

## Legendary Love – Lesson 34. Can Relationships Survive Without Sex?

# Can Relationships Survive Without Sex?

In the last lesson, you learned some ways to spice up your sex life. Certainly, the ideas presented gave you some other ideas.

But what happens when you or your partner can't have sex? Is that the end of your relationship?

### **There's a Difference between Can't and Won't**

Sometimes you can't have sex because of health challenges that prevent sexual relations. The health challenges can be temporary or permanent. It's a different issue when you can but you don't want to have sex.

**If either of you stop wanting sex, there are a few actions you can take to find out what's happening:**

1. **Communicate.** Sit down with each other and use your Reflective Listening skills to discover what's happening. Not wanting sex is usually complex.
  - Are there physical reasons?
  - Is there emotional disinterest? This is a relationship issue that may require the assistance of a therapist.
  - Is someone having an affair, or do they want to end the relationship? This is painful for both parties and a therapist may be needed.
2. **Go to your health care professional.** Medical evaluation is needed if there is no emotional reason.
  - There could be a hormone imbalance.
  - Depression can cause disinterest in sex.

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- Some medication can zap libido to where there's no interest in sex. This includes antidepressants and blood pressure medication.

**When you can't have sex due to physical issues, both of you will have emotional reactions, especially at the beginning.**

For example, if you're fighting for your life due to a debilitating disorder such as cancer, MS, or other medical diagnosis, your life is centered around personal survival, not sex.

**Use these strategies to help you both work through this challenge:**

1. **Keep the lines of communication open.** Either of you may have some feelings you don't want to share with the other because you don't want to frighten them.
2. **Find a support group.** This is not something you have to handle alone.
3. **Touch each other.** Hold hands or put a loving hand on your partner's shoulder.
4. **Strengthen your emotional connection.** In these situations, intimacy comes by connecting emotionally with each other.

### **Can Relationships Survive Without Sex?**

The short answer is "Yes, relationships can and do survive without sex." The more complicated answer is, "It depends upon the relationship and the reason why there is no sex." Let's look at both of these.

#### **It Depends**

Relationship survival depends upon whether sex is the only thing holding the relationship together. If sex is the primary component of your relationship and there isn't a strong emotional component connecting you, chances are you'll go your separate ways.

As difficult as this may be, moving on gives you the opportunity to find someone who can share with you an emotionally intimate relationship. If you are the one with the sexual challenges, don't despair because there are people who will love

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you and who can adapt to your needs.

### **Yes, Your Relationship Can Survive**

What is the most important aspect of your relationship? If it's your life with your partner, your relationship can not only survive, but it can also flourish. Sex is an important part of your relationship, but it isn't the most crucial part of an emotionally intimate relationship.

**In an emotionally intimate relationship you have strengths which don't disappear with the lack of sexual intercourse:**

- Your trust in each other
- Your love for each other
- Your emotional connection
- The ability to share your deepest thoughts and feelings
- Your ability to depend upon each other
- Your ability to touch and caress each other

### **Touch and Play If You're Able**

Only paralysis or total incapacity prevents you from mutually touching each other. If you are both mobile, you can share with your partner many of the activities you learned in the last lesson. Yes, it takes patience and willingness, but your physical relationship can still be an important part of your life.

**For severe incapacity, remember that gazing into each other's eyes with a hand on the heart is a powerful expression of your love for each other.**

If you're able to do anything but intercourse, the partner who can't have intercourse can assist the other in coming to orgasm at the end of your time of kissing, touching, and exploring each other's bodies.

### **Summary**

