

SEXUAL DESIRE INHIBITORS

Physical

- Fatigue
- Physical discomfort – headache, backache, unwell
- Poor general health or fitness
- Excess alcohol or sedatives/medications
- Hormonal disturbance

Psychological

- Lack of emotional wellbeing – stress, guilt, frustration, anger, resentment, worry, sadness, depression, shame
- Poor self esteem/body image issues
- Poor sex education
- Negative sexual attitudes
- Lack of pleasurable sexual anticipation, imagery, fantasies

Relationship

- Low attraction to partner
- Sexual difficulties
- Lack of affection, companionship, fun, romance
- Lack of trust; unresolved jealousy
- Insecurity – lack of commitment
- Poor communication and lack of intimacy
- Lack of respect
- Intrusions to the boundaries of the relationship e.g. in-laws, work, social activities, hobbies etc.
- Tension in relationship – unresolved conflicts

Situational

- Lack of time
- Lack of privacy
- Poor atmosphere
- Unfavourable environment
- Too hot or too cold
- Distractions – phone, TV, kids