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How to Bust the Top 10 Excuses for Turning Down Sex

Hop in the sack more often with these ways to beat your biggest libido busters
 by Denise Schutte

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Excuse #2: I have work to do.

Reaching for the computer, checkbook or laundry basket right when your man is reaching for you is classic avoidance, says Steinorth. We all have busy times; don't let it become a pattern.

Bust out: Gut check: Does whatever you're doing have to be done now, or can it sit until tomorrow, asks April Masini, relationship expert at Ask/ur. If tech is your sex-avoidance crush, banish it from the bedroom entirely. Having it in reach makes it easier to call your smartphone addiction "work," she says.

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Excuse #3: I'm not happy with my body right now.

"Women tend to put vanity ahead of intimacy," says Masari. When your man wants sex, though, he doesn't care about a muffin top or thighs that touch; he cares that you want him, too.

Just out: If you think losing a few pounds will make you feel sexier, go for it, but don't feel your body has to be "perfect." Merely trying to improve your physical self (eating better, getting more exercise) can be a boost. And do little things that make you feel sexier, such as getting a new

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Excuse #4: The kids might walk in or need us.

Either of these can happen, admits Mastri, but offering this excuse is usually a holdover habit from the infant/toddler days.

Best exit: You can try asking friends or relatives to let your kids sleep over, and return the favor when they need it. But remember that your relationship should be primary, says Steinorth. "If you make it clear to your kids that mom and dad have private time now and then, you're modeling a good relationship and teaching them boundaries." So put a lock on your bedroom door, and run a fan or white-noise machine

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Excuse #6: There's too much good stuff on TV.

Sounds lame (and you can sub out TV for the Internet and video games), but sometimes entertainment replaces real life, says Masini. Although staying up for *Breaking Bad* while your husband goes to bed one night won't hurt anything, always choosing fictional characters over your flesh-and-blood hubby can harm your marriage.

Bust a bit: Of course you can simply invest in a DVR, but on a serious note, Stanorth suggests powering down all electronic entertainment an hour before bed.

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Excuse #7: Our schedules don't mesh.

You're sacked out by 9 and up at dawn, and he's the opposite? Mismatched biorhythms, not to mention real-world scheduling issues, such as night shifts or early commute drives, are common in couples.

Best out: Who says sex has to happen at a mutual bedtime? "Don't feel guilty about scheduling sex—it's a good thing!" says Steinhilber. Hit the sack when your partner does, and then stay up late. Or, if you can, meet for lunch. "Embrace the quickie," says Heston. "It's not a great long-term solution, but it is a way to preserve intimacy."

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Excuse #8: I have my period.

He wants it and you want to curl up with a hot water bottle? This comes down to a difference in comfort—and squeamishness. But using your period as a blanket excuse is a missed opportunity to talk about how you both feel.

Bust out: If having sex during your period isn't your cup of tea, he should respect that, but intercourse isn't your only option those days. Also, showers do wonders for messes. "Make compromises and be generous," recommends Mastri.

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Excuse #9: I'm mad at you right now.

There's always something to be mad about, from minor annoyances (the toilet seat's up again?) to larger upsets (can't believe his mom is coming on our couple's getaway!). But if anger's a stalling tactic for being intimate ("when you apologize and I'm convinced you mean it, I'll have sex with you") you're hurting the relationship, says Dr. Ueberstein.

Bust out: If you're feeling resentful, or even mildly pissed, tell your partner and work on resolving issues. Or don't! "The sex alone may ease the anger, or make the thing you were so angry about

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seem less important," says Masini.

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