

How to Not Give Boyfriends Husband Benefits

Are you tired of giving your boyfriends husband benefits? Do you want to learn how to keep your relationships casual and fun, without getting sucked into the trap of commitment? If so, then this book is for you.

In this book, you will learn:

- The importance of setting boundaries in relationships
- How to communicate your needs and desires to your partner
- How to avoid the common pitfalls that lead to giving boyfriends husband benefits
- How to enjoy a healthy and fulfilling sex life without getting emotionally attached

The first step to not giving boyfriends husband benefits is to set clear boundaries. This means communicating your needs and desires to your partner, and making sure that they respect them.



How to Not Give Boyfriends Husband Benefits

by Terry Dobson

★★★★☆ 4.9 out of 5

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File size : 7159 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 680 pages



Some of the most important boundaries to set include:

- **Physical boundaries:** This includes things like what kind of physical contact you are comfortable with, and how often you want to see your partner.
- **Emotional boundaries:** This includes things like how much time you want to spend talking to your partner, and what topics you are willing to discuss.
- **Sexual boundaries:** This includes things like what kind of sexual activity you are comfortable with, and how often you want to have sex.

It is important to remember that boundaries are not about controlling your partner. They are about protecting yourself and your own needs. When you set boundaries, you are simply communicating what you are willing to give and receive in a relationship.

Once you have set your boundaries, it is important to communicate them to your partner. This can be a difficult conversation, but it is important to be honest and direct.

Here are some tips for communicating your needs and desires:

- **Use "I" statements.** This will help you to avoid blaming your partner. For example, instead of saying "You never spend time with me," you could say "I feel lonely when we don't spend time together."

- **Be specific.** Don't be vague about what you want. For example, instead of saying "I want more attention," you could say "I would like to spend more time talking to you on the phone each day."
- **Be assertive.** Don't be afraid to stand up for yourself. If your partner is not respecting your boundaries, you need to let them know.

There are a number of common pitfalls that can lead to giving boyfriends husband benefits. These include:

- **Having sex too early.** When you have sex with someone too early, it can create a sense of intimacy and closeness that can be difficult to walk away from.
- **Getting emotionally attached.** It is important to remember that boyfriends are not husbands. They are not going to be there for you through thick and thin. If you get emotionally attached to a boyfriend, you are more likely to give him husband benefits.
- **Ignoring your own needs.** When you are in a relationship, it is important to remember your own needs. If you are not happy with the relationship, you need to speak up.

It is possible to enjoy a healthy and fulfilling sex life without getting emotionally attached. Here are some tips:

- **Keep it casual.** Don't try to make your relationship more than it is. If you are both happy with a casual relationship, then keep it that way.
- **Don't have sex with someone you don't know well.** This will help you to avoid getting emotionally attached to someone who is not good for you.

- **Use protection.** This will help you to avoid getting pregnant or contracting a sexually transmitted infection.
- **Talk to your partner about your expectations.** This will help to avoid any misunderstandings.

If you are tired of giving boyfriends husband benefits, then this book is for you. In this book, you will learn how to set boundaries, communicate your needs and desires, and avoid the common pitfalls that lead to giving boyfriends husband benefits. You will also learn how to enjoy a healthy and fulfilling sex life without getting emotionally attached.

So what are you waiting for? Free Download your copy of How to Not Give Boyfriends Husband Benefits today!



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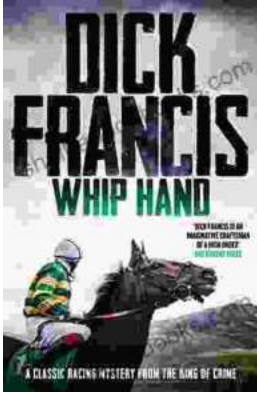
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