

## **The Cognitive-Behavioral “Good-Enough Sex” Model: A Case Illustration**

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### Abstract

The “Good-Enough Couple Sex” model, grounded on an integrative, biopsychosocial perspective, intends to balance the prevailing emphasis on sexual performance to the detriment of sexual quality and satisfaction. Since the introduction of Viagra in 1998, the professional and lay public focus has been on a medication approach to resolving erectile dysfunction. This has reinforced the perfect intercourse performance model of male sexuality. In contrast, the Good-Enough Sex model advocates for a cooperative, interactive cognitive-behavioral approach with a focus on sharing pleasure and enjoying sex function as variable and flexible. A detailed case illustration describes the clinical application of the Good-Enough Sex model.