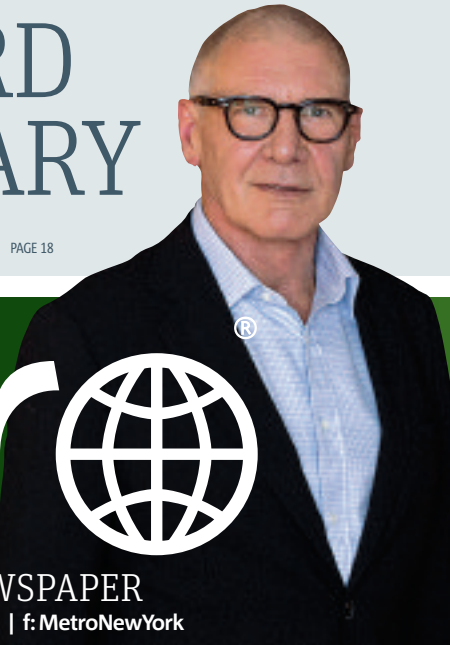


HARRISON FORD ISN'T THAT SCARY

THE "PARANOIA" CO-STAR IS NICE TO US. PAGE 18



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THE BIG O

Acting the part. Oprah Winfrey discusses her smoking-hot return to film in "Lee Daniels' The Butler." **One direction.** The media mogul says she wanted to put herself in the hands of her director — she doesn't mind giving up control every once in a while. PAGE 14

"Lee Daniels' The Butler" hits cinemas this Friday. /ANNE MARIE FOX

John Liu proposes legalizing pot in NYC

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You would not cheat on her, would you?

PAGE 23



Jets, Giants prepare for preseason Week 2

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WHEN OPPOSITES ATTRACT: THE RULES OF HATE-SEX



See more at www.metro.us

It's OK if there's a love/hate relationship in your bed as long as you follow the rules. / GETTY IMAGES

You've been there. You want to have sex with someone, but it's surprising because they actually repulse you. Perhaps you're lusty for your significant other's most annoying friend or your horrible boss. Or maybe you're having steamy fantasies about that annoying co-worker with the grating voice. Wouldn't it be great if we could control our

sexual attraction? We are 100 percent in command and responsible for our actions, but desire often catches us unaware.

Hate-sex is sexual activity between two or more people who don't like each other. The arousal involves someone you purportedly find revolting — it is about repression. "Only five nights ago he had contemplated

smashing her skull in with a cobblestone — but that was of no importance. He thought of her naked, youthful body, as he had seen it in his dream."

That excerpt is from George Orwell's book "1984," written in the 1940s. Yep, the joys of hate-sex are timeless! But the rules for hate-sex aren't exactly obvious. Take a look ...

Dos and don'ts

- **DO** have at it. Sleep with them if you both determine that it's the right path and doing so causes no harm to yourselves or others. It may be the worst sex of your life. Or the emotionally unbridled humping could release a flood of passion you have never before experienced. You owe it to yourselves to find out!
- **DO** realize sexual behavior encompasses a wide swath of activity, including masturbation. If acting on your carnal impulses would be socially messy or inappropriate, just fantasize and jam out by yourself.
- **DO** understand hate-sex is not the same as hating sex. The physical, emotional and psychological benefits of getting it on are valid. If you're not having a good time with it, try something or someone else.
- **DO** dig deeper into the unresolved conflict. What is it about the object of your desire that makes you hate them? Think about the qualities triggering your loathing and examine the emotions pegged to that hatred. For example, perhaps their vulgarity pisses you off because you secretly wish to live as explicitly as they do. Psychological repression is a slippery little sucker. Uncover what lies beneath it.
- **DON'T** confuse sex and rape. If you genuinely hate someone and view sex as a means to harm or punish them without consent, that's criminal. Really: Acting on that thought is likely illegal.
- **DO** understand hate-sex is not the same as hating sex. The physical, emotional and psychological benefits of getting it on are valid. If you're not having a good time with it, try something or someone else.

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