

ADVICE LINES
 Gone off sex?
0901 609 0000
 Coping with bereavement?
0901 609 0000
 Teens driving you mad?
0901 543 0000
 Worried he's cheating?
0908 567 0000

dear coleen

COLEEN NOLAN BLAH BLAH BLAH BLAH COLEEN NOLAN BLAH BLAH BLAH COLEEN NOLAN BLAH BLAH BLAH COLEEN NOLAN BLAH



I am cheating with my sister's husband

Dear Coleen,

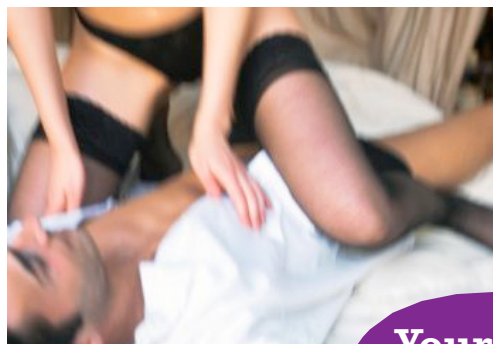
I've been having sex with my older sister's fella for the past three months.

I'm divorced and it all started when he came round to help with some repairs around my flat. We started having cups of tea together and would chat for ages. We found out we had so much in common - we both love Formula 1 racing and support Arsenal football team. Then one day while we were having a cuppa, he leant across the kitchen table and kissed me. I was totally taken aback, but it felt so right and before I knew it we were having sex on the kitchen floor.

It was amazing and when it was over I was already thinking about how and when we could do it again.

Since that first time we've met a couple of times a week for sex - usually at my flat, but we've also spent one night in a hotel together. He told my sister he was staying at a mate's house after a lads' night out.

The trouble is, just recently we've been taking more and more risks - we had a drink together in a local pub and one of his friends spotted us. I don't think it'll get back to my sister, but I'm terrified she'll find out. All the cloak



and dagger stuff is becoming stressful and I'm starting to feel a bit guilty, too, not least because they have a five year old son.

Coleen says..

Coleen says: Er, the only thing you need to focus on having in common is your sister - not Arsenal football club! You admit to feeling 'a bit guilty' now after a three-month affair, but seem most bothered about not being found out.

Why are you so misty eyed about this bloke? He's a cheat, a love RAT. Listen up - he's not yours. He is your sister's husband and her son's father.

Have you any idea what the implications for your family are if this carries on, if you're found out or you run off into the sunset together? You'll wreck lots of lives. Can you imagine your sister ever forgiving you? Chances are you'd never see her - or your nephew - ever again. This is what you need to be thinking about to give you a cold, hard dose of reality. Stuff like this breaks families up and things can never be the same again.

Maybe you were lonely and vulnerable after coming out of a divorce and enjoyed the attention he paid you, but you need to find your own bloke and your own life otherwise your self worth will always be in the gutter.

End it now before there's no way back. I'm sure he'll do the dirty on your sister with someone else in the future and she'll see him for the low-life scumbag that he is.

I know the heart-piercing pain of being cheated on and the humiliation of everyone knowing, and I wouldn't wish it on my worst enemy. Do you really want that for your sister? Do you want to be responsible for that pain?

Get out before it's too late.

Your self worth will always be in the gutter

He wants me to dress up in racy outfits

SEX TALK

Dear Coleen,

My husband wants to spice up our sex life with role play and kinky outfits. It just sounds silly to me - I can't imagine putting on a nurse's uniform and talking dirty to him while I take his temperature. I don't want to offend him, though. Any ideas?

Coleen says..

Coleen says: I think it's fun to try a sexy outfit. I must admit I've dressed up as a French maid in the past to get Ray's pulse racing and it was a laugh. You never know, you might enjoy a bit of 'Carry On Nurse'. Why not give it a go, then if you hate it or can't stop laughing at all the wrong times, then tell him it's not for you. There are plenty more ways to spice things up - books, DVDs, nice lingerie, new positions. And you'll have loads of fun finding out which you like best!



TXT MESSAGE

Coleen, shd I forgive my hubby 4 Facebking his ex? If he was open about it afterwards I'd let him off, but if he did it on the sly and you found out, I'd ask him what his motives were and why he kept it a secret from you.

SHE SHOUTED AT MY CHILD

Dear Coleen,

I was at a friend's party a couple of weeks ago and one of the other mums there shouted at my four-year-old son who was being loud and running around a bit.

She screamed at him to be quiet and he burst into tears. I felt really shocked as I'd never shout at someone else's child, but I didn't make a fuss.

Now I feel really angry about it and I see this woman quite a lot as she's part of a big group of friends who all live locally.

Coleen says..

Coleen says: I bet you wish you'd said something at the time, but I know it's hard to think on your feet if you're a bit shocked by how someone's behaved.

If another mum shouted at my daughter Ciara, I'd be upset, too. And it doesn't sound like your son was doing anything bad or dangerous - just being a bit noisy.

Next time you see her, just say: 'I wasn't very happy that you shouted at my son the other day - it's up to me to tell him off and you should have spoken to me first if he was bothering you. I'd appreciate it if you do that next time.'

If you see her a lot, I think you have to bring it up with her otherwise it'll eat away at you. If she doesn't like it, she can lump it!

LOVE FACT

Men who kiss their wives in the morning live five years longer than those who don't, according to one German study. Pucker up, Ray!