

We asked 20 men and 20 women...

Do you send
sexy texts to
your spouse?

100% of the men said
Yes!

90% of the women said
Yes!



Men:

"I WANT
U RIGHT
NOW"

"CAN'T
WAIT TO
KISS U ALL
OVER..."

Women:

"NEED TO
FEEL U
INSIDE ME"

"I'M
FANTASISING
ABOUT
U"

WHAT DO YOU SEND?

Teasing but not quite explicit messages:

100% (Men)
90% (Women)

Very explicit messages:

80% (Men)
70% (Women)

Sexy photos:

50% (Men)
75% (Women)

Sexually explicit videos:

10% (Men)
10% (Women)

Sexually explicit voice messages:

15% (Men)
30% (Women)

Examples of photos you have sent:

Men:

Genitals, chest and lower abdomen, full-body naked shots

Women:

Cleavage and breasts, buttocks, full-body naked shots

Sending sexually explicit texts and photos to your spouse is fun, but can it harm your marriage?
SASHA GONZALES asks relationship experts.



“Bb, let’s get bz 2nite!”

Whenever Sheila* travels for work, she sends her husband sexy text messages and photos of herself a couple of times a day. The 35-year-old merchandiser, who has been married for two years, is away from home for at least a week every month. And she believes sexting keeps the flames of her relationship burning. “When I get home after a week of being away, Paul* is all over me. Sexting is like foreplay for us.”

She isn’t the only one who’s doing this. Julia*, a 28-year-old sales executive who’s been married for a year, also exchanges explicit messages with her husband. “John*’s explicit texts always turn me on. Even something tame like ‘Thinking about you gets me hot’ turns me to mush.”

Marcia*, 38, who has been married to Tony* for 12 years, exchanges risqué text messages with her husband even if they’re at home together. “I’ll lure him away from a football match on TV with a message telling him I want him to join me in the shower.”

Love messages of the digital age

Christina Spaccavento, a sex therapist and relationship counsellor from Sydney Sex Therapists in Australia, says sexting adds variety to how couples communicate, and likens it to love messages of the digital age.

Our smartphones are not just capable of letting us send text messages, they allow us to take photos, videos and voice recordings, too, making it easy for couples to

share thoughts and feelings with each other whenever they feel like it.

“For me, it’s about instant gratification. A sexual fantasy might pop into my head suddenly, like during a board meeting, and I’ll describe it in a text to my husband there and then,” says Charmaine*, 39, a company director.

Certain intimate feelings might also be harder to share in person, particularly if one or both spouses are shy. With sexting, you don’t have to worry about appearing embarrassed or unconfident.

“Without having to communicate face to face, we lose our inhibitions and are less likely to censor what we say,” says Daniel Koh, a psychologist from Insights Mind Centre.

Is sexting good for your marriage?

Daniel says sexting can enhance the closeness you have with your spouse. It can also build up the sexual excitement. Martha Lee, clinical sexologist from Eros Coaching, says: “If you send such messages to each other throughout the day, by the time you get home, the two of you are likely to be all riled up and ready for a quickie.”

Daniel adds: “Sometimes, people use sexting to boost their self-esteem and to make them feel more assured about their relationship.” Lynda*, 38, who has been married for eight years, shares: “Sending my hubby sexy photos of myself is my way of telling him: ‘Hey, I’ve still got sex appeal, and you’d better not forget it!’ Why would he want to ogle other women when he has a folder in his phone, full of my sexy pictures?”

Sexting also helped Sabrina* through several lonely spells when her husband was posted overseas for a year. “Our texts were more romantic than sexual, but they helped us to feel close to each other until we were reunited,” she shares.

Too shy for sexting?

If you’d like to try it out, Martha suggests starting slow, with a text like “I’m thinking of you” or “I wish you were home already”. Then as you get more comfortable, you can send more naughty texts. “Drop hints of a sexy evening together or suggest a sexual act.

“Or tell your spouse which part of his body you wish to touch, or where you wish for him to touch you. You can even share something which you’ve read or seen that made you think of him,” suggests Martha. If you’re more adventurous, take a

picture of a part of your body that your spouse considers sexy, and send it together with a sexy message.

Jolene*, 29, a writer, takes sexting a step further by recording graphic videos for Sam*, her husband of three years. “I’ll film myself getting dressed, for example. I’ll exaggerate putting on my clothes, while staring into the camera seductively,” she shares.

For the more daring, voice recordings in the form of a seductive message can also help steam things up. “There are no rules when it comes to sexting”, says Christina.

“How couples approach the process depends a lot on their individual personalities, and the spoken and unspoken agreements they have with each other.”

But, as a general rule, make it fun. “Open and playful exploration is a great way to help dissolve any shyness or apprehension. It’s

Protect Your Privacy

Jimmy*, a technical service manager for a mobile phone company, shares expert tips to keep your sexy texts private.

USE A PASSWORD: So others cannot access your photos and texts.

BEFORE SENDING YOUR PHONE FOR REPAIR: Back up your data and reset the phone to its factory settings.

BEFORE SELLING YOUR PHONE: Reset your phone to its factory settings. No one will be able to retrieve your data, no matter how tech-savvy he is.

IF YOU’VE LOST YOUR PHONE: Installed apps like Find My Phone for iPhone, or Where’s My Droid? for Android phones, allow you to delete most of your data remotely, provided your phone is still connected to a network.

DON’T KEEP THEM ON YOUR PHONE: It’s the only foolproof way to avoid embarrassing situations.

important to remember your texts must come from a place of sincerity and respect," adds Christina.

Daniel agrees: "Understand each other's comfort level and intentions. Don't do it just because everyone else is doing it, and don't feel that you have to use obscene language if you're not comfortable with it."

When sexting is bad...

It becomes a problem when you start using texts to communicate your sexual needs to your spouse, instead of telling him face-to-face. It's also a problem when you substitute it for physical intimacy. Sexting should be used to spice up your marriage – not to replace the passion that's lacking.

"Sexting might be fun but you can't deny the technological factor takes the 'humanness' out of a love connection," says Daniel. "There are numerous ways to enjoy each other physically and emotionally that have nothing to do with mobile phones, so you shouldn't just rely on sexting to keep your relationship exciting."

It can also pose a problem for your relationship if the texts make one or both of you uncomfortable, embarrassed, hurt or confused, adds Christina. "If you experience any of these feelings, it's important to

discuss this with your spouse and work through the issue together."

Finally, if you feel pressured to send steamy texts to your spouse, it's important to let him know, before any resentment sets in. "If you don't want to, your spouse should respect and accept that, and not force you into it," says Martha.

Sexting dangers

Accidents can happen. So, check and double-check the phone number before sending a sexy text or photo.

Maureen*, 37, recounts how she once sent a steamy text to her son's kindergarten teacher by mistake. Since then, she's stopped sending her husband sexy messages altogether. She also apologised to the teacher, and now, they pretend the incident never happened.

Susan*, 38, sent her husband, David*, a semi-naked shot of herself, which he saved on his phone. Days later, David accidentally e-mailed the photo to his brother. Thankfully, the latter had a sense of humour about it.

If this happens to you, apologise to the person you accidentally sent the text to, whether that person is close to you or not, Daniel advises. Explain that the sext was not intended for him/her and request that the person delete it immediately. "Be upfront about your mistake and deal with the embarrassment immediately," he says. "If it's your spouse who accidentally sent the sexy text to

someone else, laugh it off and forgive him."

There is also the danger of your children coming across your sexy text messages, videos or photos. If your kids do find them, says Daniel, don't sweep the matter under the carpet as it will only arouse their curiosity. Be open and explain to them that this is one way that mummies and daddies express their affection for each other, and that such a form of communication should be reserved strictly for committed, loving relationships between a man and a woman. Also explain that you were wrong to leave your phone unattended because such texts are meant to be private. **SH**

"My husband got turned on looking at my photos – and not me"

Sharon, a 33-year-old teacher, says sexting made her and her husband seek marriage counselling.*

"When my husband requested sexy photos of my body, I obliged the first few times. But over the next few months, I noticed him losing interest in sex. I even caught him pleasuring himself to my photos. When I refused to send him more shots, he got angry and accused me of not caring about him. I realised

his obsession had got out of control. I confronted him, and he admitted the images helped him to escape from work and other personal problems. It didn't help that we were always busy and had no time for each other. It came to a point where he found it easier to feel aroused by sexy photos of me. We now attend marriage counselling, and are trying to make more time for each other."

**Names have been changed*

SEXT-POSED!

These celebrities were exposed in more ways than one when others gained access to their phones.

» Scarlett Johansson:

Last October, the *Iron Man 2* star became the victim of a hacker and nude photos of her were published on a website. Johansson said the pictures were taken for her ex-husband, actor Ryan Reynolds, and asked the authorities to conduct a formal investigation into the matter.

» Edison Chen:

Intimate photos of Edison and Cammi Tse, a 16-year-old schoolgirl, were leaked when she misplaced her phone.



» Christina Aguilera:

In December 2010, semi-nude photos of the singer surfaced online after her personal stylist's phone was hacked into.

» Jessica Alba:

Cyber crooks reportedly broke into the actress' phone and stole nude pregnant photos of her, which later appeared on various celebrity websites.