



Wendy Trainor
communication and healing

Prerequisites for good sex

In the media good sex looks easy. Couples glance at each other and are in bed having mad, passionate sex minutes later. Why can't we all be like that? Well, we all have personal prerequisites for sex. These need to be met before we can be available for a sexual encounter. They are different from person to person and may vary over time.

Women have been burdened with a double standard in our society. They have had to protect their "good girl" image. This has helped them to be clearer about their prerequisites: Someone I can trust; someone with whom I have a relationship; someone who is willing to wear a condom; a place that is private; an opportunity to feel connected; and the resolution of any conflicts with my partner before I can feel sexual with him – to name a few.

Men on the other hand, have been burdened with images of masculinity which require them to get it up anywhere, any time, and with anyone. At some point in their lives, many men begin to experience inhibited desire or the lack of ability to get or maintain an erection in situations that don't meet their personal prerequisites. If the man cannot acknowledge his prerequisites; his penis, by refusing to cooperate, lets him know: "This situation does not feel right to me!" What are men's prerequisites for feeling safe?: reassurance that their partner will not get pregnant; the knowledge that they can say no if they are too tired, stressed or preoccupied; the feeling that they are safe enough to ask for what they want in a sexual encounter; the recognition that the responsibility for a mutually satisfying sexual encounter is shared with their partner and not all their responsibility.

In short, men and women are often looking for very similar conditions to allow them to feel safe in their intimate encounters. Knowing yourself and being able to communicate with your partner is the key to ensuring that these needs are met.

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