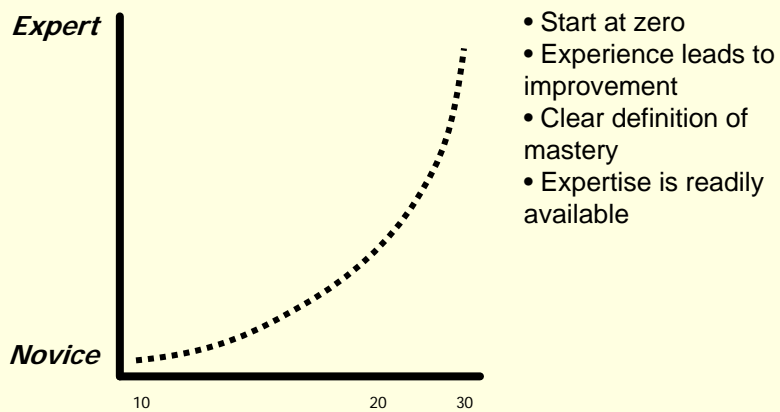


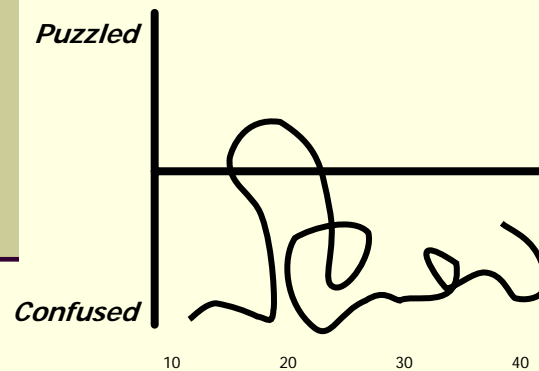
# Good Sex? Great Sex!

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## 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

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### *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

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**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.**

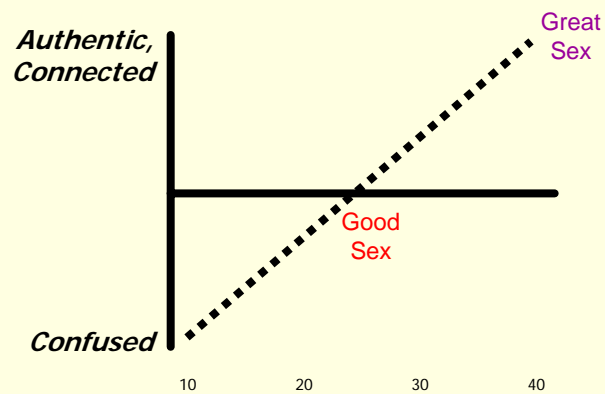
-- *Sex in America, 1994*

## Good sex is ..

*..when both people feel good about..*

	Before	During	After
Yourself			
What you do			
Your partner			

## Learning *Great Sex*



## Great sex is...

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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

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- 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

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### **Masters & Johnson**

- Excitement
- Plateau
- Orgasm
- Resolution

### **Helen Kaplan**

- Desire
- Excitement
- Orgasm

## Relationship Phases of Sex

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

## The Challenges of Great Sex

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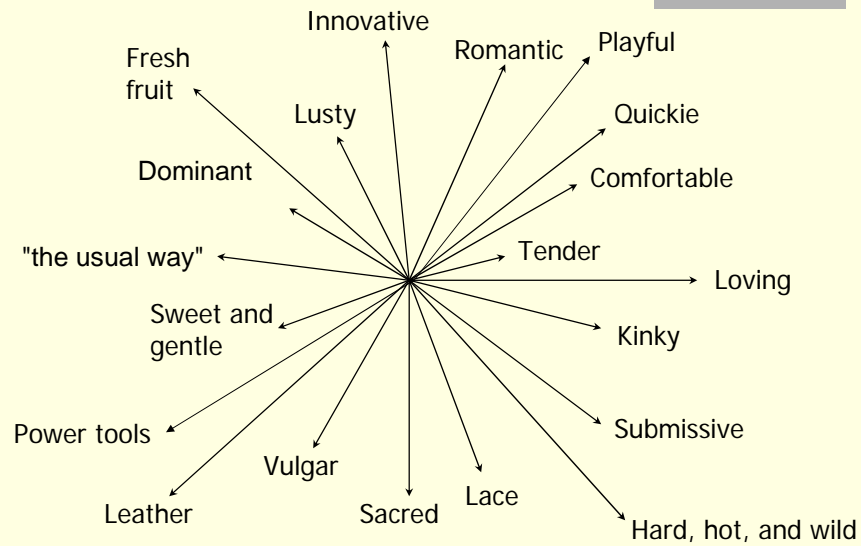
- Comfort vs. Adventure
  - Developing a wider repertoire
  - Keeping it exciting
- Connect (risky) vs. Self-Protection (safe)
- Giving vs. Receiving
  - Submissive vs. Dominant
- Emotional vs. Physical
  - Meaningful / spiritual / romantic
  - Robust / raw / raunchy / earthy
- Fantasy vs. Reality
-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

## Communication Around Sex

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- 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

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