

## REASONS FOR SEX

Myth: Satisfying sex can only occur when lust/desire/libido is present

- Sexual desire

- 1) It is a good reason for having sex (motivator)
- 2) Makes you willing to engage in sex (inclinor)

- Inclined to
- Happy to
- Ready to
- Agreeably disposed to
- Offer oneself to
- To consent to

- Sexual desire is only one 'reason' for sex – many others

- Expression of love and affection
- Fun
- Pleasure – give and receive
- Passion
- Sensuality
- Communication
- Intimacy
- Procreation
- Sexual release
- Tension release
- Affirmation of desirability
- Security – confirmation of relationship
- Affirmation of gender
- Nurturing
- Comfort
- To get to sleep
- Please partner
- Skin hunger

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- Affirmation of gender, desirability
- Security, nurturing, comfort
- Please partner
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### Can enjoy sex without desire

- Couples who delay sex until they feel urgent sexual desire may have infrequent sex
- Sexual arousal is separate from desire
- Can choose to engage in sex and enjoy arousal without first experiencing desire
- Must be willing to have sex

### Reason + Willingness = Strong motivation to have sex

- Unwilling sex
  - Sympathy sex
  - Coercive sex
- Willingness to be sexual with or without desire
  - Promotes sexual pleasure
  - Builds the relationship
  - Fosters sexual interest
- For sexual negotiation to occur, goodwill must be present in the relationship.