when you were in your twenties, it was likely hard to imagine you'd ever say yes to most of the questions above
to thicken a savory sauce with sugar, make a gastrique by reducing an acid wine or lemon juice until thick and almost dry
then that's a substantial negative externality; for a faithful monogamous spouse it might be as bad
then fill your home with flowers and add a colorful piece of furniture or carpet, and see what it does for your mood; coming back from your travels will feel so much happier