

Title: My boyfriend hasn't been interested in sex.

Question: My boyfriend hasn't been as interested in sex lately. What does that mean and what can I do?

Answer:

Yeah, I feel your pain. The boyfriend 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 -- IT IS NOT YOUR FAULT.

Do you hear me?

I know how easy 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.

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 also kill his desire.

(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. Finally, 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.

Imagine that YOU were the one that had a low sex drive... 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 you 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.

You could start with a BJ and jump on top of him, so big daddy doesn't have to do any of the work.

I have a whole section in my book on communicating with your man and how to try new things and spice up your sex life. I think you should check them out if you're serious about making some positive changes in your sex life. Click here to read it:

<http://www.blissinthebedroom.com/ebook/?s=10089&e=1>

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?

You can also make an effort to create healthier meals if you're the one in charge of that.

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...and that he's still your hero.

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.

Why?

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 the issues are more psychological in nature, then I would strongly urge the two of you, or your man by himself, to 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 its 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.

You don't want to be with someone who isn't willing to put in an effort, right?

But if he is, then this little challenge can bring the two of you closer.

Good luck!