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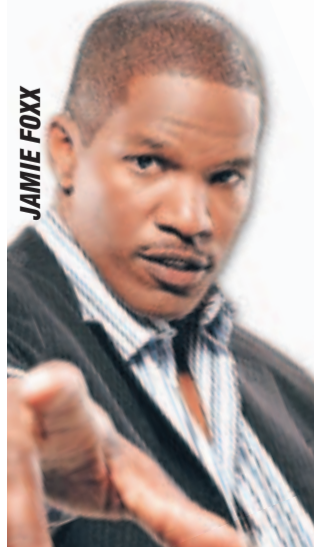


Did Jude's wandering eye get too much for Sienna?

IN A PICKLE?

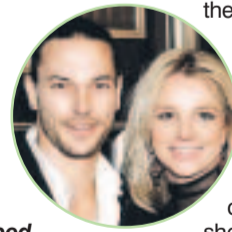
Is life throwing you more questions than answers? **MICHELLE READ** explains how to cope with relationship moral dilemmas and shows that even celebrities aren't immune.

Should I have sex on the first date?
 Geoff Barker, author of *What's On A Man's Mind* (New Holland Publishers, RRP \$24.95) goes against conventional wisdom, saying the first date fling arrests men's hunt-and-conquer instincts.
 "If you're a girl who is like, 'Hey, I've got a life and I like sex as much as the next person' then go for it, absolutely," he says.
 "If a guy has a bad opinion of you because of that he's not a guy that you want to have a relationship with anyway."
● Playboy playmate Julie Peterson is against first date sex, but singer and actor Jamie Foxx-surprise, surprise - is all for it.



JAMIE FOXX

Should I date a guy who's a good friend?
 Barker says a relationship built from a solid friendship will last once lust wanes.
 "You should be dating a guy who's a good friend if you want it to be anything more than short lived," he says.
 "At the end of the day, a guy who's a good friend is someone you're always going to have something to talk about with."
● Falling for her former dancer Kevin Federline (right) hasn't helped Britney Spears - while he parties, she's at home holding the baby.



What should I do if I see my ex out with another woman?
 Don't throw a temper tantrum, *Sex, Lies and Relationships* (New Holland Publishers, RRP \$24.95) author Ruth Simons says.
 "If you do that, you're just giving them the satisfaction that you still feel something for them," she says.
 If you can't avoid conversation, just smile, say hello and move on as quickly as possible.
● Jennifer Aniston got kudos for maintaining a dignified silence after seeing photos of her ex-husband Brad Pitt with new squeeze Angelina Jolie months before their liaison was made official.

What do I do if I see my friend's man with another woman?
 Simons says be careful - if you decide to tell, you'll be the bearer of bad news and your friend could see you as part of the problem.
 "If it was a long-term relationship, I knew the guy who was the partner and I saw him in a compromising position I would confront him quickly," she says.
 "I'd let him know loud and clear that if he's doing the wrong thing by my friend, stop it, otherwise I will tell her."
● Sienna Miller and Jude Law's on-again, off-again relationship (above) has been plagued by sightings of him with other women.



Can I date my friend's ex-boyfriend?
 Barker has firsthand knowledge of the ex-pairing, as he married his former wife's friend.
 "We've been married eight years and it's great," he says.
 "Initially we were just mates but in the end we realised that we did get along really well and so we went for it."
 Dating your friend's ex-boyfriend can have a happy

ending - just be prepared for the possibility that you could lose a mate for the boyfriend you've gained.
● Paris Hilton (below) sacrificed her friendship with Mary Kate Olsen for a fling with the twin's ex, Greek tycoon Stavros Niarchos, while Heather Locklear's tears were barely dry over her split with Richie Sambora before "friend" Denise Richards (above) swooped in on the rocker.

Can I date a much older man?
 If you can get past the leathery look, the older man fling can be complicated by ex-spouses and children around the same age as you. Just like any relationship, it's important to be clear about your goals and expectations from the very beginning, Simons said.
● Lindsay Lohan, 19, has been linked to older men including Ryan Adams, Benicio Del Toro, Rush Hour film maker Brett Ratner and Leonardo DiCaprio. And Demi Moore and Ashton Kutcher seem totally devoted, despite their 15-year age gap. Ditto Calista Flockhart and Harrison Ford with their 22-year difference.



HOW WAS IT FOR YOU?
 DR BELLA

"There comes a time in every man's life when he remembers the one who got away."

My ex-boyfriend came over to my house last week. After preliminaries (small talk, copious amounts of alcohol), I said, "You're never coming back, are you? I was expecting that you'd want to, you know, try again."
 "Well, I guess you didn't get the roses," he replied sarcastically.
 This of course resulted in tears, my own, and provided material for this week's column: Men who let go of a good thing.
 In this case the good thing is me, but also refers to a worldwide male phenomenon: rejecting good love for no good reason.
 Oh, he had "reasons" of course.

They become close. He can tell she's becoming attached, and he is too.
 But then, life is to experience things isn't it? His mates are going out each weekend, and sure, he likes the girl, but imagine all the other women out there. Jennifer Hawkins may just be interested, so he tries to sabotage the relationship.
 He breaks up with her. She doesn't understand. And then time goes on.
 But, there comes a time in every man's life when he remembers the one who got away. He remembers how he felt when he was with her, how happy he was. The way they laughed.
 Occasionally at this point, the man will track down her phone number, her mother's phone number or her email address.

He didn't want to be trapped in the confines of a relationship.
 He enjoyed being able to do what he wanted, when he wanted to do it, without a significant other to consider.
 The cons of my love outweighed the pros. Moreover, he didn't really want to get married at any point, nor have children.
 Now, usually when women hear such words their first reaction is to applaud the man's emotional honesty (so in touch with himself), followed by delight at how she will singlehandedly be the only woman on earth to sway him from his standpoint.
 But, I'm 30 now. (Enough said). Instead, I looked at him and said, "One day, you will regret this".
 And then, of course, it will be too late.
 In most men's life maps, there comes a

Invariably he will learn that she is married to some hot shot, has three sets of twins and drives a Toorak tractor (and is thus desperately unhappy). Then he will call his only other single mate and suggest they meet down at the pub.
 Once there, he'll join the rest of the men drowning their sorrows not about the one who got away, but the one they pushed away by their own hand.
 Lads, let's play truth or dare. Truth: Is there someone out there you regret letting go of? Dare: Find her. If she's single, take her out for a drink.
 Double Dare: The next time you meet someone you actually like, don't push her away.
 It's really that simple.

BTW Tell me if you've taken up my truth or dare challenge. I'd love to know what happened. Or, if you have stories or thoughts about people who reject good love for no good reason, tell those to me, too, c/- dearbella@mxnet.com.au