



Dear Barry,

My boyfriend and I have been together for 24 years. We've always had an open relationship. I like younger guys and he has always gone for guys our age...late forties. But recently I brought home a 22 year old and now, to my shock, my boyfriend and the boy seem to be really hitting it off. I really feel left out and jealous. Suddenly I am the third wheel. It's crazy. What can I do? My boyfriend is now really attached to him.

Signed "Feeling Stupid"

Dear Feeling Stupid,

It looks like your open relationship has backfired on you. You seem to connect with guys sexually, while your partner connects on an emotional level. My guess is the 22 year old needed more than just sex.

Your relationship is going through change. Sit down with your partner and tell him your honest feelings. Lay out all of the cards on the table. After 24 years, hopefully you will be able to communicate with each other and decide where the relationship is heading and what are the new rules for open dating...is a "Triad" now an option? Bringing in a third person to the relationship is extremely challenging and tricky (pardon the pun). But a Triad can be rewarding if all three agree on the same rules and boundaries.

Many gay men try to hold onto their youth by seeking out younger guys. They are scared of the aging process and fear it means they are no longer desired. They feel invisible.

I know one thing for sure...each day we will all get older and older. There is not enough Botox to stop the inevitable. Embrace your age. Age has many rewards, including an inner peace.