

Lewis R. Bigler, 4476 Main Street, Suite 204 Snyder Square, Amherst, New York 14226

When it comes to sex and affection, you can't have one without the other.

The number one sexual problem in American couples is low sex and no sex marriages. The second most common problem is the difference in sexual desire between husbands and wives. What does this mean for your relationship/marriage? How can you understand and confront this issue of low sex or no sex in your relationship/marriage?

Sexual Fulfillment and affection are two different but related issues in all couple relationship, both in men and women:

Many husbands have Sexual Fulfillment and Affection all backwards. For them, sexual arousal makes them feel more affectionate. They try to explain to their wives the importance of having sex more often so that they'll feel like being affectionate. But that argument usually falls on deaf ears.

Some women will have sex with their husbands just for the affection they receive while making love, but it tends to leave them resentful and bitter. As soon as sex is over, their husbands go back to their unaffectionate ways, leaving their wives feeling unloved. They feel that all their husband wants is sex, and they don't really care about them in any other way. That attitude destroys their feeling of intimacy and the bond of unity. But that attitude can change if their husbands learn to create an environment of affection by learning habits that produce a steady stream of love and care.

Just as men want their wives' sexual response to be spontaneous, women prefer their husbands' affection to be spontaneous. There is a certain spontaneity to our behavior once it's well learned, but when we try to develop new behavior it seems contrived and unnatural. At first, efforts to be affectionate may not be very convincing and, as a result, may not have the effect of spontaneous affection. But with practice, the affectionate behavior eventually conveys accurately the feeling of care that husbands have for their wives. That, in turn, creates the environment necessary for a more spontaneous sexual response in a woman.

A woman's need for affection is probably her deepest emotional need. But all that I've said here will prove of little value if a wife fails to understand that her husband has an equally deep need for sex. For men, sex is not just one of several ways to end a lovely evening. To the typical man, sex is like air or water. He can't do without it very well.

If a wife fails to understand the power of the male sex appetite, she will wind up having a husband who's tense and frustrated at best. At worst, someone else may step forward to meet his need and, tragically enough, that happens all too often in our society. But it can all be avoided if husbands learn to be more affectionate and wives respond with more eagerness to make love. When it comes to sex and marriage, you cannot have one without the other.

Lewis R. Bigler, 4476 Main Street, Suite 204 Snyder Square, Amherst, New York 14226

Questions for Him

1. On a scale of one to ten, with ten being “very affectionate,” how affectionate am I toward my wife? How would she rate me?
2. Is affection the environment for our entire marriage?
3. In the past have I tended to equate affection with getting sexually aroused? Why hasn’t this worked?
4. In what specific ways do I show my wife affection?
5. Would I be willing to have her coach me in how to show her more affection in the ways she really likes it?

Questions for Her

1. Is affection as important to me as this paper claims?
2. If I’m not getting enough affection from my husband, am I willing to put aside my pride and patiently coach him?
3. Would I find it easier to make love if I felt he were truly interested in me and affectionate toward me?

To Consider Together

1. Do we need to talk about affection? If so, what exactly do we need to share?
2. Is there enough affection in our marriage? What examples can we give?
3. How can we have “affection practice”? What is comfortable for both of us?

**Lewis R. Bigler, M. Div., MA, AAPC Diplomate
Family/Marriage/Individual Counselor/Mediator
Licensed Mental Health Counselor
4476 Main Street, Suite 204 Snyder Square
Amherst, New York 14226
716-634-0658
www.Biglercounseling.com**