

MAINTAINING SEXUAL DESIRE

STEPS TO MAINTAINING SEXUAL DESIRE

- Taking responsibility for own sexuality
- Positive anticipation
- Emotional intimacy
- Non demand pleasuring (vs performance)
- Erotic scenarios and techniques
- Sexual satisfaction
- Regular rhythm of sexual activity

TAKING RESPONSIBILITY FOR OWN SEXUALITY

- You deserve to give and receive sexual pleasure
- Pleasure is more important than your own or your partner's performance
- You have the right to ask for what you want
- Not your partner's role to make you desirous or turn you on
- Give up blaming

POSITIVE ANTICIPATION

- Cannot be willed, forced or coerced
- Can be facilitated and nurtured
 - Look forward to sex like a sporting car or musical event
 - Positive thoughts about experience in anticipation
 - Recall and savour experience afterwards

MYTH - SEXUAL ACTIVITY SHOULD BE SPONTANEOUS

- Planning for sex fosters anticipation
 - Spontaneous sex unhelpful as sole concept in long term relationships - time and energy constraints
 - Arrange intentional planned sexual opportunities
 - Enjoy spontaneous sex if it happens

EMOTIONAL INTIMACY

- Early in relationship no need for emotional intimacy to fuel desire
- Establishes the relationship as a dependable source of nurturing, comfort and pleasure where needs can be met
- Fosters the habit of bringing sexual needs into the relationship for resolution.