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## Partial Lecture notes for Free Download

### LIBIDO SHUTDOWN - POTENTIAL THREAT TO THE WHOLE FAMILY

#### Female shutdown

A woman's responsiveness to a man can be a liability, as well as an asset to her femininity. Consequently, her level of libido often reflects what her husband thinks of her and how he treats her, (or else what a man once did to her in earlier years -see notes on 'Echoes'). However, her frigidity is never simply 'her' problem, it heals much faster when it becomes 'our' problem. Is she indulging her husband's adolescent attitudes / demands through learned or 'Christian' passivity / submission? .....

#### 12 Possible causes

1. Memory of / nervous expectation of pain - can cause vaginismus in extreme cases - physical apprehensiveness in mild cases. Trust in her husband's gentleness, technique and consideration must be rebuilt, to the point where she feels relaxed and safe.
2. Space / boundary 'intrusion'. "This man is *not* my best friend, in fact his touch feels like a boundary violation to my body." This is simply a lack of friendship / bonding, or too much accumulated resentment, or an echo from an old trauma that has damaged her ability to rightly interpret reality. (Her feelings are deceiving her, at a subconscious level.)
3. Erotic desire suppressed, due to very early (premature) awakenings that were unpleasant / guilt inducing, or mothers own bad attitude that was imparted (soaked up).
4. Erotic desire lacking, due to exhaustion, hormonal deficiency / bio-chemical / menopausal? Oestrogen levels? Depression? Grief? Burnout? Pregnancy recovery?
5. Feeling used / abused / the 'piece of meat' with associated resentment / anger. Belittling / derogatory comments / tone of his voice, premature ejaculation, or adolescent 'wham, balm, thank you Ma'am' attitudes. (Is she 'punishing', rather than 'correcting'?) "Is he admirable, or does he revolt?" (Smell, hygiene, approach etc) "Is my body mine to give, or isn't it?" "Does sex confirm my inability to set boundaries around my own body, or does it leave me feeling coerced?" Are the scriptures about a woman's body not being 'her own' being used simplistically and coercively? Does sex make her feel more or less cared-for? Echoes of abuse, powerlessness, victim-hood, self-disgust, from past unpleasant experience or trauma. Feeling stuck in the past. "*Before she can give her body, it must first be hers to give.*"
6. Fear of pregnancy / childbirth / more children. More reassurance / more power / more parenting skills required.  
to enter her mind first? If not, why does he get away with it? This is really an assertiveness problem in her. The man does not automatically know how to love her *until she teaches him. Does she know herself, what she needs?.....*

#### A woman should never make love on these four beds

1. A bed of anger / resentment.
2. A bed of obligation, duty or coercion (deep ambivalence results).
3. A bed of exhaustion.
4. A bed of echoes.

If you find yourself deeply ambivalent, stop all sexual contact, and find out from the list above, what the real cause actually is. You don't have to feel 'turned on' to gift him with your body, but you shouldn't give it as a 'martyr' either. "Let your yes be yes and your no be no" is the best piece of biblical advice for a woman in sexual shutdown. But don't bury your head in the sand - get help before it's too late. It won't just 'go away', and you are endangering the future lives and happiness of yourself and your children by dumping .....

**Contributing masculine problems:**

- ❑ Refusal to enter her mind before her body and *hear* her heart. (Allergic to feeling inadequate?)
- ❑ Impatience & selfishness ('me first' lust.) Disregards boundaries and disrespectful of the woman's priorities. (Uses scripture coercively.)
- ❑ Ignorance of a woman's physical and emotional responsiveness. (Separation of sex and soul.)
- ❑ Ignorance of effect of tone-of-voice. Denigrating speech patterns.
- ❑ Pride (refusal to take correction) and insecurity (refusal to be vulnerable / emotionally naked - prevents bonding) .....

**Male Impotence – five common causes.**

1. With-holding sex to punish – get back power – for old wrongs not made right. Resentment of female power (misogyny) A misguided plea for a change in attitudes.
2. Grief or depression, as in recent bereavement or life-crippling blow / disappointment.
3. Physiological. Eg high blood pressure .....

**Eight Destructive Motives for Having Sex**

1. When given out of obligation, as a marital duty, because one 'ought' to. (How did it come to this?)
2. To secure a favour or repay a favour. (Is this your only bargaining power?)
3. To gain a feeling of conquest or victory - an antidote to the feeling of powerlessness. (This will leave the other feeling used and you looking for the same again the next time the feeling rolls down.)
4. As a substitute for verbal communication. (The ability to negotiate never really gets off the ground.)
5. Using it to overcome a sense of inferiority - especially in men looking for proof of their masculinity.....

These all turn it into a 'taking' experience, which denies the real value of the other as a person, or else to act as a 'quick-fix' to problems which need other, less behaviouristic solutions.

CONCLUSION - Before a person can give his or her body, it must first be his or hers to give. Healthy libido relies in part upon a respect for boundaries and a balance of power. When one over-functions in this arena, the other will often under-function to compensate, by ceasing to ever initiate and become the passive 'object'. As well, I consider that, because of the need for mutual help and instruction, after several years of marriage, men and woman both get the kinds of lovers they deserve. ....

**EMPOWERING QUESTION;**

When I think about indulging in sex with my partner, I anticipate feeling:-

- Disappointed?
- Resentful?
- Happy?
- Aroused?
- Raunchy?
- Erotic?
- Romantic?
- .....

In the aftermath of destructive awakenings / introductions, listed below are 15 Conclusions in urgent need of revision.

Sex will hurt me / cause me pain.

This is the only way I can get the attention I need.

I'm not able to safely refuse.

Sex is dirty and will make me feel guilty.

If my husband can't make me climax, there must be something wrong with me.....

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