

Why aren't we doing it more ?

A Commentary on Male Sexual Disappointment.

Many men I have encountered in my practice as a psychotherapist, over many years speak of disappointment in their sexual relationship. This is especially apparent in men in long term marriages. I often hear of men complaining that their wives no longer share their wish for sexual contact at the frequency or interest levels which they do. This experience can lead to frustration, upset, and other activities like extra marital relationships and the use of pornography, depression and related mental and physical health difficulties.

In this brief piece I want to address this question and suggest some avenues to consider in meeting this suffering.

1 Take responsibility for the disappointment and suffering... rather than blame your partner and insist she is at fault.

- **Get to know your own suffering ,feel it engage with it inside your own body, use meditation and yoga for better contact with yourself.**
- **Examine how your demand for sexual contact may be a wish to address many of your needs, sexual, emotional, spiritual, infantile, longing for peace ,etc**

How can you live more in your own heart than in your head, replacing will and effort with surrender and humility.

2.Open to the possibility that your partners lack of desire may in some measure be connected to your limitations as a lover, as well as emerging from issues of her own.

- **Many men seek to have sex as they did as an adolescent, and the finesse of mature love-making may not have been something they have learned. The biological drive changes in men and women differently over time and how you had sex as a young couple may need to change also. Might it be a time to replace having sex with making love.**
- **How do you open to learning the subtleties of love making with your partner and invite her to join you?**

3. Examine your experience and feelings about masculinity and how they may need to develop, what is it to be a man, how can you inhabit the pole of masculinity and invite your woman to open in her femininity, how do you create the conditions for this to happen? How can you offer the love that you would wish to get? How do you endeavor to find out what your partner likes, sensually, emotionally, as well as sexually?

4. Explore your own sexual response in depth-alone, and your feelings and attitudes towards your own body.

5 Explore your attitudes and feelings about women, your partner, all women, including your mother?

6 How do you voice your desire? And value yourself in this without devaluing your partner, can you talk openly together and share your vulnerability and longings, even though this may cause disquiet and might ultimately have to lead to separation should your desires as a couple be incompatible?

Consider reading suitable material, the following may be a starting place:

Margot Anand,

The Art of Sexual Ecstasy, (2009)

Penguin\Putman, Inc , New York

David Deida,

The Blue Truth.(2005)

Sounds True, Boulder Co.

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