

Sexual Desire in Women

part 1

Do you have a low sexual desire?

or perhaps difficulty with orgasm?

If you do, you're not alone.

Out television soapies and glamorous Hollywood movies might like us to believe that sexual desire and orgasm are as easy and quick as looking into the eyes of that sexy man or woman...

... but while this certainly might help, the reality is that sexual issues such as low libido and difficulty to orgasm are very common in our society.

This becomes even more complicated if you have experienced vaginal pain, sexual trauma or having been diagnosed with an illness such as cancer.



Research tells us that sexual difficulties or concerns are very common in the general population:

An American national health and social life survey revealed that 43% of women experienced some form of sexual problem and just over 24% reported distress about their sexual difficulties.

The figures for Australia would be very similar.



Women were most likely to report distress about sex if they were experiencing poor personal or emotional wellbeing and a negative emotional relationship with their partner.

A loss of libido frequently results in a discrepancy in sexual desire between partners. This discrepancy then frequently results in frustration, and resentment and communication difficulties within relationships.

As a Clinical Sexologist and Therapist, desire discrepancy is one of the more common issues that couples come to see me about.

If you're in a relationship where there is desire discrepancy, there must be a willingness of both the person experiencing the loss of libido, and that person's partner, to communicate about the sexual issue.

They must each want to do something about the issue...

Sex can be a difficult subject for most couples to talk about, especially if they have never done so in the past...this silence can often be mistaken as a lack of interest and if left for a long period, it can result in feelings of rejection.



This is a very common story...and when feelings of being unwanted and resentment take hold, it may take months or even years before either partner has the courage to start the conversation...

BUT it is never too late!

In my next Newsletter, I'll give you a few ideas of how to start this process.

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