

ASK DOCTOR D

Having Less Sex, But Enjoying It Less!
-by Demian, Ed.D.

Q: Sometimes my partner and I have different ideas about what to do in bed. Also, we aren't having sex as often as we once did. I'm beginning to think we are sexually incompatible. What can I do about it?

A: Many couples find that the frequency of sexual activity declines somewhat as their relationship progresses. However, familiarity can bring the kind of mutual awareness that stands to increase the quality of sex.

Try this sexual compatibility evaluation on for size. It will help you assess the degree to which you and your partner agree about matters sexual. More than that, it gives you a great excuse to talk with your partner about sex.

Complete and score individually--don't peek! Then compare your answers. Rate each of the following as:

1-disagree 2-disagree somewhat
3-mostly agree 4-completely agree

- 1) We like the number of times we have sex together.
- 2) We like the same kinds of sex.
- 3) We respect one another's sexual desires.
- 4) We tell one another if we develop a sexually transmitted disease.
- 5) We talk freely about our sexual fantasies.
- 6) Orgasm is not our goal every time we have sex.
- 7) We share a perspective on masturbation.
- 8) We agree on the amount of openness to outside relationships.
- 9) We share ideas about nudity.
- 10) We don't use sex for reward and punishment.
- 11) We agree about the use of erotic paraphernalia.
- 12) Sex is not a "spare time" activity for us.

How to score:

12-24: Relationship may indeed be hampered by sexual incompatibility.

25-36: Some problems, work together on improvements.

37-48: High sexual compatibility (Write and tell me how you do it!).

Now compare and discuss your answers, especially where you disagree. (If your individual scores differ by 10 or more, then you really need to talk.)

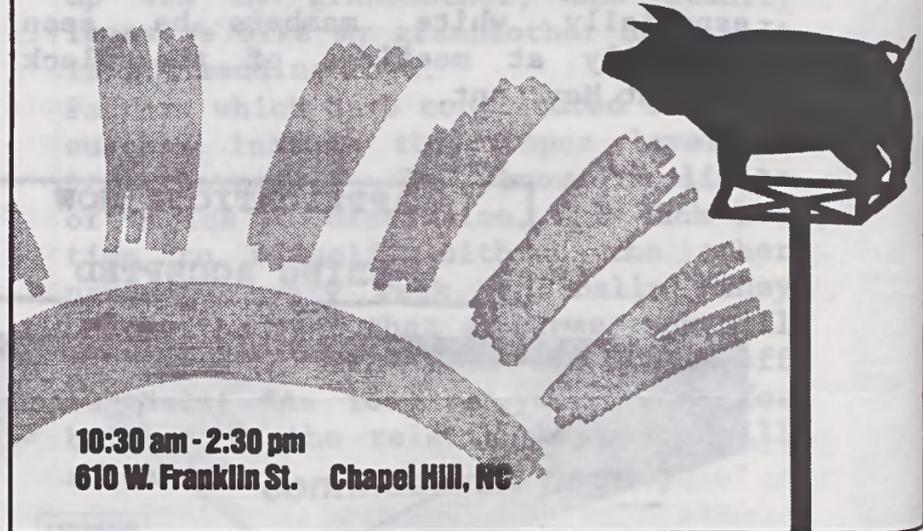
Some think talking about sex kills the romance, but you're not looking for romance here. You want mutually

satisfying results. The best way to get what you want, and deserve, is to ask for it. If talking isn't enough, consider seeking assistance from friends or professional counselors.

TIP: Sexual compatibility is not necessarily the hallmark of a successful relationship. Success is maintaining communication and being able to work together for common solutions.

Demian is co-publisher/co-editor of PARTNERS: The Newsletter for Gay and Lesbian Couples. Send your questions about gay and lesbian relationships, for possible use in future columns, to PARTNERS, Box 9685, Seattle, WA, 98109.

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