A Sex Life That Grows With You

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Educational Disclosure

This presentation is intended for general educational and informational purposes only. The information provided does not constitute individualized medical or mental health advice, establish a therapist-client relationship, or replace professional assessment, diagnosis, or treatment.

Sexuality is influenced by physical, psychological, relational, and social factors. Experiences of desire, pleasure, and intimacy vary widely, and the information presented may not apply to every individual or relationship.

If you have concerns about your physical, mental, or sexual health, you are encouraged to seek individualized guidance from a qualified healthcare or mental health professional.

Some topics may bring up personal questions or emotions. Participation in discussions or reflections is voluntary. Any examples or suggested activities are optional and should be approached with respect for individual comfort, personal boundaries, and the freely given consent of everyone involved.

Sexuality Can Evolve in Many Ways

Broader understandings of what sex can be

Changes in what feels pleasurable and meaningful

Evolving communication about sexuality

Sexual satisfaction isn’t one-size-fits-all.

Different Dimensions of Sexual Satisfaction

- **Pleasure**
- **Connection**
- **Relaxation**
- **Playfulness**

Desire doesn’t always come first.

SPONTANEOUS DESIRE

Desire comes first

Desire → **Sexual engagement**

Desire appears before sexual stimulation.

RESPONSIVE DESIRE

Desire may develop

Openness → **Pleasurable experience** → **Desire**

Only when the experience is wanted and enjoyable.

Neither pattern is inherently better. Responsive desire is not a reason to push past a “no.”

Desire can change throughout our lives.



What sparks desire, and how we experience it, may change over time.

Our circumstances

Our bodies

Our relationships

Responsive desire is still desire. There is no single “right” pattern or timeline.

Understanding Sexual Accelerators and Brakes

ACCELERATORS

Factors that increase interest in or openness to sexual experiences.

BRAKES

Factors that decrease interest in or openness to sexual experiences.

Factors That Influence Sexual Desire

Sexual desire is shaped by a range of interacting influences.

Environment and Context

Surroundings, privacy, and daily circumstances.

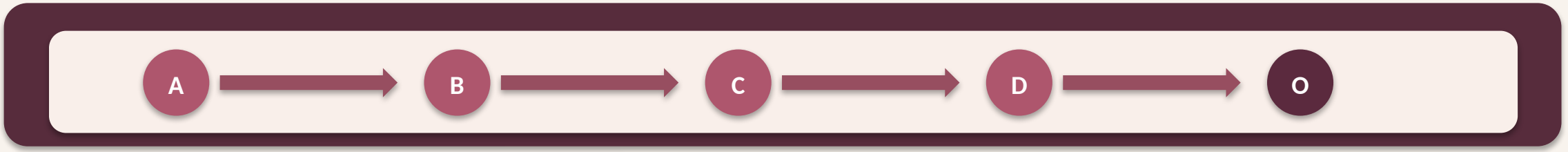
Internal Experiences

Emotions, stress, physical sensations, and mental well-being.

Individual Needs and Preferences

Comfort, pleasure, and personal meaning.

How Sexual Scripts Shape Expectations



Example of a conventional sexual script

Different doesn’t mean deficient.



Sexuality can change without becoming less fulfilling.

How Sexuality Can Evolve Over Time

- Pleasure can take new forms
- What feels meaningful may shift
- Preferences can change
- Familiarity can become more meaningful
- Individual needs can evolve

Growth doesn’t always feel like growth.

Some changes are welcome.
Some are difficult. Some are both.

Grief and curiosity can coexist.

What Curiosity Can Involve

Curiosity can take many forms, including:

AWARENESS & PERSPECTIVE

- New perspectives on familiar experiences
- Greater awareness of pleasure and enjoyment

FLEXIBILITY & DISCOVERY

- Flexibility in routines and expectations
- Opportunities for playfulness and discovery

COMFORT & CONSENT Personal comfort, boundaries, and mutual consent remain important.

Sexual conversations don’t have to start with a problem.

Curiosity

Appreciation

Possibility

Conversations can begin with what’s already going well.

Sexuality Across the Lifespan

SEXUAL FREQUENCY

There is no universal frequency that defines a satisfying sex life.

SEXUAL EXPERIENCES

Sexual activity and pleasure can take different forms throughout life.

INDIVIDUAL DIFFERENCES

Sexual needs, preferences, and experiences vary across individuals and relationships.

References

Nagoski, E. (2021). *Come as you are: The surprising new science that will transform your sex life* (Rev. & updated ed.). Simon & Schuster.

Thank you.

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