



Wendy Trainor
communication and healing

Food and sex: sensuous pleasures in adult lives

Years ago I wrote for a local newspaper. The author of the food column and I noted the happy coincidence that our columns were on opposite sides of the same page spread. Food and sex: sensuous pleasures in adult lives.

The main component of good sex is communication. Could you imagine what our lives would be like if we could talk about sex with our partners the way we talk about food?

What would happen if, instead of rejecting our partners' overtures, we said: "I don't feel hungry (for sex) right now. Would you talk to me, hold me and touch me and see if I feel more like it then?"

Would we be able to describe in exquisite detail what we would like to have; just as many of us can describe our favourite meal? Could we then anticipate that event with the same relish? Could our partner help us serve up that experience even though not all of what we were asking for were their favourites? Could we do the same for our partner? If there were something that our partner did not enjoy, could we acknowledge that as a difference in personal taste?

Would we serve up the same menu in the same venue day after day? Could we ask our partner: "What would you like tonight?" "What did you like best?" "Would you like to try that again sometime?" If we lost our appetite, would we entertain the possibility of becoming interested again when the next "course" was served instead of getting panicky and thinking we might never regain our enthusiasm?

Could we find a way to come together even if one craved a double chocolate fudge cake and the other a chocolate chip cookie? What if one of us was always hungry for sex and the other had no appetite? Could we begin to talk about what is going wrong in the relationship rather than blaming the one who has lost their appetite?

If we were having problems could we imagine that we could improve our skills? Could we talk to our friends?: "I'm not excited about sex any more, has this ever happened to you? What did you do about it?" Could we read books to find new ideas the way we consult recipe books? Could we consult professionals in the field: go for sex therapy the way we attend cooking classes? Food for thought!

Wendy Trainor, MSW, RSW, RMFT, offers individual and relationship therapy and specializes in sex therapy. For more information or an appointment, contact Wendy at 416.204.0336 or wtrainor@sympatico.ca.

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