

# "I do not get pleasure from sex"

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I can not relax during sex with my husband and I do not get any pleasure. The husband does not understand why this is happening. I'm afraid that soon he will leave or starts to change. Yes, and I yourself want to feel what kind of orgasm, all these rapid feelings and emotions. So it was up to her husband, but now I want to get rid of it. Tell me, please start?

Anna, 27 years old What is "introjects"?

To support you, I will say that the situation is common and that you are not alone. Basically, most people still live under the slogan "There was no sex in the Soviet Union." You were born after the collapse of the USSR, but probably underwent "processing" in the family. We have quite a few installations and introjects that meet in the subconscious and do not allow to relax in intimate life.

Intrud is an imposed horse conviction. As a rule, its meaningful adults impose. What are intractions?

Here is perhaps the most common examples that can affect intimate life:

Good girls do not behave this way (do not sleep on the first date, do not show the initiative in sex and so on.).

Decent women have sex only with those with those who have a serious relationship (one foot in the registry office in general, and even after receiving a stamp).

Toys for adults, role-playing games and so on is all for perverts, and I'm not like that.

A woman cannot be an initiative in sex.

My husband and wife cannot have hobbies on the side, otherwise it is no longer a family.

If the girl does not experience orgasm, it means it is frigid.

One way or another, each (each) of us has its own intracts on the topic of sex. How does the Father's figure affect

As for the female orgasm, it is based on relaxation and confidence in the partner. If it seems to you that you relax and trust, but in fact there is no, then you need to work out relations with your father from a psychological point of view.

Remember whether my father was ridiculous, didn't you doubt your beauty, was there any attempts of violence in adolescence.

Perhaps legs grow precisely from here. If you can not answer your questions or do not know how to approach the insults from childhood, it is better to contact a specialist. It is important to work out the situation of the past to live happily in the present and confidently build the desired future.

See also: Free online course "How to avoid treason?" What can I do now?

1st step. Determine which introjects are inherent to you and where they have "grew up".

2nd step. Form your own opinion. To do this, honestly admit yourself and partner, which you want to do not like, and what are willing to try. And muffle the voice of mom / grandmother / school teacher / girlfriend in the head.

There is nothing forbidden in sex, if it is nice to both partners.

3rd step. Think about whether you trust your partner.

If you can't get rid of intractions, deal with your partner or dad relationships, perhaps your problem is deeper and the next step can be a conversation with a sexologist.