

could have in coming up with creative ways to communicate the 'readiness for sex' message. On the other hand planning a month away from regulated sex can be a great way to relax and re-focus on things other than not being pregnant.

### *The issue of spontaneity*

*“I hate this heaps of sex, no sex thing. If people tell you to have sex every night for a week, then no sex for a month, you'll do it. But that is affecting our sex life massively. If I feel like it on Wednesday, she says it has to be on Friday night. It's pretty regimented. So I say let's have sex again on Monday and she says but you had sex on Friday night. And I think 'is that what it was?' There's no spontaneity or passion or anything at all.”*

– Richard, 36

After a couple of glasses of good red wine and a relaxing night over dinner with your partner, you come home and settle into bed for the evening. There's a twinkle in your eye and a spring in your step as you brush your teeth and gargle – clear the breath for the coming conquest.

You slip into bed, trying to find the right pose. Lean back with your hands behind your head? Too confident. Leaning on one elbow looking inviting? Too much like a bad MTV video clip.

As your partner comes to bed there's a genuine sense of virility about you. You're too sexy and you know it. She pulls back the covers and slides into bed next to you. You can hear Barry White clearing his throat and crooning a love anthem, dedicated to you. Tonight's the night for lllluuuurrrrvvvv, baby. Ooooohhhhh yeahhhhhhhh.

You lean across and gently stroke her shoulder and that's when it begins.

'Not tonight you don't. It's not the optimum time for us to have sex. I'm ovulating in two days time. We need to leave it until then. No point doing anything now. We'll never conceive if we don't stick to the plan.' She rolls over, her cold shoulder pointing accusingly at your misplaced libido.

A giant size prick to your balloon of love. Talk about the ultimate rejection.