



# How you experience your sexual relationship

## Summary

- As you are two separate people you will have different ideas about your sexual relationship.
- If there is tension and conflict in the relationship this will impact on your sexual relationship.
- Your ideas around sex are influenced by earlier messaging and your experiences.
- Two important dimensions for your sex life are desire and eroticism. If either is not present there is often a lack of sexual contact.
- Each couple has a particular sexual style which might be different to your relationship style.
- There is often a power struggle about sex in the relationship.
- To rekindle sex in the relationship you can try out sensate focus exercise.