

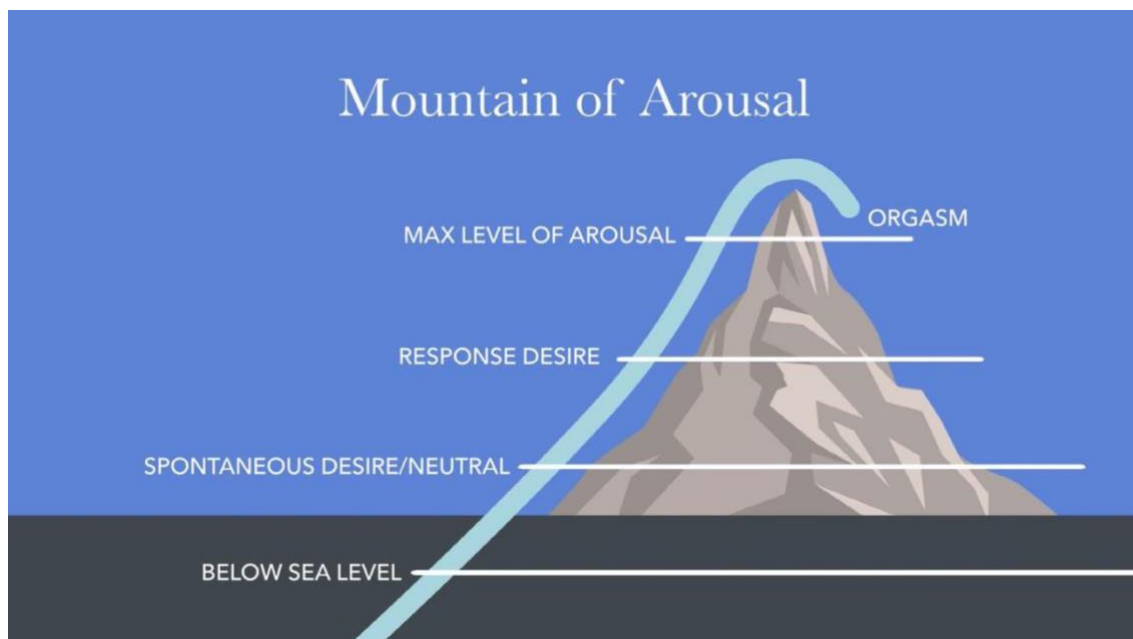
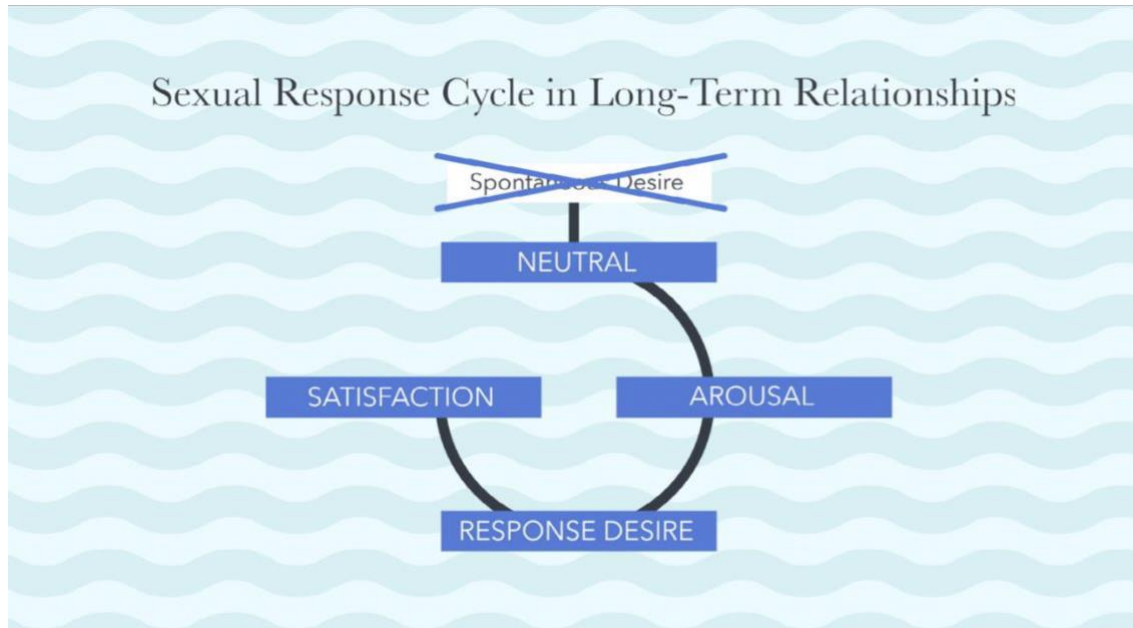


Me No Pause & Relationship and Sex

- Please be mindful **menopause looks different for everyone**. It also impacts a person's relationship and sex life in different ways.
- It is however important to press the pause button to review your life. **Men 'OH' Pause!!** What is still working for you, what isn't? And what symptoms you feel need addressing. For most, we can't keep going and do things how we 'used' to them. We need to find new ways or address symptoms appropriately.
- Recognizing your symptoms are due to menopause can help with finding the right course of action in terms of treatment
- It is important to **communicate with your partner**. Remember, your perception is your reality, theirs is their reality. As the listener, it is important to look around the corner and try to see what it is they are seeing (remember the stars/circles on the ball)
- You are a sexual being from birth to death and your desires, likes, dislikes change over the course of your life. That is normal and OK.

Suggestions to keep EMOTIONAL connection strong:

- **Minimize SMALL EXITS** – exits are the things you do where your partner might think you are avoiding them. Multiple small exits is referred to as the invisible divorce (technology is a common small exit)
- Send your partner **CLEAR bids for connections** and respond TOWARDS (not away/against) their bids
- Move more consciously **NOSE TO NOSE** again (rather than side by side)



Suggestions to keep PHYSICAL connection strong:

- When your sexual desire is low, don't wait for spontaneous desire to come and look around the corner. Try to **work with your RESPONSE desire** (which will respond after we get aroused)
- To prevent an intimate encounter to start at -40 degrees, you could **implement desire starters**:
 - Wash your genitals consciously in the shower



- Put on something extra that makes YOU feel good about yourself each morning
- Think of a sexual thought every hour (pair it with drinking a glass of water)
- **Sex is always a WANT TO, never a MUST DO!** So, when intimacy is initiated, it is just that. It is intimacy. It might lead to sex, but it might not. It is about **initiating/planning PRESSURE FREE intimacy**, where we don't feel the pressure to have to go all the way, but can relax into it and enjoy touch for touch' sake.
- Be mindful of your sexual energies. Often a man's (or the partner with the higher sex drive) sexual energy is like FIRE, they can just think about sex, and they are on fire ready to go. A woman's sexual energy (or partner with lower sex drive) is like water. And water takes a long, long time to boil. But you need the man's fire to boil the water. **Foreplay away all bloody day** – so to start boiling the water it is about paying attention to your partner all day long. Helping with the household chores, listening to one another (moving more nose to nose, and responding to and sending clear bids for connections), etc.
- **Plan initiation of intimacy in your own head.** Put it on your to do list and get ready for it. Prepare or think about how you would go about it. Don't tell your partner, so if for whatever reason it doesn't happen that time, they won't be disappointed as they had no idea you were planning this.
- **Implement a bridge.** This is where you initiate by implementing a bridge towards intimacy. You do not have to initiate by actual physical touch, but you could suggest something that could lead to more. For example, go and sit close to your partner on the couch (rather than on opposite ends), suggest having a bath/shower together.
- **Create a bucket list with NEW/NOVEL things.** Both put in 5-10 new and novel activities (those things you have never done before) you would like to experience with your partner. Pick one out of the hat each week and make it happen. Remember, this will spark attraction and gets the right hormones flowing (from the famous Capilano Suspension Bridge study, conducted by Arthur Aron and Donald Dutton in 1974)

Keep Loving!
Des



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