

10 THINGS MEN (and Women) LEARN FOR COUPLE SEXUAL HEALTH

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1. He learns to positively value sex. Sex is intrinsically good; and accepting and affirming sex and his and his partner's sexuality is the foundation for his positive sexual self-esteem. He cooperatively blends with his partner the 5 purposes for sex (procreation, anxiety reduction, pleasure, self-esteem, and intimacy).
2. He is committed to developmentally integrating his maturing sexuality into his manhood. He affirms his sexuality as lifelong and developmental, involving physical, cognitive, emotional, behavioral, and relational features.
3. He grounds his sexual expectations on accurate and reasonable knowledge about sexual anatomy, physiology, psychology, and relationship health.
4. He places his ultimate sexual focus on intimacy. Sexuality is relational. He views his partner as his "Sexual Friend" and their relationship as an "Intimate Team." During periods when he may not have a significant partner, he anticipates developing and "growing" intimacy with his "virtual partner."
5. Sensual touch & emotional pleasure is valued as well as sexual performance.
6. He learns to self-regulate his sexual drive and arousal. He consciously (a) acknowledges, accepts, and respects his body's "*Biological Imperative*," (b) learns to manage his biologically natural tendency toward "*sexual objectification*," and (c) differentiates and integrates general emotions (e.g., loneliness) and sexual feelings (issue of "*emotional sexualization*").
7. He learns flexible sexual arousal. He copes with the enduring relationship problem of "sexual familiarity" by balancing and blending multiple styles of sexual arousal (self-entrancement, partner interaction, and role enactment) with his partner.
8. He becomes a leader in cooperation for intimacy with his partner. He learns to invest his honest emotions with his partner. He promotes mutual closeness, pleasure, stress reduction, soothing comfort, mutual self-esteem, playfulness, and joy in-and-out of the bedroom. He learns to lead constructive, mutually satisfying conflict resolution. Conflict presents the ordinary, day-to-day opportunity for he and his partner to cooperatively address it and thereby deepen emotional and sexual intimacy. *Sexual health and satisfaction are directly influenced by the quality of relationship conflict resolution.*
9. He, with his partner, embraces the standard of "Good Enough" Couple Sex characterized by realistic sexual expectations, acceptance of routine, pleasure over performance, grounded on relaxation, mutual pleasure, and mature playfulness.
10. He integrates his sexuality into his, and his partner's, daily life. The healthy sexual man integrates the daily events of life and blends this with his partner's, to create their realistic, distinctively personalized, and enriched sexual style. Mature sex "fits" real life, with philosophical / spiritual meaning.