



Relationship Sex

By Jane Thomas

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I am not a therapist. I am simply a woman who has **questioned** her experience of sex.

I consulted therapists but I found **no one who would acknowledge my experiences** until I read Shere Hite and later Alfred Kinsey. They described my situation so exactly that I wondered why no one had told me about their findings about female orgasm.

The findings of Kinsey and Hite are **as relevant today** as when they were published:

- Men are much more sexual than women (as measured by the incidence of orgasm)
- Female orgasm is most easily and reliably achieved through masturbation
- The vagina plays a more significant role in male arousal than in female arousal

Around **half of the women** in their samples openly admitted that intercourse was not orgasmic. Today instead of being told that they are facing unrealistic expectations for female orgasm, women are 'treated' for a **lack of sexual desire** and a **lack of orgasm**.

What's new about what I have to say:

- Women's innate sexual responses only **appear** to differ between individuals
- Some women confuse **sensual and emotional sensations** with orgasm
- A woman offers sex to a man in return for **support and companionship**

Since my work builds on theirs I need people to understand their work first. You could deduce the basics of male sexuality by talking to a handful of men. Women's sexuality is much more obscure because of the **different interpretations** they place on orgasm.

Orgasm advice



Women fake rather than pay for advice

- So therapists advise on relationships
- Rather than on orgasm techniques

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The world is made up of a **wide variety of people** each with a different viewpoint. Yet there is a **curious lack of tolerance** around accepting women's different experiences.

A woman may be completely gutted (as I was) that sex is non-orgasmic but she can live with it. Women can have sex and get pregnant without ever having an orgasm.

People who go to therapists do not represent the norm. What women say about orgasm in public is **only talk** of experiences that compare well against popular beliefs.

I am not talking about women who have 20 orgasms a day. The average woman (who is married and has children) wants **realistic advice** that can help her deal with the **challenges** of heterosexual relationships and **make the most out of her sex life**.

People who advise on female orgasm do so from a position of superiority rather than from direct personal experience of having had issues with orgasm or sexual desire.

When I have consulted others I have been told:

- No one else ever has the same difficulties in long-term relationships
- My problems were due to ignorance, inhibition or my partner's ineptitude
- There were **no explanations** - just bravado, defensiveness and talk of love

Sex therapy tends to focus on sensual pleasuring rather than the specifics of how **women can stimulate themselves** or what **erotic turn-ons they use for orgasm**.

WHAT'S NEW: Female orgasm is not nearly as common as we would like to believe.

Sexual bravado



It is assumed that just because

- Intercourse is arousing for men
- It must be equally arousing for women

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Kinsey concluded that around 30% of women are 'sexually unresponsive'. At the same time because he simply documented what women told him, his report made every woman an authority on orgasm. No one has questioned the biological, physiological and psychological mechanisms that might justify how these orgasms are achieved.

No one in their right mind would admit to a lack of orgasm if they don't have to. A woman has absolutely no need to orgasm. Faking is easy when female orgasm is defined **implicitly** rather than in terms of **specific** physical and psychological stimuli.

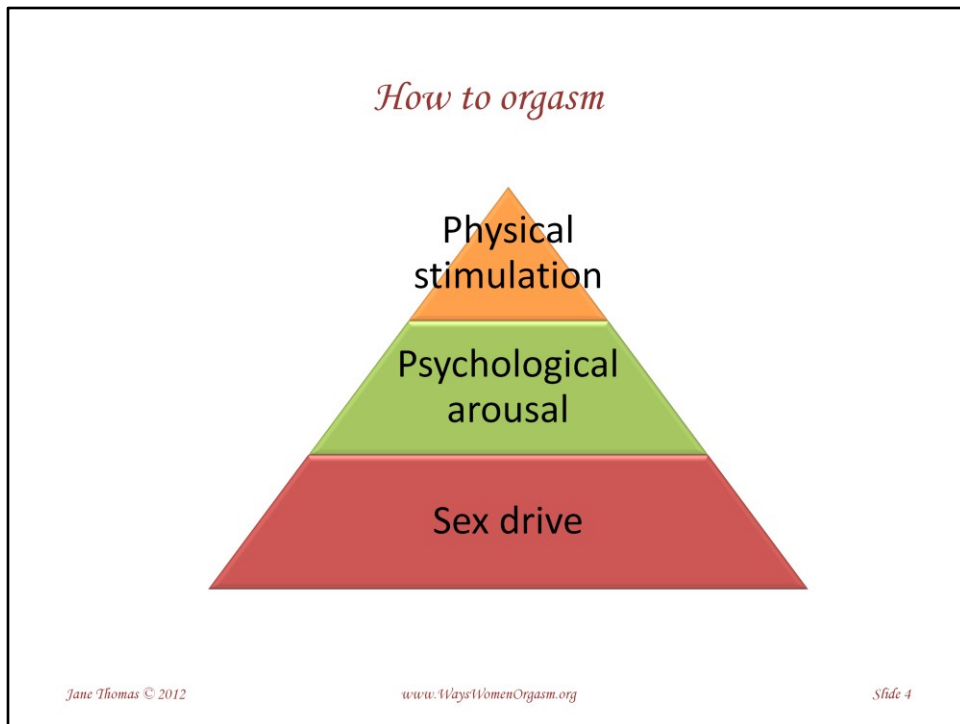
Men are never described as 'frigid' or as 'whores'. A woman consciously chooses to signal her sexual willingness by presenting herself in a 'sexy' way. If this behaviour was subconscious then every woman would behave in the same way - as men do.

Some women are promiscuous simply as a form of experimentation. **Women also often gain financially or politically through sex.** Women enjoy casual sex, not for orgasm but, for the thrill of the chase, the compliment, the novelty and sexual ego.

Today women like to imply that they gain the same from casual sex that men do. But sex is inherently a scenario where a man takes and a woman gives. A woman cannot 'use' a man's body for orgasm but she can certainly play on his insecurities as a lover.

One cannot present a fair picture of heterosexuality without acknowledging the advantage for women who respond during sex by **appearing to be sexually aroused**.

WHAT'S NEW: Women are pressured by expectations into describing sex as orgasmic.



In understanding female sexuality it is important to differentiate between a **woman's motivation to pleasure herself** and her motivation to **respond to a man's sex drive**. I am not saying that women don't want sex. I am talking **specifically about orgasm**.

No one tells boys that they need to focus on an aspect of sex they find arousing and stimulate their penis if they are to orgasm. Every boy discovers this by masturbating.

Whether a person is male or female, they need the following for orgasm:

- (1) Sex drive** – if a person is to orgasm they must first be motivated by eroticism
- (2) Psychological arousal** – being turned-on in your mind
- (3) Physical stimulation** of the erectile sex organ – penis or clitoris

It is vital to take a person's attitudes and experiences into account before giving sex advice. Yet women are advised as if they all approach sex from the same viewpoint.

In particular women have very different attitudes towards **eroticism and fantasy** which means that they interpret arousal differently. So a woman who masturbates approaches sex with very different expectations to a woman who does not.

It's as if heterosexual women get a gold medal for making an orgasm out of thin air. Why would anyone deliberately opt for zero fantasy and minimal genital stimulation? Surely **our enjoyment of these phenomena** is what **sexual pleasure** is all about?

WHAT'S NEW: Orgasm is achieved by using explicit mental and physical techniques.

Sex drive



Men want to thrust to orgasm whereas

- A woman feels sexually desirable or
- She is simply amenable to having sex

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It is often assumed that women have sex for the same reason that men do: to enjoy orgasm. But if women obtained the same pleasure from sex that men do then they would behave as men do. They would be more promiscuous and willing to pay for sex. Over the longer term women **prefer to have sex in the context of a relationship**.

The male desire for penile stimulation is aligned with their **biological drive** to impregnate a female. Women do not have the same biological and hormonal drive. For one they have no organ to penetrate with but also they have no reason to do so.

Men have much stronger sexual urges. Women's minds and bodies simply do not respond in the same way. Naturally this appears 'inhibited' from a male perspective.

Men naturally find it difficult to comprehend why a woman would ever object to sex. This is very understandable because **sex is almost always pleasurable for men**. But intercourse for a woman ranges **from rape to orgasmic** (when a woman loves a man).

A woman is not biologically driven to have sex with just any man she finds attractive. A woman agrees to have sex with one particular man but only once he has shown himself willing to romance her into bed (by being a loving and supportive partner).

If a woman wanted orgasm she would masturbate. A woman wants sex as a means of enjoying **emotional intimacy and affection**. She may also want to enjoy her ability to arouse a man or simply reassurance that her partner finds her sexually attractive.

WHAT'S NEW: Women do not have a biological and hormonal sex drive as men do.

Erotic turn-ons



A relationship may help make

- A woman amenable to sex
- But it cannot cause orgasm

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Sexual arousal is fundamentally a psychological phenomenon. Sexual arousal occurs when the mind tunes into thoughts of an erotic nature. Men are turned on - not only by sex itself - but also by sexual associations. **Women do not respond in this way.**

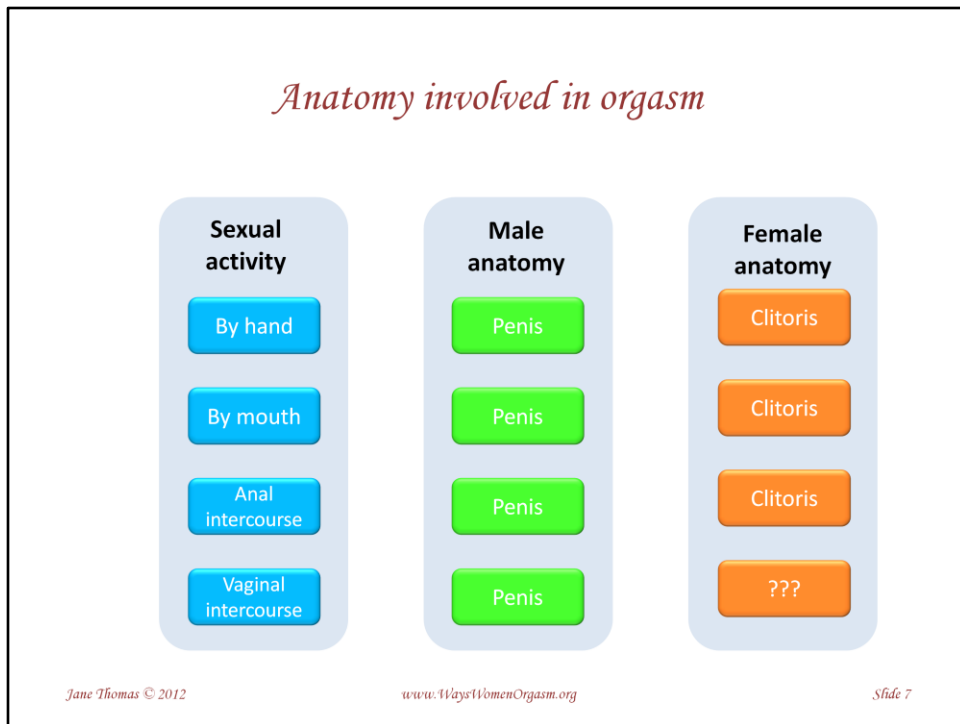
When a woman says that she is 'turned on' she means that she is amenable to sex. No woman approaches sex just short of an orgasm as men do. Otherwise, rather than rely on a lover, she would know instinctively which part of her body to stimulate.

Men think about sex much more than women do. So by the time they come to have sex they are already aroused (they have an erection) and it seems as if men orgasm simply as a result of physical stimulation. Many women do not have fantasies so they never realise that a woman can use fantasy for arousal. They assume that arousal occurs as a response to the emotional and sensual pleasures of a sexual relationship.

There is very little about sex that would make it arousing for women. Everything about sex (hairy skin, earthy smells and body fluids) is UNATTRACTIVE to women. Fantasy allows a woman to gloss over these unappealing, graphic aspects of sex and to focus on a more psychological view of sex by being the object of male sex drive.

Women's experiences of sensual pleasure, erotic anticipation and vaginal lubrication are all described as female 'sexual arousal'. Yet such responses hardly equate to the much more focused nature of male arousal, which inevitably leads to male orgasm.

WHAT'S NEW: Women are aroused by fantasy rather than by the reality of sex itself.



What is 'sexual intercourse'? It's important to differentiate between reproduction and how we enjoy sexual pleasure. Lesbians focus sexual pleasuring on the clitoris. Gay men enjoy receiving anal sex. Why do heterosexuals focus on vaginal intercourse?

Even though rarely trying for a baby, intercourse focuses on male orgasm. Intercourse is less explicit than other forms of genitally-focused sex play and is also relatively effortless for a woman. Mutual masturbation and oral sex both involve more work.

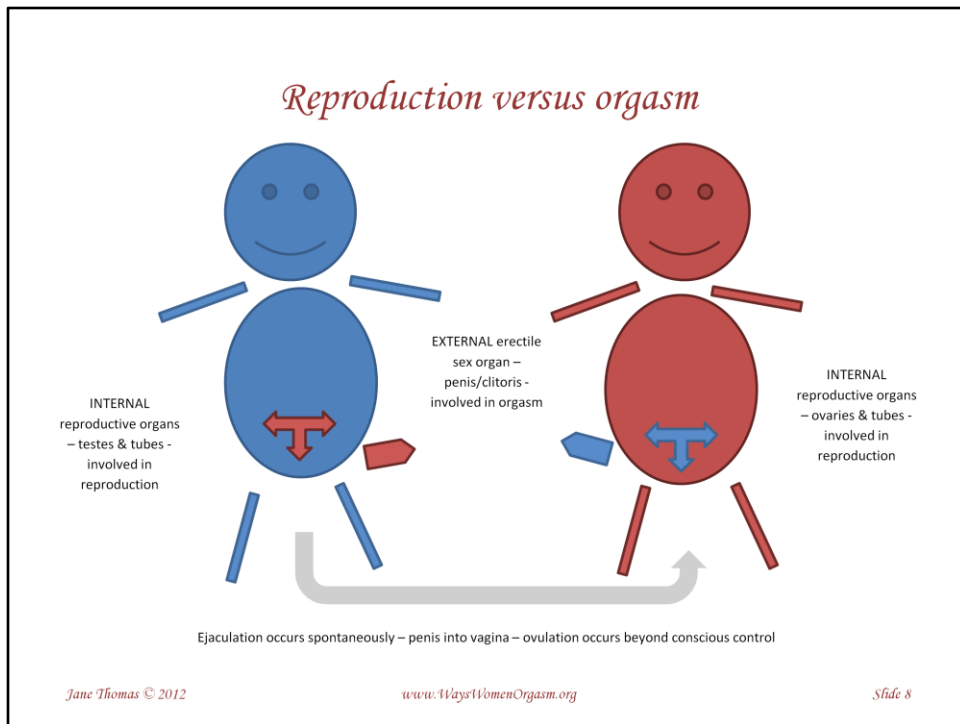
The facts are simple enough. The vagina (as part of the birth canal) is essentially **inert and has little sensitivity**. The clitoris is an **erectile organ** that is the anatomical equivalent of the penis. What function does the clitoris have if it is not orgasm?

Sometimes it is suggested that a woman needs to compensate for a lack of clitoral stimulation. But no one ever acknowledges that if clitoral stimulation worked as penile stimulation works then women would not need to be told. A woman could stimulate herself directly rather than settling for a lover thumping against her groin.

Which of these activities defines **sexual dysfunction** in both men and women?

What mechanism does Nature use so that heterosexuals prefer intercourse? Men's sex drive means they prefer intercourse whereas ironically women's LACK of sex drive causes them to accept intercourse over more genitally focused sex play with a lover.

WHAT'S NEW: A couple's sex life need not necessarily depend on a man's erection.



When I was ten years old I was given a book that described human reproduction. There was no mention of orgasm or the clitoris - only the penis and the vagina. The **external genitalia** are involved in **orgasm** and the **internal genitalia** in **reproduction**.

Women have quite separate anatomy for urinating (urethra), procreating (vagina) and enjoying orgasm (clitoris). For men, all of these functions are provided by the penis.

Women used to be described as 'frigid' when they failed **to simulate arousal** in response to intercourse. The requirement was never for a woman **to truly orgasm**. 'Vaginismus' is a **reproductive problem** because intercourse leads to pregnancy. The **sexual problem** arises because of a man's desire to penetrate and thrust to orgasm.

So the definition of women's sexual function or dysfunction is defined primarily in terms of their **ability to provide a man with intercourse** and to **respond (or appear to respond) to intercourse**. It has very little to do with their own orgasmic ability.

So women admit to making shopping lists during sex, married women come to view sex as a chore and others admit they never orgasm. Yet because this is so contrary to the male experience, no one ever considers that it might be **NORMAL** for women.

So-called 'female sexual dysfunction' (including a lack of orgasm and a lack of sexual desire) is not abnormal for women but simply the way Nature intended women to be.

WHAT'S NEW: Women's orgasmic ability is confused with facilitating male orgasm.

Orgasm during sex



Women assume orgasm 'just happens'

- So they never invest in fantasies
- They never stimulate their genitals

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As scientists, rather than accepting women's say-so unquestioningly, sexologists should welcome my challenge to substantiate these claims that cause so many other women to be deemed dysfunctional. Explanations for female orgasm should be based on women's personal experience and not on textbook theories written by men.

I have found that women give two quite different accounts of orgasm:

- They either **orgasm through masturbation when alone** but not with a partner; or
- They believe they orgasm with a partner even though they **never masturbate**.

Men have hormonal sex drive, they invest in sources of eroticism (porn) to feed their fantasies and they always they stimulate the penis directly up until the point of orgasm. How do women achieve the same thing (orgasm) when they have so little interest in any form of erotic fantasy and no desire to engage in genital stimulation?

Women who describe sex as orgasmic explain their arousal not in terms of engaging in sex with men in general. They only orgasm in response to **their partner's drive to have sex with them**. Accounts of **orgasm that depend on a loving relationship** cannot reasonably be compared with orgasms that arise from **more explicit stimuli**.

Some women enjoy cunnilingus (receiving oral sex). Others stimulate the clitoris by hand or with a vibrator during sex. They may describe such sensations as orgasmic but other women find that these same activities are only **mildly arousing** sometimes.

WHAT'S NEW: Women's reproductive role is confused with how they enjoy orgasm.

Female masturbation



Clitoral stimulation only leads to orgasm

- When a woman is alone
- So she can focus on fantasy

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Pornography is misleading because it shows women providing a masturbatory display for male gratification. Women's orgasmic ability is simply not this flexible or sociable.

Human life would end if it depended on women's single-minded focus on clitoral stimulation during sex. The emphasis on the clitoris (as if it is the only factor in how women achieve orgasm) is highly misleading because it ignores the much more critical issue of how a woman achieves psychological arousal with a partner.

Given sex is such a different experience to masturbation alone, it is not obvious **even to a woman who masturbates** what stimulation she needs to orgasm during sex. **The clitoris does not demand attention under any circumstances** as the penis does.

Just because a woman can masturbate alone, it is assumed that the same techniques work just as well during sex. But I have masturbated all of my adult life. If I have not succeeded with masturbating during sex why should any other woman be able to?

The confusion is caused by women saying that they use the same techniques (clitoral stimulation and fantasy) during sex. But these women don't masturbate so they have not learned these techniques from their own knowledge of how orgasm is achieved.

They learn from their partner's knowledge of modern pornography, which shows women or their partners stimulating the clitoris during sex. But if a woman could masturbate with a partner then she would also masturbate alone at least sometimes.

WHAT'S NEW: Masturbation involves self-motivation not just responding to a lover.

Exploring sex play



Sex advice should differentiate between

- How a woman enjoys orgasm and
- How a woman can enjoy sex play

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Men **enjoy foreplay because it adds to their own arousal**. Women don't have the same incentive to stimulate a man because doing so does not cause their arousal in the same way. Hence why **many women never volunteer any sexual pleasuring**.

Pornography depicts a fantasy world where women take the sexual initiative. The impression is that **women are naturally aroused and enjoy pleasuring men**. It is easy to forget that the women are **being paid to provide us with this fantasy**.

A woman needs to invest in sex for her partner's benefit:

- By giving erotic and sensual pleasure by arousing her partner
- By receiving erotic and sensual pleasuring by her partner
- In return for rewards within the wider relationship – affectionate companionship

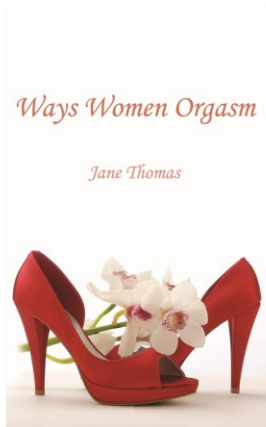
A man appreciates a lover who **provides some response to love-making**. A woman needs to anticipate and also to **offer more explicit pleasuring**. Men don't always want to be in the position of having to ask. They want to imagine that a **woman might enjoy pleasuring them**. This is part of the fantasy to some degree.

The ideal female lover takes an active role in sex. She responds to suggestions for spending intimate time together and is willing to explore more adventurous sex play.

An unresponsive lover leads to male performance problems. A woman's generosity depends on a man's sensitivity to her needs and on the quality of the relationship.

WHAT'S NEW: Women invest in sex when they feel loved and appreciated.

Pleasuring a woman



Sex information needs to be honest

- About the effort and rewards
- Involved in a sexual relationship

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When we talk about a person being sexual we often talk in terms of their ability to orgasm. But orgasm only lasts a few seconds. A woman's sexuality revolves more around her **ability to arouse a partner** and **engage in pleasuring** a lover through sex.

Women feel dysfunctional today only because others are telling them that women 'naturally' experience and respond to sexual activity just as men do. I believe that it is important to be honest about the rewards that men and women can expect from sex.

Everyone is **obsessed with orgasm** as a measure of women's satisfaction but a more meaningful focus is how couples can get the most out of their intimate time together.

My book and website present a discussion of:

- The **facts of female sexuality** backed by experts and researchers
- Detailed explanations of **women's orgasm techniques**
- Ideas for how couples can **explore more adventurous sex play**

There are 120 stories that explore some of the contradictions and myths that surround our understanding of female sexuality today. The focus is on posing questions that get the reader to think about their own experiences of sex and the world around them especially by comparing real life with fictional accounts.

My forum and research is **on-going** because I am asking people to contribute their experiences that are not just sexual bravado but **honest real-life** sexual experiences.

WHAT'S NEW: Keeping sex alive involves exploring sex play beyond intercourse.