

## **Legendary Love. Module 5. Lesson 30. How and Why Sex Drives Differ.**

# **How and Why Sex Drives Differ.**

Now that you've explored topics to discuss regarding sexual interests and desires, let's look at the difference in sex drives between men and women as well as within males and females.

In nature, there is only one reason to have sex and that's to have babies. Sexual pleasure is, you could say, the bribe to entice you to do what is necessary. Nature also wants healthy babies. That's the biological reason for differences in sex drive.

### **Before Science Intervened**

Chemicals cause changes in your hormonal system which can cause changes in sexual desire. Laboratory-made chemicals began in 1828. As you know, you now eat, breathe, and absorb chemicals. Many chemicals are hormone disruptors and can change your hormones, which will change emotions.

### **Physical Differences**

The anatomy (sex organs, brain, etc.) and physiology (digestion, production of sperm and eggs, etc.) of men and women vary.

### **Learn the differences between men and women that cause different sex drives:**

- 1. The area in the hypothalamus of the brain which triggers mating behavior is more than twice as large in men as in women.**
  - Drs. John Gottman and Julie Schwartz Gottman found that men think about sex six times more often than women. If a woman thinks about sex every hour, men think about it every ten minutes.
  - The vision center in the brain is about the same size as the area in the brain which triggers mating behavior. This may explain why

## **Legendary Love. Module 5. Lesson 30.**

### **How and Why Sex Drives Differ.**

men are turned on visually more than women.

2. **Women are more cyclical in nature than men.** A woman's menstrual cycle changes how open she is to her partner and to having sex.
  - Estrogen peaks during the first couple of weeks of the menstrual cycle. She is more open, friendlier, calmer, and talkative.
  - Progesterone peaks in the last two weeks of the menstrual cycle. Women are, in general, more irritable, easily stressed, want to be alone more, and they're also more creative.
  - When a woman ovulates, she is often more open to having sex.
  - However, men appear to have a daily cycle in which testosterone is higher in the morning than in the evening.
  
3. **The age of a higher sex drive seems to correlate with the best times to have a healthy baby.**
  - Men report their highest sex drive being in late teens and early 20s.
  - Women report their highest sex drive was in their 20s with an increase in mid-30s. Perhaps the increase in mid-30s is due to the body wanting a baby before perimenopause symptoms occur.

Research gives you a general view of the differences between men and women. Remember, these are general results. Some women have a higher sex drive than most men and some men have a low sex drive.

**The key for you and your partner is to talk with each other about your needs and desires.**

### **Stress Kills Libido (Sexual Desire)**

When work saps your energy, you can't get everything done you need to do, and the kids plus job take up most of your time, you are stressed. Stress affects what is known as your fight/flight and freeze response.

## **Legendary Love. Module 5. Lesson 30.**

### **How and Why Sex Drives Differ.**

Nature gave you a stress response to protect your life. In the times of saber-tooth tigers, you needed to run fast or turn around and fight to preserve your life. It stops things such as sexual desire which you don't need when trying to stay alive. Sexual desire is a long-term, not short-term need.

### **Counteracting the Effect of Stress**

Sexual intercourse is a wonderful way to relieve stress if both partners are open to it. For many people, stress prevents them from being aroused or staying in the moment.

### **The best stress busters which can also lead to a delightful time sexually are:**

1. **The 20 second heart-to-heart hug.** Holding each other for at least 20 seconds activates the hormone oxytocin, the bonding hormone.
  - The longer you hold each other, the more you'll notice your body relaxing.
2. **Massage.** A massage relaxes the body and eases tension in the muscles.
  - Use sensual oils and scents to stimulate further relaxation.
  - Massage is a wonderful foreplay technique which relaxes your body and your mind. It also can result in sexual arousal.

### **Summary**

The information given in this lesson is to let you know there are differences and how to find ways to handle these differences. You or your partner may not fit into what was given. Communication is the key to finding what works for you as a couple.

In the next lesson, you'll learn more about hormones and how they affect sexual desire and your sexual relationship.

