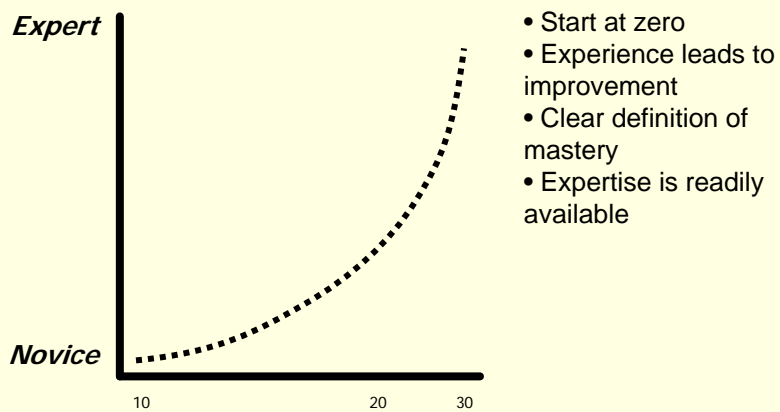


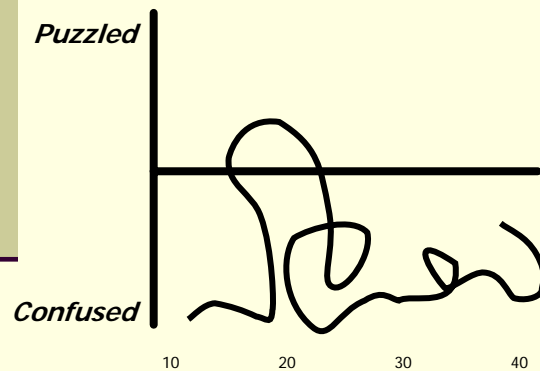
Good Sex? Great Sex!

Susan S. Hennings, LMFT
Jerry L. Talley, PhD

Learning Sex: the naive model



Learning Sex: the reality



- Start out with a handicap
- No clear definition of mastery
- Experience can be good or bad
- Expertise is not easily transferred

Prevalent Myths about Sex

- Sex should be natural and spontaneous .. without planning or talking
 - we should intuitively know what our partner likes
- Sex = intercourse, and the goal of sex is orgasm
- Sex is a performance; pleasing my partner is what counts
- There's a right way and a wrong way to "do it", to want it, and to experience it
- Sex requires an erection
 - sex is centered around a hard penis and what's done with it; size matters
- All touching is sexual and will / should lead to sex
- Partners should climax together in one mind-bending orgasm
- Between married partners, sex is a right / duty
- Sex implies love and commitment

More Myths

Myths about Men

- Men only want one thing
- They'll do anything to get it
- A real man is always ready
- Men should be active and initiate
- A man will teach (his) woman everything she needs to know
- A real man is so good at sex he'll make the Earth move .. or at the very least knock her socks off!

Myths about Women

- Women should reach orgasm through intercourse alone
- Women are much less sexual than men ("Nice girls aren't sexual")
- Women should know how to give good blow jobs ... and want to
- A (near) perfect body is a prerequisite for good sex

Impact of Myths

The public image of sex in America bears virtually no relationship to the truth. The public image consists of myths, and they are not harmless, for they elicit at best unrealistic and at worst dangerous misconceptions of what people do sexually. **The resulting false expectations can badly effect self-esteem, marriages, relationships, and even physical health.**

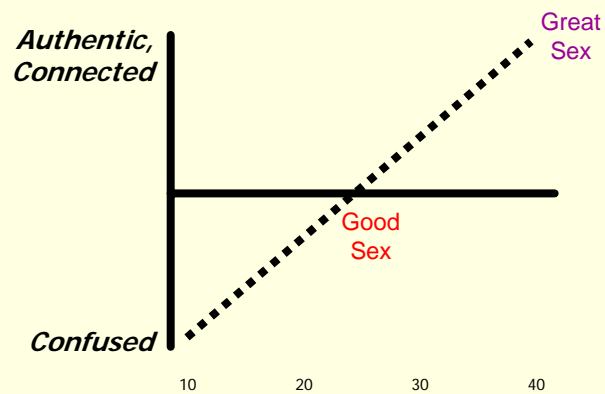
-- *Sex in America, 1994*

Good sex is ..

..when both people feel good about..

	Before	During	After
Yourself			
What you do			
Your partner			

Learning *Great Sex*



Great sex is...

An ongoing layer of shared experience that

- *occasionally* erupts in sexual expression, but
- *always* expresses and reinforces the connection of the couple,
- celebrates their sensuality, and
- it is emergent...not scripted
 - Focus on being authentic, communicative
 - Connected, responsive
 - Let the actual events be a surprise!

The Layers of Great Sex

- Sex as **adult play**
 - Focus is on pleasure, not performance
 - Keep your sense of humor
- Sex as **conversation**
 - Speak up ... and listen
 - Learning to give and to receive
- Sex as **adventure**
 - Push on your (internal) limitations and restrictions
 - Step outside your gender stereotype
- Sex as **ritual**
 - Refreshes and reinforces meanings and symbols
 - Respect your partner's meanings, however different
- Sex as **dance**
 - Takes time to become smooth
 - Practice! Practice! Practice!

Physical Phases of Sex

Masters & Johnson

- Excitement
- Plateau
- Orgasm
- Resolution

Helen Kaplan

- Desire
- Excitement
- Orgasm

Relationship Phases of Sex

- Simmer
- Individual arousal
- Signaling desire or willingness
- Engagement
- Exploration (rhythms, styles, activities, etc.)
- Mutual satisfaction (however defined)
- Reflection

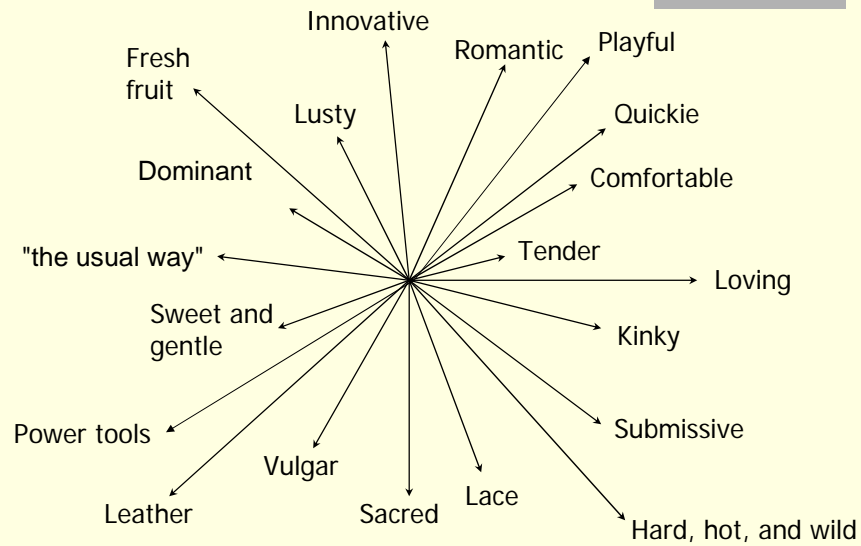
The Challenges of Great Sex

- Comfort vs. Adventure
 - Developing a wider repertoire
 - Keeping it exciting
- Connect (risky) vs. Self-Protection (safe)
- Giving vs. Receiving
 - Submissive vs. Dominant
- Emotional vs. Physical
 - Meaningful / spiritual / romantic
 - Robust / raw / raunchy / earthy
- Fantasy vs. Reality
- Couple focus vs. Individual focus

Communication Around Sex

- Flirting, inviting, enticing
- Expressing your desires..before, during, after
- Using all the channels
- Sharing your meanings or symbols
- Revealing your tender spots
 - Painful or traumatic history
 - Anxieties and uncertainties
 - Physical limitations or changes
- Talking about how to talk more comfortably

Our Full Range



Thank you

Susan Scott Hennings, LMFT

www.SusanHennings.com

Jerry L. Talley, PhD