

Optimal Sexuality

By Ann McNeil, LCSW

If you were all alone in the universe with no one to talk to, no one with which to share the beauty of the stars, to laugh with, to touch, what would be your purpose in life? It is another life, it is love, which gives your life meaning. (Mitsugi Saotome)

What is giving your life meaning? What brings you joy? Sex is a very important aspect of a loving relationship that adds joy and depth to your life. Sexual satisfaction has been shown in research by C. Meston and P. Trapnell (2005) to be closely related to satisfaction in the relationship on factors such as love, commitment and stability. The good news is that there are ways to improve your sex life, no matter your age, health condition, or other challenges. Sex therapy is an amazingly useful modality to bring positive change in your relationship and sex life.

Does YOUR relationship nurture optimal sexual experiences?

- Great sex starts with being totally present when you are with your lover. You are absolutely absorbed in the moment when time becomes totally irrelevant. You become totally immersed in the sensory experience without thinking about it, just experiencing it.
- A second important component is being true to yourself and your partner, in words and actions. Feeling safe to be who you really are and then expressing that truth is very instrumental to "letting go."
- Intense emotional contact with your beloved is a must. You must be totally aware of your partner's experience, how she/he is responding. You are emotionally available to your partner.
- It is very important to deeply care about your partner. You need to know your partner's erotic desires and be sexually generous to him/her concerning those desires.
- Couples who experience optimal sexuality are able to communicate their desires and explore with each other the ways to reach beyond the mundane in their sex lives. This communication is built upon first knowing your own body and what arouses you.

Optimal sexuality is a blissful, peak experience that combines the mental, physical, emotional, relational, and spiritual states of you and your partner. (The content of this article is based on research by P. Kleinplatz & A. Menard, 2007.)

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