

Sexuality and the Human Condition

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APPENDIX A

The Test of Desire

(*Rekindling Desire*; McCarthy & McCarthy, (2003), Brunner-Routledge, NY.(P. 4)

1. Sex is more work than play
2. Touching always leads to intercourse
3. Touching takes place only in the bedroom
4. You no longer look forward to making love
5. Sex does not give you feelings of connection and sharing
6. You never have sexual thoughts or fantasies about your spouse
7. Sex is limited to a fixed time, such as Saturday night or Sunday morning
8. One of you is always the initiator and the other feels pressure
9. You look back on premarital sex as the best time
10. Sex has become mechanical and routine
11. You have sex once or twice a month at most

(If you answered true to five or more statements, true to number 11, or both, you are among the 40 million couples stuck in a low-sex or no-sex marriage.)

APPENDIX B

Related Facts about Sex

- 1.5 % of marriages not consummated in first year; 50% remain unconsummated
- 5-15 % of sexual experiences are mediocre;40-50% mutually satisfying
- 20-25% will be good for one/OK for other
- Good sex adds 15-20% to marital longevity and happiness; Bad sex - 50-70%
- 50% married couples/over 60 % of unmarried experience sexual dissatisfaction
- Nonmarried couples together 2 years have higher rates of low-sex and no-sex marriages than do married couples
- Relationship counselling alone can support but not replace sex therapy
- The most powerful aphrodisiac is an aroused partner (no-fear)
- Over 90% of men and women have negative sexual experiences in their past
- Sexual problems are the main cause of divorce in the first 3 years of marriage
- 3 in 10 adult males experience early ejaculation
- Average time for intercourse (intromission to orgasm) is 2-7 minutes.
- Premature ejaculation \geq 20 strokes or less than 1 minute after intromission.
- The erectile problems of men under 40 are often more relational/psychological
- Women accept sex therapy concepts and techniques more readily than men
- The number of true bi-sexuals is small
- Rates of sexual dysfunction are higher for women; resolution is higher for women
- Marriage/your partner should never account for more than 30% of your self-esteem

APPENDIX C

Movie Night

(An intimacy building exercise for couples)

Suggested video: "Forget Paris" (Billy Crystal/Debra Winger)

Setting the Stage...

Set aside a night when both of you are able to relax. Order in a pizza or work together to prepare a fun, no-fuss meal or snack. This is a time when other family members are taken care of and you won't be disturbed. Try not to leave it too late in the evening. You may in fact want to view the video a couple of times; one to enjoy the plot and one to complete the exercise.

The Exercise...

We can become discouraged about the quality of our marital relationships when we limit our understanding of intimacy to only physical connection. Which intimacies shown in the movie do you have in your relationship and which do you want to add?

Type of Intimacy	Video	In Our Marriage
Emotional Intimacy: sharing of significant meanings and feelings		
Intellectual Intimacy: sharing ideas, mind-stretching experiences		
Sexual Intimacy: sharing self-abandon in the merging of bodies		
Aesthetic Intimacy: sharing experiences of beauty: art, music, nature		
Creative Intimacy: sharing the co-creation, growth of each other		
Recreational Intimacy: sharing in fun and play, rejuvenation		
Work Intimacy: sharing responsibilities and joining strengths		
Crises Intimacy: sharing the buffeting of fate, standing together		
Commitment Intimacy: sharing common self-investment, trust		
Spiritual Intimacy: sharing a grounding, growing faith		
Communication Intimacy: sharing self: honesty, truth, feedback		
Conflict Intimacy: sharing differences and their inherent struggles		

(Adapted from "Marital Intimacy Check up". Clinebell and Clinebell, 1970)

APPENDIX D

A Series of Sensate Exercises to Strengthen Marital Sexual Satisfaction:

The couple moves from stage to stage slowly and sensitively when both are ready. Trust & commitment are vital ingredients to build a solid foundation which is the essential starting point for this exercise!!

1. Stage # 1: Pleasuring

- gentle caressing of each person's body without touching genitalia
- learning to pleasure and receive pleasure
- strong non-demand component
- no expected response sexually, only expected to receive the pleasure
- use some oil, shower together, take a bath together
- move to next stage when both enjoy this

2. Stage # 2- Genital Caress

- caressing genitals without the movements that lead to intercourse
- move to next stage when both enjoy this stage

3. Stage # 3

- caressing genitals to orgasm
- a good time to discover what each likes
- move to next stage when both enjoy this stage

4. Sensate # 4

- non demand coitus, without orgasm
- gentle penetration without orgasm
- enjoying the sensation of the penis in the vagina
- move to next stage when both enjoy this stage

5. Sensate # 5

- penetration with orgasm
- simultaneous orgasm being the norm is a myth

We aren't born knowing how to have good sex. The more sex the better. It's like learning how to cook, the more you do it the more confidence you acquire and the more creative you get. (Alex Comfort)

APPENDIX E

Warning Signs for Internet Addictions:

- pleasure, gratification, or relief while engaged in computer activities
- need to return to online activities to escape problems or relieve dysphoric mood (boredom, tension, loneliness)
- restlessness, irritability, tension or other dysphoric moods when not online (withdrawal, cybershakes)
- need to spend more and more time or money on computer activities to change mood (increasing surfing time to combat tolerance buildup).
- preoccupation with computer activity (i.e. thinking about the experience, making plans to return to the computer, surfing the Web, having the newest and fastest hardware)
- ritualized thinking...set time, particular clothes.
- unsuccessful attempts to reduce or quite use.
- “lying” about the extent of time spent on the computer...not aware of time passing.
- neglect of family, friends, school, work. Distortion of attention. Family and hygiene neglected. Jobs lost. Negative life consequences.
- actual or threatened loss of significant relationships, job, financial stability, or educational opportunity because of computer use.
- physical signs (i.e. carpal tunnel syndrome, backaches, dry eyes, migraines, headaches, neglect of personal hygiene, eating irregularities, sleep changes).

Persistent and recurrent misuse of the computer is indicated by at least five of the above.

Also consider:

- Demands for privacy
- Startled looks when approached by others while online
- Few or no peer-related social activities
- History of acute or chronic depression

Remember:

- These signs may signify addiction problems or mental health issues other than Internet addiction
- The best warning signs of any addictive behavior is a change in regular life patterns seemingly without cause.

Materials compiled by M. Durski (February 8, 2002); *Stuck in Cyberspace*; Exploring the problem of internet addiction. Reference: Hecht-Orzak, 1999.

APPENDIX F

RESOURCES

Books

Kitzinger, S. (1985). *Woman's Experience of Sex*. Penguin. New York.

Levy, A. (2005). *Female Chauvanist Pigs, Women and the rise of raunch culture*. Free Press. New York.

Maltz, W. (2001). *The Sexual Healing Journey, A guide for survivors of sexual abuse*. Quill. New York.

Maurice, W. (1998). *Sexual Medicine in Primary Care*. Mosby. St. Louis.

Mayo, Mary Ann; *Love and Relationships Without Sex*, Zondervan, Grand Rapids, 1987.

Metz, M. & McCarthy, B. (2003). *Coping with Premature Ejaculation, How to overcome PE, please your partner & have great sex*. New Harbinger Publications, Oakland.

Metz, M. & McCarthy, B. (2004). *Coping with Erectile Dysfunction, How to regain confidence & enjoy great sex*. New Harbinger Publications, Oakland.

McCarthy & McCarthy. (2003) *Rekindling Desire; a step-by-step program to help low-sex and no-sex marriages.*, Brunner-Routledge, New York.

Paul, P. (2005) *Pornified; How pornography is transforming our lives, our relationships, and our families*. Times Books, N.Y.

Penner, C. & J. *The Gift of Sex, A Christian Guide to Sexual Fulfillment*. Word Publisher. ISBN 0-8499-2893-1.

Penner, C. & J. *Men and Sex; Discovering Greater Love, Passion & Intimacy with Your Life*, ISBN 0-8407-7790-6

Rathus, S.; Nevid J. and Fichner-Rathus, L.; *Essentials of Human Sexuality*, Allyn & Bacon, Needham Heights, 1998.

Schnarch, D. *Passionate Marriage, Keeping Love and Intimacy Alive in Committed Relationships*; Holt & Company. ISBN0-8050-5826-5

Slater, L. Love the Chemical Reaction. National Geographic (February 2006).

Zilbergeld, B. (1999). *The New Male Sexuality*. Bantam Books. N.Y.

Journals

The Canadian Journal of Human Sexuality, Vol. 13 (2) Summer 2004 77
**ADOLESCENT SEXUAL AND REPRODUCTIVE HEALTH IN CANADA:
A REPORT CARD IN 2004** www.sieccan.org

The Sex Information & Education Council of Canada: www.sieccan.org
**SEXUAL HEALTH EDUCATION AT SCHOOL AND AT HOME:
ATTITUDES AND EXPERIENCES OF NEW BRUNSWICK PARENTS**

Websites

Here are a few websites for finding out about sex and relationships. Some of them even have sexperts to answer any of your questions. (Note: Never give your full name on-line or give out any information that identifies you.)

www.bestco.info

Board of Examiners in Sex Therapy and Counselling in Ontario.

www.goaskalice.columbia.edu

Sponsor: Columbia University. Access through Yahoo.com.

www.iwannaknow.org

The American Social Health Association (ASHA) is a trusted, non-governmental advocating on behalf of patients to help improve public health outcomes since 1914.

www.scarleteen.com

Scarleteen is owned and operated by writer, educator, activist, artist and Internet doyenne Heather Corinna and a team of volunteers.

www.sexualityandu.ca

The Society of Obstetricians and Gynecologists of Canada.

www.sieccan.org

Sponsored by: The Sex Information & Education Council of Canada

www.sxetc.org

Written for teens by teens.

Other websites:

www.canadianliving.com : Just Ask: Dr. Marion Goertz

www.mariongoertz.com

How to Avoid the Top 10 Marriage Zappers (as seen on MSN and Canadianliving.com)
Parenting in Pressure-filled Times; Couple exercises and Self Checkups.

www.marriageandfamily.ca

Registry of Marriage and Family Therapists in Canada Inc.