

## “Good-Enough Couple Sex” is Great Sex.

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### How is “Good-Enough Sex” great sex ?

- You feel more self-assured and proud of yourself as a sexual person because the Good-Enough Sex model is based on positive, realistic expectations.
- You gain a sense of self and other acceptance because you view sex in realistic terms, seeing sex as a part of unfeigned life and an honest intimate relationship.
- You accept yourself and your partner as authentic persons, not mythic figures.
- You understand and view your sex life as a normal part of life, not hype with its pressure to be someone you are not or pressure to sexually perform in ways that don't fit your actual body and your genuine self.
- You can accept variable sex with its passionate and “wild” times, special and intimacy times, as well as accept the mediocre times without disappointment and panic because together you find flexible ways of making love that fit your life's situation.
- You feel more confidence about your sexual function and flexible because you understand there are multiple reasons for having sex, and multiple ways of becoming aroused. You can be flexible because you are an intimate team and have options and choices for pleasing yourself and each other.
- You feel anxiety-free because your solid focus as a couple is mutual pleasure, not the Hollywood movie pressure of perfect performance.
- You feel comfortable with your partner because you endeavor to cooperate as an “intimate team.” Together you are open to a variety of meanings in your sexual life – fun, pleasure, comfort, tension reduction, playfulness, consolation, spirituality.

What makes Good-Enough Couple Sex great is that it is not “great” in the perfectionistic performance sense but in the sense of emotional acceptance and relationship playfulness, cooperation, intimacy, pleasure and eroticism. It is a case where reality really is better than fantasy.

(Also see: Metz M. E., & McCarthy, B. W., (2007). The “Good-Enough Sex” Model for Couple Satisfaction. *Sexual and Relationship Therapy*, 22(3), 351-362.)