SAM YOCUM

IF HE LIKES YOU IN SPIKES — WHY NOT?

DEAR DR. BELISA: My boyfriend really thinks stilettos are sexy, and I am a flip-flop and sneaker kind of girl. I see so many women that walk around completely comfortable. I find high heels painful and, on me, a safety hazard. But he's changed plenty of things for me and I feel like I should appease him every once in a while. My friends disagree. What do you think?

Jessica, Brooklyn

DEAR JESSICA: I agree with you — give it a whirl, even if it's just a once-a-year occasion (and if it doesn't rub the feminist in you the wrong way). After all, relationships are about compromise. If, for you, he wears boxer briefs, puts the seat down and "trims," then you are due, and believe me, I've heard far worse requests. Stilettos are completely impractical but can be really, really sexy. However, we are under the illusion that mashing our rounded piggies into an unforgiving triangular beak, or fastening our foot down with tiny, vicious binding straps could be comfortable. In fact, the first thing your friends ask when you try them on at the shoe store is: "Are they comfortable?"

You may find a brand that is tolerable but never as comfy as your Birkenstocks. You see Carrie Bradshaw sauntering home after a date in her strappy, 5-inch heels without a grimace, you see a brave soul or two venture down the street from their office seemingly not worried about catching a heel the width of a pencil in a sidewalk crack. Well, truth is, they are both exhaling with relief when they get home and take them off. (Yes, a drink or two helps numb the pain, but unfortunately doesn't help your balance).

So here is the solution: Sit down. Limit movement to getting a cab, going to the next venue and … sitting down. Stiletto wearers are meant to be seen briefly in a vertical position, but more often with crossed legs while seated, horizontally while lounging, or toes facing up, when, um, well, you know. And lucky for you, it's fall. To ease yourself in, get a pair of knee-high stiletto boots; you get a lot more support and they can make you feel like Catwoman or one of Charlie's Angels for a minute, something your flip-flops could never do.

Dr. Belisa Vranich is a clinical psychologist and expert at the Gold's Gym Fitness Institute who specializes in health, fitness, relationships and more. Got a burning question you're too afraid to ask your friends? E-mail her at DailyNewsDoc@gmail.com.