn't happen often, but it happens none the less. My wife's only response is "But I am here with you."

And for some stupid reason that doesn't seem to satisfy me. My question is how do I convey to my wife how badly this hurts, and is there something I can do to help control an over active imagination.

This is starting to make me sexually unsure of myself, and we have never had problems in the bedroom before. I don't want to leave my wife. My wife in my eyes is the only woman for me. But there has to be some way around this. Thank you for any advice you can give.

RUNAWAY IMAGINATION

Dear RUNAWAY,

Your imagination is really doing a job on your peace of mind, isn't it? Imagining her being uninhibited sexually with other men and not with you is eating you up inside. Add to that her becoming defensive when you want to talk it through and I can well imagine why you've written us for some advice.

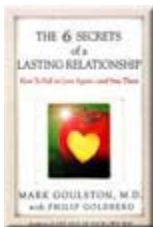


You're probably looking for suggestions on how you can handle it better or get past it and on how to communicate better with your wife. I was trying to think of a direct approach such as telling her what you're feeling, but it seems that you've tried that and she's closed to that approach. Here are some other things to try.

Think of some frustrating situations in your life that you never thought you could get over or past. Remember the specific incidents, and what you did or resisted doing that enabled you to get through them. Think of things you did that made the situations worse. You should be able to identify some commonality to how you have coped in the past. Maybe you just let time pass or maybe you started to exercise or maybe you had a friend or confidant you could talk to or maybe you went to a counselor or therapist. What you're going to be looking for are instances when you took action instead of being in a victim position (which is a real turn off in relationships). Just realizing you've made it through tough times in the past may reassure you that you'll get through this one. Then try to take a similar action this time.

Another approach is to catch yourself when you're feeling frustrated with her and try to nip your frustration in the bud before it slides in feeling like a victim or self-righteous, both of which are destructive. At that moment, think of three things you're deeply grateful to her for (what she has brought to your life, taught you, make you aware of, etc.). You'll feel you can't be grateful and feel cheated out of something at the same moment. Then think of three things that make you not the easiest person to be with (too

passive, whiny, jealous, etc.). This will help you feel humility, which will counteract self-righteousness. Then you might even want to share these discoveries with your wife (they are actually complimentary to her and show you taking responsibility for you side of problems in your marriage).



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Still another tact is to see what you could be doing differently to make you more effective at work and in the world with other people. Few things turn on a woman more than a man who has confidence, goals, drive and effectiveness.

A third option is to consider medication if your thoughts are becoming too obsessive. You can talk with your family doctor about this or perhaps get a consultation with a psychiatrist. Good luck. Dr. Mark

