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Top 10 Rules for Dating at Midlife Plus: 55 to 105!

By Katherine Forsythe, MSW



Redefining and invigorating sexuality, intimacy, and relationships at midlife and beyond.

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Top 10 Rules for Dating at Midlife Plus: 55 to 105!

1. **Identify what you want out of it.** It's your body to enjoy. Own it! Time to say no to what you don't want; yes to what you do want.
2. **Move on if it doesn't feel right.** *Don't waste precious time.* If it isn't working for you, it probably doesn't feel right to him or her either! Your mother is still right: there are other fish in the sea, even older fish.
3. **Remember that all three legs of the stool count** – all are needed for a solid relationship: financial, psychological, physical. Score high on each, and you have a winner.
4. **Carry condoms.** This generation rebels against condoms – most skipped right over the AIDs epidemic because of long term relationships. 55+ has one of the fastest growing HIV diagnoses. Whether you are a man or a woman, insist on a condom. Be safe.
5. **Carry lubricant.** The reality is that women are drier after menopause. Use lubricant. The pleasure factor for both of you will increase exponentially! Stay away from sugar based lube. Read the label.
6. **Communicate.** Tell your partner what you like and don't like. Don't assume your partner will know - No one is a mind



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7. **Women: Understand** how very nervous men are at this age about performance and being judged. **Men: understand** how sensitive women at this age are about body image.

8. **Expect intimacy, not sex.** Take the emphasis off “going all the way”, and the accompanying ultimate orgasm. Think pleasure, not



performance. Investigate new ideas!

9. **Always keep time for friends.** They will sustain you long after the latest love-interest has gone.

10. **Have fun.** Keep your sense of humor. What can

you laugh about? Don't take yourself so seriously. Life is simply too short.

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