



INSIGHT
Juliet Grayson, below, has been a sex therapist for 25 years



nger, misreading the other
nal for readiness for sex,
y did start to make love
ad sex on average once a
hat.
e two types of desire:
s and responsive.
ous desire is when you
el turned on – when you're
wn the street, for example.
ve desire is when you only
something triggers it –
n TV, a picture of a flower
rotic, your partner
u a present.
ve responsive desire, you
ernal trigger. Some
hey age, move from
s to responsive. This may
where once they were the

instigator of sex in the relationship, they no longer are.
And if both partners are responsive, no one will instigate it. In such cases, it might help to assign Saturday night (for example) as "sex night". This way, you know when it's going to happen so you can get warmed up and ready.
● Juliet is the author of *Landscapes of the Heart: The working world of a sex and relationship therapist*, £12.99 www.landscapesoftheheart.co.uk
● If you are at risk of committing a sexual offence and would like therapeutic help to stop, then contact StopSO: The Specialist Treatment Organisation for the Prevention of Sexual Offending www.stopso.org.uk

Annie Brown

AT dinner with a friend last week, I wore a flute-sleeved blouse with skinny jeans and heels, without realising it was a cataclysmic combo for my health.

The grim news hit the headlines this week that skinny jeans, fluffy hooded jackets and blouses with fancy sleeves are damaging our backs, restricting our movement, weighing down our heads.

Not since I had to take a ferry to Dunoon on a bit of a windy day have I been so scared.

As if being a woman in the age of Trump, the Tories and double denim wasn't terrifying enough, we discover a suicide vest would be safer than our go-to outfits.

The British Chiropractic Association said three-quarters of women had suffered from back pain, with fashion choices adding to problems.

As well as large fluffy hoods and cross-body bags, they said statement necklaces caused particular strain.

I wear all of the above because that's the kind of fearless, bad-ass woman warrior I am.

You may wonder in what way these fashion items are dangerous. I certainly was curious, particularly in relation to the hazardous nature of a fancy sleeve.

Apparently this makes one hold one's arm in awkward positions and I will vouch for some tricky moves at the restaurant, as my sleeve flapped dangerously close to my soup.

It could have been caught in the bus door later, had I caught a bus.

My arm did get a bit achy but it had lifted a lot of Cabernet.

When this news reached *This Morning*, a horrified Holly Willoughby said she planned to ditch her entire wardrobe for a nude, safer life, presumably hypothermia not



As if being a woman in the age of Trump and Tories wasn't bad enough

withstanding. The issue was debated across the country, on TV, the internet, broadsheets and tabloids.

I was alive when Edwina Currie made eggs the cluster bomb of dairy, so I know such health-scare hysteria is merited, always.

We are being asked to take seriously the claim that skinny jeans, in restricting our movement, can affect the spine.

We alter our posture to see out of a big fluffy hood and statement necklaces can be neck-snappingly heavy.

Those women sewing jeans for a dollar a day in squalid sweatshops would probably agree that clothes can be deadly.

Next month marks the fourth anniversary of the collapse of the Rana Plaza factory building in Bangladesh which killed 1134 people and left thousands more injured.

The anniversary will attract a few headlines but nothing like the BCA report.

The health implications of jeans and fluffy hoods may seem a first world problem but only to those in the third world. In which case, most people sadly won't care about the genuine dangers women face.

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