



# ALLOW MY BOYFRIEND TO CHEAT THREE NIGHTS A WEEK'

er this month, author Holly Hill (above), 43, prompted furious late after claiming the secret to a happy relationship is to otiate an 'infidelity contract' – allowing both you and your partner ave sex with other people. Here, Holly tells *Grazia* why she ves if you want your relationship to last, you'll sleep around...

OLD TO HELEN WHITAKER PHOTO: DANIEL NADEL

## ING ACROSS FROM CARLOS IE ROMANTIC SPANISH

'AURANT, I couldn't keep my eyes s incredible body. To my delight, ate went so well that, after dinner, ted him back to my place. We were all sorts of naughty things when the door opened... Phil, my boyfriend o years, was home.

was about to get caught sleeping with er man but, far from worrying Phil

would be devastated, I knew he'd be happy for me. In what I firmly believe is the secret to a successful relationship, we practice "negotiated infidelity", which, quite simply, allows us to have sex with other people three nights a week. I've no idea how many people we've slept with since we've been together but, rather than push us apart, it's made our relationship even stronger.

'I revealed our controversial arrangement this month, during an interview with US

news channel CNN to promote my book about dating, and was instantly embroiled in a furious debate that saw me attacked by bloggers, newspaper commentators and viewers. While some supported mine and Phil's arrangement, others labelled me everything from stupid to promiscuous.

'Despite the negative reaction, I stand by my beliefs. As a trained psychologist, I'm aware that relationships are very fluid and need change to stop them getting boring. I also believe it is simply unrealistic to be monogamous – and this puts unnecessary pressure on many relationships. Indeed, in a recent survey in the UK, 35 per cent of men admitted they would cheat if they could get away with it. Meanwhile, one in five admitted to feelings for other people.

'Thanks to negotiated infidelity, I no longer need to worry about what Phil is up ▶

I already know... he's probably having with another woman, with my blessing. Until I was 39, I was always faithful to partners. That changed in 2006 when I met John\*, a married man. He told me he was unfulfilled and that he was going to leave his wife for me. I fell for him but, when it came down to a choice between the two of us, he dumped me.

The break-up left me utterly heartbroken. Yet, after much reflection, I came to the conclusion that men are wired to need sex, especially if their physical relationships at home have dwindled over the years. I believe that nature simply didn't design us for long-term sexual exclusivity, and that men are absolute heroes for putting up with monogamy for so long.

So, when I met Phil two years ago, one of the first things we discussed was fidelity. I was adamant I didn't want to be bound by the usual relationship rules – although I still liked the idea of being in a couple – and Phil, who'd previously been married and faithful for 15 years, said he didn't either. We agreed that we'd see each other, but we'd be allowed to sleep with other people, too.

A few weeks later, Phil put our names to the test. He arranged a date with another woman and I knew it would lead to sex. That evening, I ran a bath and had a quiet night in. I felt fine, and several times I remember thinking it was easier to be idle than I thought it would be. But I woke up with a start at 5am and burst into tears. It might seem strange, but I wasn't crying because Phil had probably had sex. Instead, it was the thought that they'd probably be snuggled up in bed together, deep sleep, while I was alone. The intimacy of it was a thousand times worse than the usual sex. I immediately texted, saying, "This is my time, not hers," and half an hour later Phil arrived at my house. He told me they'd had sex but that his date had gone home at 11pm. It might seem incredible but I was so relieved.

After that night, we set out the ground rules for our "contract". Phil could have sex with any woman he wanted, but he wasn't allowed to spend the night or go away for romantic weekends – both of which I regarded as cheating. Similarly, I can go on dates and have sex, but Phil doesn't want me to wear outfits he's bought for me when I go. Also, I can't regularly see a man who is more successful than Phil. From my work as a psychologist, I know women are most likely to leave their partners for genetically stronger men, so I make sure this situation doesn't arise. We've had a few lonely, single



women who've developed feelings towards Phil, so we are considering renegotiating our rules to avoid these types of playmates.

'Date nights are Monday, Wednesday and Thursday. On Tuesdays, we have a pub night with friends and we keep the weekend free for each other. Our dates either come through our friends, who are very accepting of our relationship, or if we're out and Phil sees a girl he likes, he'll chat her up. Every person we sleep with knows about our arrangement – it's misrepresenting ourselves otherwise, and that's what cheats do. Sometimes women prefer to "steal" Phil than share him. They'll secretly re-approach him when I go to the bathroom. They seem more comfortable doing it behind my back than with my blessing.

'There's no competition when it comes to the amount of people we sleep with. Phil goes on more dates and has a higher libido, whereas I'm so busy I barely have enough energy for Phil, never mind anyone else. However, we're both fanatical about safe sex and always use protection.

'We moved in together after six months and have a bedroom each that we use when either of us brings a new partner home. I prefer Phil to be having sex in the bedroom next door than in some dark alley. Every woman I know has sat at home waiting for her man to come home from a work night

out and wondered if he's with someone else. This way, I know exactly what he's doing.

'I've met some of Phil's women. One of his regular partners doesn't drink, so I make sure there are nice teas in the house for her. It might sound odd, but one of the best bits is hearing the details – we always tell each other when we've had sex with someone else. It's exciting and makes us more open about our own sex life. Jealousy is such a damaging emotion and it's almost entirely removed from our relationship. I believe whole-heartedly in lifetime soulmates and, despite what people may think, we couldn't be happier. I've never wanted children but I do see a commitment

« MEN ARE ABSOLUTE HEROES FOR PUTTING UP WITH MONOGAMY FOR SO LONG »

ceremony of some sort in our future.

'I'm sure many women reading this are thinking I'm crazy. But they need to realise men want sex for different reasons than we do. Women want intimacy and men just want the thrill. If anything, cheap sex with a stranger reinforces the romance you share.

'Every couple is unique, but to avoid nasty surprises, I'd encourage you to come up with your own definition of monogamy. That way, if you lose interest in sex at any point, you can negotiate some other kind of infidelity – not necessarily letting him sleep with other women, but perhaps letting him go for a lap dance once a month. Have an honest conversation about whether you're both getting enough sex. If the answer is "Yes" then perhaps everything is fine – for now. But if the answer is "No", you need to work out how to satisfy each other. If you want to have someone forever, give them what they need... even if this means sex with other people.

'A woman who insists on lifetime sexual exclusivity is vulnerable and weak, but a woman who negotiates sexual infidelity is powerful. I don't think I have a "hard" attitude to sex; quite the opposite. I love Phil so I ensure he gets enough of what he needs. Surely that's the key to a happy relationship?' ■  
*The book 'Sugarbabe' (Random House) by Holly Hill is out now.*

**Do you think Holly is realistic... or deluded? Let us know at [feedback@graziemagazine.co.uk](mailto:feedback@graziemagazine.co.uk)**

\*Name has been changed. Styling: Jess Peacoraro. With thanks to The Loft, Sydney ([www.theoftosydney.com](http://www.theoftosydney.com))