

## **Three Essential Sexual Health Learnings for Men**

© Michael E. Metz, Ph.D. (2005)  
[www.MichaelMetzPhD.com](http://www.MichaelMetzPhD.com)

Throughout life with its various “stages” (e.g., childhood, adolescence, young adult, middle age, older age), men developmentally learn three important psychosexual skills for sexual health. Men develop and adapt a maturing awareness of thoughts, feelings, and motivations for behaviors, as well as the ability to balance and “regulate” the physiological, psychological, and interpersonal dimensions of sexuality.

**Learning Task #1 →** You value and embrace your male sexuality as good. You accept the male “BIOLOGICAL SEXUAL NATURE”, “biological imperative,” “lust” or “urge to merge” without shame. You respect this fundamental power of sex and accept the need to self-regulate. You learn to regulate this drive with healthy sexual knowledge and attitudes, and with physically healthy habits, exercise, and self-discipline. When this regulation is in balance, your lust does not create problems for you and you can freely enjoy sex with your appropriate partner. When under-regulated, sex drive can cause a variety of personal, sexual, and relationship problems by mechanically acting out; or conversely, when over-regulated deprive you of healthy lust and passionate pleasure.

**Learning Task #2 →** You accept as normal and healthy your male biological tendency to be VISUALLY ATTRACTED BY EXTERNAL SEXUAL STIMULI. Accepting this requires you to regulate this tendency toward sexual “objectification” by disciplining your thoughts, and placing conscious priority to “personalize” your sexual interests and relationship.

**Learning Task #3 →** You come to appreciate and handle the male tendency to “SEXUALIZE EMOTIONS”. To ignore or be unaware of emotions such as loneliness, frustration, sadness, resentment, anxiety, irritability or fear of inadequacy, and to misinterpret and transform these to sexual feelings, fuels problematic sexual behaviors (e.g., compulsive use of pornography; affairs; excessive sexual demands on your partner).

Sexual health involves developing an emotional sophistication about your feelings, using direct, healthy ways for emotional management, and balancing emotional and sexual feelings in one’s intimate relationship.