

#5 Myths and Realities of Sex

There is no denying that sexual attraction is a primitive, powerful life force that stirs all of us. Besides the obvious need to reproduce, sex is fun and exciting. So why the problems and disappointments?

Our culture consistently projects the illusion of what sex is supposed to be like. You meet that special someone, you fall in lust, and life becomes filled with romance and eternal youth. This fantasy view is the standard popularized in movies, songs and TV. When sexual encounters fail to meet the culturally established ideal, blaming sometimes follows. "I guess I'm just not sexy enough," or "My partner is insensitive to my needs."

There are many myths about sex that create unrealistic standards to live up to. It is helpful to dispel these myths and establish a more realistic view of sexuality.

Myth 1: "Sex is carefree."

The urge for sex is natural, even instinctive. Realistically, healthy sexuality takes constant work and conscious planning. Being sexual brings up problems in relationships and requires responsibility for pregnancy and health issues.

Myth 2: "How's your sex life?"

Our sex life is really not separate from the rest of life. Everything we do has an effect, for better or worse, on our sexuality. The passion with which we live our lives is the same passion that is called forth when we are being sexual. If we are full of energy and vitality, these qualities are reflected in our sexuality. Attitude or relationship problems often appear as sexual problems. Healthy individuals create a satisfying sexual relationship.

Myth 3: "Do you want to have sex?"

This yes-or-no question is a set-up for rejection. The notion that "I want you to want me the way I want you" can lead to anger, frustration, and guilt. Since there are many choices, the question might be "What kind of sexual touch would you like?" In fact, pleasure is possible even if both people have different desires.

Myth 4: "The Opposite Sex."

This phrase is another myth which polarizes us and creates disconcerting dynamics. "In order for me to be a man, I must act the opposite way a woman does." Male and female are gender distinctions. Sex is sex. Men and women have different styles of expressing their needs for Sexual Touch. These needs are based on hormones, conditioning, role models, culture and cycles. The reality is that genders may be different, but they are not opposite. It is time to shift from the battleground to common ground between males and females.

Myth 5: "Sex equals orgasm."

The goal of the sexual experience is not orgasm. Sex focuses on the end, orgasm, rather than the means to that end, pleasure. The truth is that the only goal of the sexual experience is enjoying the process. The emphasis needs to be on mutual pleasure, intimacy and love.

Myth 6: "Sex does it all."

It is a mistaken belief that sex can satisfy a lack of basic touch in a person's life. Sex only satisfies sexual touch needs. A person can be in a sexual relationship and still be touch-starved and empty of intimacy. The Recommended Daily Allowance (RDA) for Vitamin T is obtained from a variety of non-sexual sources. Sexual Touch from a partner provides supplemental doses of Vitamin T.