



## *Sexual Pleasure*

*By Jane Thomas*

*Jane Thomas © 2012*

*www.WaysWomenOrgasm.org*

*Slide RSM1*

What is sexual pleasure? And do women experience sexual pleasure **in the same way** that men do? Or is sexual pleasure **fundamentally different** for women?

Sexual pleasure is associated with orgasm and the first step in enjoying orgasm is for a person to be motivated to do so. So I will start by talking about **sexual motivation**.

Next I will compare men and women's experiences of how the BODY is involved in orgasm (**physical stimulation**) as well as the MIND (**psychological arousal**).

I will then present the **research into female sexuality**. Lastly I will discuss some of the **issues that challenge our enjoyment of sexual pleasure** over decades together.

### **References:**

- (1) 'Sexual behavior in the human female' by Alfred Kinsey, Wardell Pomeroy, Clyde Martin & Paul Gebhard (1953)
- (2) 'The Hite Report: on Female Sexuality' by Shere Hite (1976)
- (3) 'Why Men don't get enough Sex and Women don't get enough Love' by Jonathan Kramer & Diane Dunaway (1994)
- (4) 'Sex toys: a playfully 101 uninhibited guide' by Rachel Venning & Claire Cavanah (2003)
- (5) 'The Big Bang: Nerve's Guide to the New Sexual Universe' by Emma Taylor & Lorelei Sharkey (2004)

## *Sexual motivation*



A woman naturally focuses on

- Pleasuring a lover through sex
- Rather than pleasuring herself

Jane Thomas © 2012

[www.WaysWomenOrgasm.org](http://www.WaysWomenOrgasm.org)

Slide RSM2

We assume that everyone is equally sexual. But Kinsey emphasised the **huge range in sex drive** that defines 'normal' for both sexes. For example, some women orgasm many times a day and some men orgasm once every few weeks (p209 Male report).

But **on average** Kinsey found that **men are 6 times more sexual (as measured by the incidence of orgasm) than women are**, which explains why men initiate sex (p146).

Women orgasm on average once every two weeks regardless of age (p518). For men under 30 the average is 3 times per week (p194 Male report). Male sex drive declines with age but even by 60 male frequencies have not fallen to the female level (p714).

In a competitive world 'more' is always equated with 'better'. But there is nothing to prove that people with a high sex drive are any happier than those with low sex drive.

If we look at **how women invest their money and efforts**, they probably spend as much on cosmetics, high heels and revealing clothing as men spend on sex and porn. Women typically express their sexuality by **enhancing their attractiveness** to men.

A **woman's sexual focus** is to get a man into bed (the easy part!) and then keep him interested in having sex with her (rather than lose him to someone more amenable!) by **responding appreciatively** during sex. A woman gets pregnant regardless of whether she has an orgasm so there is no need for her to orgasm by any means.

**WHAT'S NEW:** There is no reason for women to be motivated by orgasm at all.

## *Physical stimulation*



The CLITORIS is clearly

- The source of female orgasm but
- No guarantee of orgasm during sex

Jane Thomas © 2012

[www.WaysWomenOrgasm.org](http://www.WaysWomenOrgasm.org)

Slide RSM3

There is zero debate over the male sexual anatomy involved in male orgasm.

But **which part of her body** does a woman need to **stimulate for orgasm**?

Is it **the vagina, the clitoris** or **some other part** of her sexual anatomy?

Surely anyone who knows how to orgasm should know which part of their body they need to stimulate? The debate over the sexual anatomy involved in female orgasm is just one indication of the **misunderstanding over how and when women orgasm**.

The confusion arises because **women are not spontaneously aroused** so they do not have the genital focus men have. Kinsey found that only 20% of women masturbate regularly (p143) but masturbation is too taboo among women to be this common.

Any woman who masturbates knows that the clitoris (equivalent to the penis) is the source of her orgasm. We assume that women orgasm in response to men's desire for intercourse but it is illogical to attribute orgasm during sex to different anatomy.

Shere Hite's work confirmed Kinsey's finding that **women orgasm most reliably when masturbating** but she noted that clitoral stimulation was less effective with a partner.

Although 82% of women in Hite's sample masturbated, only 44% could orgasm with a partner through clitoral stimulation by hand and only 42% through oral sex (p359).

**WHAT'S NEW:** Clitoral stimulation does not **by itself** guarantee orgasm.

## *Mental turn-ons*



Some women's use of fantasy

- Leads to orgasm when alone
- Does not work with a partner

Jane Thomas © 2012

[www.WaysWomenOrgasm.org](http://www.WaysWomenOrgasm.org)

Slide RSM4

Men are turned on, not only by sex, but also in anticipation of sex. They are aroused by objects associated with sex (e.g. women's underwear) and enjoy portrayals of sex.

**What turns-ons motivate women to want sex?**

And what is it about sex and her partner that **arouses a woman to orgasm?**

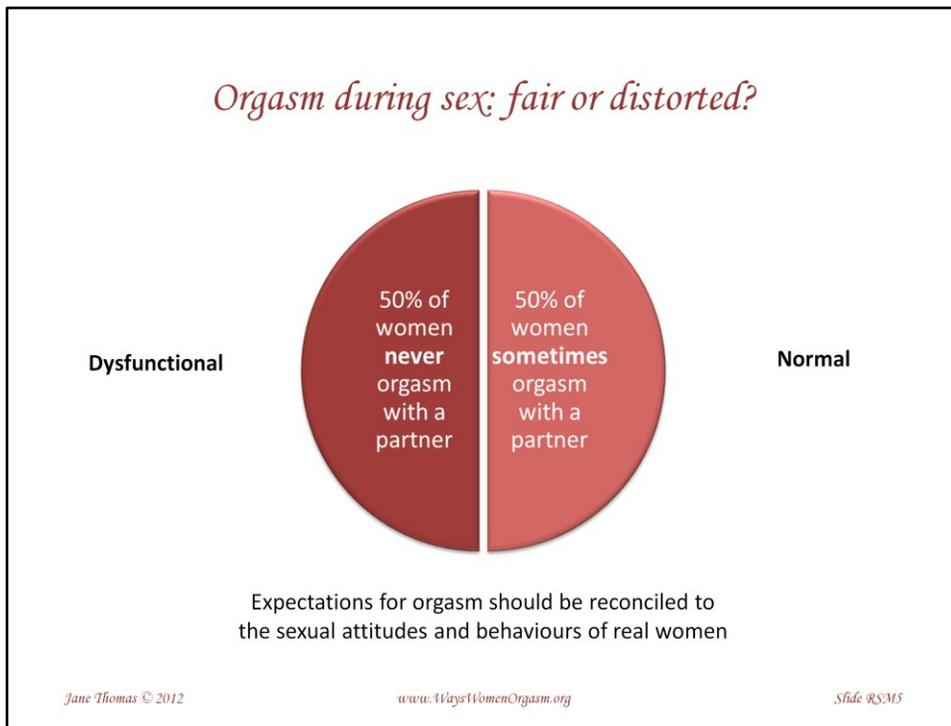
Some women evidently enjoy fantasies that focus on **explicitly adult themes** ('My Secret Garden' by Nancy Friday 1973). But not every woman has sexual fantasies.

Some women orgasm without using any mental stimuli and this may explain why they see no appeal in 'adult' material. It's possible that orgasms that arise purely through physical stimulation may be different to those that involve fantasy. But for many of us sexual pleasure is **defined by what happens in the mind** rather than to the body.

Men's **enjoyment of pornography** indicates their use of fantasy to assist with arousal during masturbation. During sex a man also **appreciates a responsive lover** to assist with (rather than detract from) his **fantasy of arousing a woman** through intercourse.

Men's sex drive makes sex the goal and masturbation is only a poor substitute. Female masturbation is quite different because it allows a woman when alone to focus on the taboo aspects of sex that she finds arousing enough to reach orgasm.

**WHAT'S NEW:** Some women's use of surreal fantasies does not transfer to sex.



Shere Hite analysed women's experience of orgasm during sex as follows (p230-231):

Orgasm regularly from intercourse	30%
Need additional clitoral stimulation	19%
Orgasm rarely from intercourse	22%
Never orgasm from intercourse	29%

So half of her sample said they **never or rarely orgasm** from intercourse.

Kinsey found that **only some women** (36-44% of his sample) said they could **orgasm** with a partner **sometimes**: 70-77% of the time (p375). Female **orgasm was more reliable through masturbation** with a 95% success rate (p132) but also more easily achieved, in 4 minutes, compared with 10 to 20 minutes or longer during sex (p626).

Research into female orgasm will always attract a disproportionate number of women who masturbate because women are much less confident about orgasm during sex.

Some women describe sex as orgasmic but they don't behave sexually as men do. So women do not pay for sex and they tend to feel exploited by non-relationship sex.

Despite the intense interest in female orgasm and how it might be achieved with a partner, everyone assumes that every other couple out there has it all figured out. Yet no one EVER asks about male orgasm. Female orgasm is an **optional pleasure**.

**WHAT'S NEW:** Sexual bravado means that few sources challenge our unrealistic expectations by explaining that **orgasm is not an everyday occurrence for women**.

## *Relationship 'give & take'*



Couples need realistic information

- About the different rewards of sex
- To build successful relationships

Jane Thomas © 2012

[www.WaysWomenOrgasm.org](http://www.WaysWomenOrgasm.org)

Slide RSM6

Sex is easy in the early days but many women find it much more challenging to satisfy a man's sexual needs over the long term. Embarrassment over acknowledging men's higher sex drive means that couples who seek help feel abnormal. They are simply brave enough to confront an almost inevitable issue in heterosexual relationships.

Kinsey commented on how amazing it is that couples ever find a solution (p520).

Men's desire to stimulate a woman through thrusting causes them to focus on female orgasm. But women are clearly **not motivated by orgasm** as men are. Of women who masturbate, Kinsey noted they do so on average, once every 3 to 4 weeks (p144).

Men are **aroused much more easily** than women are, so sexual pleasure is more appealing to men. This is simply a balance of EFFORT versus REWARD. Women lack men's sex drive but also **orgasm is less vital to a woman's sense of well-being**.

So women **fake orgasm to avoid disappointing men** but this 'solution' doesn't help couples get the most out of sex. The man **assumes that he is satisfying his partner** so he never accepts the need to offer some sensual sex play before taking his orgasm.

Why are we so reluctant to admit that relationships involve making effort that is not for our own direct benefit? A woman gives to a man through sex by supporting his ambition for **an active sex life** when she feels **loved and appreciated** by her partner.

**WHAT'S NEW:** A relationship may make a woman more amenable to sex but the romantic emotions associated with a loving relationship do not cause orgasm.