

DEALING WITH A PARTNER WITH A LOWER LIBIDO

Dear Lora,

My boyfriend and I have been together a year and 7 months, and we seem to hardly EVER have any sex and it's really getting me down. Everything else in our relationship is great. We spend good quality time together both at home and going out. We don't see each other as he works a lot of the week, and he always says he misses me. But when we do have quality time together, nothing seems to happen and I end up just end up thinking 'what's wrong with us?'

It's not like I'm hugely demanding, but I want it a bit more than once every few weeks, it's supposed to be enjoyable, not a chore, he should WANT to share it with me too. I thought talking was the best way to solve something.... obviously not. So I've tried all kinds of things to initiate sex but every attempt backfires because there'll always be some excuse as to why we can't or he just won't give me the opportunity, almost as if he's avoiding it! I'm really stuck for how I can solve this. Please help!!!

L.J.

>>>> MY COMMENTS

DEAR L.J.,

Yeah, I feel your pain. The boyfriend who is not interested in having sex can be a real self-esteem crusher.

But did you know, that according to the Journal of American Medical Association, 43% of women and 31% of men have sexual inadequacy or low libido.

That's one in THREE men!

So, it's way more common than you think.

And it's usually just a temporary thing.

So here's how to deal with it without going insane.

First thing that I want to say to you is that IT'S NOT YOUR FAULT.

Do you hear me?

I know how easily it can be to blame ourselves when our dude is not trying to stick his square peg in our round hole, but there are a lot of different reasons your man may not be so interested in sex lately.

And so what you need to do is put yourself in his shoes before you can try to get into his pants, know what I mean?

OK, so let's look at some reasons that a man's sex drive could be sleeping.

What's the number one factor that keeps Mr. Stiffy hiding under the covers?

Stress. If he's under a lot of pressure or is freaking out about work, money, family issues or problems in YOUR relationship, then his desire for sex will diminish considerably.

That makes sense, right? I mean, aren't we the same? I don't know about you, but if I'm panicky about my checkbook, feeling like a fat cow or I'd rather kick my man in the teeth than screw him... well, my desire AIN'T THAT GREAT EITHER.

Another big libido killer is pure exhaustion.

If he's working too much, sleeping too little and not taking care of himself, then the idea of sex may seem, well, like a lot of work.

That goes double if your man has been hitting the bottle too hard or snorting little illegal substances. Alcohol and drug abuse can kill your sex life.

Another major influence in his drive could be physical. He may not know it, but he could have a health situation that can harm his desire.

Like what?

Well, for instance, 50-70% of men with diabetes have experienced erectile dysfunction. He could have lower levels of testosterone, hypothyroidism, chronic pain, etc.

Certain medications, such as anti-depressants can kill his desire. Or may be having performance issues that he may feel too embarrassed to discuss with you. If he is having a spell where he's having a difficult time maintaining an erection or getting one at all, the idea of trying to have may seem, well, no fun for him, just stressful (A decent physical could clear up that mystery pretty quickly..)

And then there are psychological issues...

Some men battle past physical or sexual abuse, or have anger or past relationship issues that are unresolved. And then there's the dreaded chance that infidelity is playing a part.

A LOT to swallow, huh?

OK, before you start panicking or sticking your head in the oven, THERE ARE some things you can do...

First, like I said before, try to be understanding. I mean he's not purposely withholding his affection. (And if he is, well, hell, get another man!)

So, let's talk about talking. Think about if YOU were the one that had a low sexdrive... and were PAINFULLY aware of it.

You're going to be defensive if your man came up to you and said, "What's wrong with you? I want to have sex!" So, you don't want to go to your man that way.

I would just ask him if there is anything going on in his life that is causing him stress, anything that could help him with? Then you can kindly tell him how much he means to you and that you really miss your intimate time together.

Remember to pick a time when you guys are in a relaxed mood, and not in the sack. If you guys have gotten into a rut, you could start to introduce new things, without going overboard. I mean, don't come home in a clown outfit with an ostrich.

Baby, steps, darlin'.

His libido won't bounce back in five seconds, so don't try to FIX him. Just be on his side.

You could let him know that you are not trying to add stress into his life and perhaps suggest a little quickie, which could take less time and energy.

If he's not game to this, and you two have your suspicions that it could be something physical, then I would use your lady powers to get him to go see the doctor.

You could let him know that it's completely natural, because it is! I'd just explain to your man that you want him to be his healthiest and happiest, so why not get a check-up and make sure, right?

What else can YOU do?

How about plan non-stressful, non-sexual time?

Intimate time for the two of you that's a priority.

Whether it's a vacation or a back rub... Just something that tells him he's loved and cared for.. This low libido can cripple his ego, because men are supposed to be in the mood all the time, so he's GOT to be super sensitive about it.

Letting him know that you are on his side will help him become more secure.

And I would start spending some more time pampering yourself in this phase of your relationship. Because your ego is going to take a hit too.

So buy a new dress, get a manicure, step up your yoga classes, go out with the girls, and work that vibrator.

YOU should not become a martyr because he's going through a funk.

Stay your happy hot sweet self and it will draw him to you.

Whatever issues he has, they are his issues. Don't take them on.

Now, if you suspect that they are more of the psychological in nature, then I would strongly urge the two of you, of your man by himself, seek some form of therapy.

I know, it may seem easier to suck blood out of a rock, but hear me out.

Sometimes, it's great to have an educated third party to help us see what we cannot see for ourselves and help us get out of the mental muck.

If he's got anger from the past or if you guys are having some relationship crap that won't seem to go away on it's own, well then you need someone that will help you move through it in a healthy way.

And if he's NOT willing to work on your relationship, well, that speaks volumes. Then you may want to think what the real issues are in your relationship.

Good luck!