



Sex



“ Recently I’ve been thinking about why I have sex. I’ve noticed that it’s really difficult for me to know if I want to have sex or not. It’s happened several times during sex that I lose my libido but continue anyway. I’ve come to realise now that I, as well as the person I have sex with, have to be sexually aroused for there to be reason for us to do anything sexual.

I’ve also had sex for really bad reasons: to be manly, because it is expected of me, to get status and so forth. I.e. lots of other reasons than me being sexually aroused in the moment. It’s difficult for me to ignore those bad reasons and thoughts when I’m having sex with someone.

I also haven’t been good enough at listening to the people I want to have/am having sex with. It took way too long for me to realise what consent is and that it is the foundation of all sex - to realise that it’s my responsibility to actively search for signals that another person actually wants to have sex with me. If I’m not sure I should ask them or stop. To be honest I’m to this day not certain how to check for consent in the best way. ”

– anonymous participant

This story shows you how you can open up and speak from the heart in the following conversation. The topic is sex, communication, sexual arousal, performance anxiety, sexualization, porn, consent and more.

Warm up statements - answer YES/NO

- I’ve felt sexually inadequate
- If I get the chance to have sex I take it
- I’ve lost my libido during sex without interrupting it
- I haven't been receptive enough in sexual engagements with others
- I could talk about porn with my mother

Questions

- **Have you felt expectations “to perform” during sex? How are you affected by it?**
Possible follow-up question: Why do/did you want to have sex for the first time?
- **Have you wanted to talk about your sex life with another without being able to?**
Possible follow-up question: What do you think that leads to?
- **Do you watch porn? How do you think it affects you and your view on sex?**
Possible follow-up question: What has porn taught you about people’s turn ons, and what they find attractive in men? Do you think that’s true in real life?
- **Have you ever crossed somebody’s personal boundaries?**
Possible follow-up question: Think about this: have you ever nagged or persuaded someone to have sex with you?
- **How can you ensure a person doesn’t feel forced to say “yes” to sex with you?**
Possible follow-up question: How do you tell if someone is giving you their consent?
- **Have you ever initiated sex without being in the mood? Why?**
Possible follow-up question: How do you make sure you only have sex when you’re in the mood? How do you feel after having sex when you’re not in the mood?
- **Have you experienced your body not responding “correctly” during sex? I.e having trouble getting/maintaining erected or wet. If yes, how did it feel?**
Possible follow-up question: Is there a specific situation where this happens to you?
- **Do you think a relationship has to include lots of sex to be good?**
Possible follow-up question: Have you ever had sex to keep a relationship together?

Questions for further self-examination

- **Have you ever wanted to try something new sexually, and not had the courage to? What steps can you take to actually try it?**
Possible follow-up question: How do you react if someone you’re having sex with wants to try something new?
- **Do you have somebody to talk to about sex?**
Possible follow-up question: How do you make sure it’s easy for others to talk to you about sex? Have you ever failed at this?
- **If you’ve had sex, think about the last time. Was it pleasurable for you? Was it pleasurable for the one you had sex with?**
Possible follow-up question: How do you take responsibility for sex to be pleasurable for those you have sex with? How can you know they like what you do?
- **Are you afraid of something during/before sex?**
Possible follow-up question: How would you feel telling this to a sexual partner?
- **Is it difficult for you to be physically intimate with others, unrelated to sex?**
Possible follow-up question: Have you had sex when all you wanted was closeness?