

SEXUALITY AND SENSUALITY

Sexuality and sensuality can enhance your relationship. By communicating honestly with each other about your needs and desires, you can have a wonderful time expressing your sexuality in fun, sensual ways.

LEARN MORE ABOUT SEXUALITY

Sexuality is not as black and white a topic as portrayed in the newspapers or on social media.

LET'S LOOK AT SOME OF THE COMPLEXITIES:

1. The capacity for sexual feelings is an aspect of

your sexuality. Libido, or sexual drive, varies from person to person, between genders, and according to different stages of life.

- **Research shows that men have a stronger sexual drive than women.** Men think about sex more often than women, even when they age.
- **Women's sexual desire is more influenced by emotions and environmental factors.** Sensuality plays a major role in increasing women's sexual desire.
- Some people joke that women need to have the "right" sensory cues for them to get "turned on." Men need to see a woman (if they are heterosexual) to get turned on.
- **There are people who have no sex drive and no attraction to either gender.** They are asexual.
- At the opposite end of the continuum, some people have an extraordinary desire for sex, some moving to sex addiction.

- What's important to realize is that sexual drive varies according to the individual. **There is nothing wrong with you if you have a lower or higher sexual drive than another as long as everything is consensual and legal.**

2. **Sexual orientation is a major part of your sexuality.** Even orientation is not as clear cut as you may think. Below are a few variations, but there are more.

- **Research shows there is a continuum ranging from complete homosexuality and complete heterosexuality.** Even when attracted to someone, it's not always sexual. It can be the attraction of friendship.
- There are people who consider themselves "fluid" or pansexual in sexual orientation. They are attracted sexually to whomever they love.
- Transsexuals are those who are genetically one gender but feel or identify as the other gender. They can also be heterosexual or homosexual.

- Hermaphrodites are people born with the genitals of both genders. Their parents will raise them as one gender or the other.

3. **Sexual activity is an additional factor contributing to your sexuality.** No matter the sexual orientation or sexual drive, people make choices about their sexual activity.

- Some choose to abstain from sexual activity for religious reasons. They may also choose to limit sexual activity to within marriage. Research demonstrates that women are better able to adhere to their vows than men.
- Some people also choose to limit sexual activity due to personal reasons.
- There are those who believe in open relationships in which both partners enjoy sexual relationships with others.

SEXUALITY AND CHOOSING A PARTNER

If sexual activity is important to you, compatibility is also important. Once the infatuation brain chemicals normalize, it's important that your potential partner has similar sexual interests and activity as you or you agree on a compromise.

People feel rejected and unloved if their partner isn't interested in having sex with them as often as they want. It doesn't matter how often their partner says, "I love you. I'm just not interested in sex," they still feel rejected and unloved.

If you are interested in a monogamous relationship, ensure your potential partner is, also. If your partner had an affair with you when in a relationship with someone else, chances are they will do that again.

Communication is the key. Be honest about yourself, your needs, and your attractions.

SENSUALITY IS FUN

Of course, sensuality is only fun when you enjoy filling your senses with wonderful sensations.

SOME SENSUAL EXPERIENCES ARE:

- Massages
- Foot rubs
- Back rubs
- Back scratching
- Cuddling
- Holding hands
- Bubble baths
- Soft music, soft lighting, and candles

These activities don't have to lead to intercourse.

Women are generally more sensual than men, but there are men who are more sensual than some women.

What's important is that you know how much sensuality you want in a relationship. Do you enjoy receiving foot rubs or getting your back scratched? If your potential partner doesn't like to do these things for you now, they won't later. Can you live without those preferences?

Does your potential partner want to cuddle every night? If you don't, this could become an area of contention later in your relationship.

WOMEN AND SENSUALITY

Women are more likely to be turned on by their environment. This has to do with sensuality. If you want a romantic evening, it's a good idea to prepare for it. Flowers, candles, and soft music can heighten a woman's sexual drive.

Learn your partner's Love Language. (We'll cover that in the next lesson.) When you use your partner's Love Language, they will be more likely to get in the mood when you are in the mood.

Just as both physical and emotional intimacy make for stronger relationships, so does a combination of sexuality and sensuality.

SUMMARY AND REFLECTION

Sexuality is an integration of sexual orientation, sexual desire, and sexual activity. Sensuality are actions which fill the senses. Sensuality can enhance sexuality, especially for women.

In the next lesson you will learn about Love Languages. Before you go to that lesson, please take a few minutes to reflect on the questions below.

HERE'S WHAT YOU NEED TO DO TODAY

REFLECTION

1. On a scale of 1 - 10, how important is sexual activity to you?
2. On a scale of 1 - 10, how important is a monogamous relationship to you?
3. On a scale of 1 - 10, how important is touching and sensuality in your relationship?