

SexSense[©]

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FEMALE INITIATION

Q: My husband and I were high school sweethearts. Now we've been married for a number of years and have a toddler. My problem is that he no longer initiates sex with me. I feel very hurt about this. When I talk to him about it, it doesn't do any good. When I initiate sex with him, he responds 100 percent, but I still feel upset and resentful that he doesn't initiate with me. In fact, I've given up.

A: If you've given up initiating, then you are both being deprived of the special bond of touch. I would suggest that no matter what happens, you continue to display your love and affection towards him by initiating sexual encounters.

There are many reasons why sexual patterns of initiation change. He may be responding to the increased demands of having a family (and the shift in attention it requires); he may be overburdened by occupational obligations; he may have difficulty reconciling your present role as a mother with your former role as a sexual/sensual partner. Perhaps there have been other significant life changes that could be affecting his feelings. Has any of this been expressed to you either directly or indirectly? It is likely that the pattern of initiation will change again in the future.

His lack of interest in initiation should not be construed as a statement about your desirability as a wife or sex partner. What is important is that he responds 100 percent when you initiate. It tells us that his ability for sexual excitement and arousal towards you remains intact. The tough part for him right now is getting jump started.

It may be your time in the relationship to assume the assertive role. I understand that this may be contrary to your "training" and experience. However, when you think about it, it's romantic to let someone know that you are interested in bedding them, especially if it's not typical to do so. It puts you in control in a way that you may not have experienced before. Look at this as an opportunity to try out some new behaviors.

Are there any other ways he shows his love and desire for you? There may be some exceptionally kind and considerate things he does that you are not acknowledging as important because you are focused on the one area of sexual initiation.