

## ALL ABOUT SEXUAL DESIRE

Sexual desire can ebb and flow for both sexes over a lifetime, but preferred frequency (high, moderate, or low) is usually reached for any given individual by age 25.

Lots of things, however can interfere with your nature. Sexual desire complaints are the number one problem bringing clients to sex therapists at this time. Estimates are that 1 in 5 adult Americans do not want any sex, while 1 in 20 Americans suffer from uncontrollable sexual desire (compulsive sexual engagement, etc.).

There are several causes and circumstances that can make for problems:

- Childbirth
- Depression
- Do not like your partner's sexual style
- Medical conditions and /or drug side effects
- Anger or resentful at partner
- The use of sex to medicate anxiety
- Fear of intimacy and getting too close and vulnerable
- Religious or family training
- Stress and no time
- Traumatic early sexual history

If either your typical level of desire has changed, or your willingness to act has changed call your doctor or a psychologist. Sex is only one component of a relationship, but one that is worth enjoying for the two of you.

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