



Wendy Trainor  
*communication and healing*

## Inhibited sexual desire

We all want to feel “turned on” – to enjoy that feeling for ourselves and to express it with our partners. Many couples experience “inhibited desire” on the part of one or both partners at some point in their relationships.

This lack of desire is horrible for the one experiencing the problem. This person desperately wants the feeling of desire to return and is often very confused about what caused the desire to disappear.

This loss of desire is equally hard on their partner. This individual often does not understand what is going on and feels confused, angry and rejected. The partner may build up a protective wall and eventually experience inhibited desire as well.

Inhibited desire can be a symptom of internal conflict within the person experiencing the disturbance. This can be from such diverse causes as childhood sexual abuse, depression, stress, or work related problems. Other sexual problems, such as erectile disturbances or pain during intercourse cause people to experience frustration during sexual encounters. This can result in anxiety about future encounters that can, in turn, lead to loss of desire.

Inhibited desire can also be the result of unresolved interpersonal issues with a partner, such as unexpressed anger, power imbalances in the relationship, and difficulty in identifying and getting needs met in the relationship. When issues remain unresolved, resentments grow and sexual feelings are shut down.

In therapy, couples have an opportunity to sort out the internal and relationship issues that lead to their sexual problems. Re-establishing intimacy and a sense of safety in the relationship is the first step.

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