

THE TOP 5 MYTHS

KEEPING YOU FROM GETTING
THE SEX LIFE YOU WANT!



Every day in our practice, we see women just like you with ideas about sex that are unhelpful, misleading, and just plain wrong. That wouldn't be so bad except that in some cases, these myths can undermine your whole sex life! The sex education you've received from school, home, friends or even porn can leave you with misleading ideas about so many aspects of your sex life, sometimes making you feel like you're abnormal or crazy...even when everything you are experiencing is perfectly normal.

Here are some of the top myths that I see ruining women's sex lives every day.
Now let's bust them!

MYTH #1: SEX COMES NATURALLY.

Yes, for some girls and women, having sex and loving it comes naturally. But hey, so does sinking a jump shot. Finding out what feels good, negotiating with a partner as to the kind of sex you want, figuring out how to have an orgasm or just adjusting to intercourse can be a process. For most of us, learning how to have sex and enjoy it takes lots of practice, plus some good old trial and error. Let's use the analogy of clothing or makeup. Sure, some people seem born with an innate style and seem to know what to wear and how to wear it effortlessly. Most of us don't though. It's something we have to pay attention to, work at, and ask advice for. It's something we experiment with and develop. Same goes for you and your sex life. Whether you are single or with a partner, sex is something learned and practiced. You shouldn't feel like there's something wrong with you if you feel clueless about sex. Sex does not always come naturally.



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MYTH #2: I SHOULD BE ABLE TO ORGASM FROM INTERCOURSE.

No, you shouldn't. That's a myth created by the movie, porn and romance novel industries. Okay, if you force me to, I'll say it was a myth created by the patriarchy (or at least men, who think the penis is the be all and end all of sexual encounters.)

Here's the reality. Your vagina (the part that is stimulated during intercourse) has 2,000 nerve endings. The clitoris has 8,000 nerve endings. Which do you think would be more likely to lead to orgasm?



So how "should" you have an orgasm? Well, please keep this statistic in mind: 30% of women (that's 3/10 for those of you who are a bit math challenged like me) can have an orgasm, just from a penis in a vagina. 70-80% can have an orgasm from a hand or a mouth. And around 94% can have an orgasm **using a vibrator**. So, I think that gives you your answer. There is no "should" here. There is only statistical support. You "should" have an orgasm however you best have an **orgasm**. Have an orgasm using a hand, a mouth, a penis or any combination of those and you are good to go!

MYTH 3: SEX AND INTERCOURSE ARE THE SAME THING.

We live in a society that uses "sex" and "intercourse" synonymously, but that is such a limited lens to use when talking about sex. Sex encompasses so much more. Not everyone likes the same sexual activities. Some women love intercourse, and some just don't. (See Myth # 2 above that intercourse will be the best path to orgasm.) And if you're one of the ones that don't, that doesn't mean you don't love your partner or don't feel attracted to them. And it certainly doesn't mean you don't like sex! And don't let anyone tell you otherwise. When you stop thinking about sex as just intercourse, it changes everything. It opens up your whole world! Think about oral sex, anal sex, using your hands and your mouth, or any of the other 50 body parts or toys you can imagine and find what you do love. And know that it is very likely that over the years, things might change for you.

Your sexual preferences probably aren't going to stay the same. Today you love oral sex but don't love intercourse. Five years from now you might be saying to yourself, "was I crazy? I love intercourse!" Keep an open mind, realize how truly all-encompassing the world of sex is and figure out what kind of sex you do like. Because intercourse and sex are not synonymous.

RE-DEFINING SEX

Re-think what you have been taught about sex and intercourse. Learn how to spice things up in the bedroom.

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MYTH #4: IF YOU ARE HAVING SEXUAL PROBLEMS IN YOUR RELATIONSHIP, IT MUST BE BECAUSE OF EMOTIONAL ISSUES.

Sexual issues are not always “in your head.” And they are often not a reflection of other problems in the relationship, although that’s what our society seems to assume. How often have you heard “Oh, you are having problems having an orgasm? You must be ambivalent about your partner.” That is hogwash. Obviously, what is happening in your relationship can have a significant impact on your sexual health. But

there can be issues completely independent of your relationship which are leading to sexual problems: shame, body image, boredom, medication, or other physiologic components for example.

Your **low desire, poor arousal** or **orgasm issues** might be completely independent of your relationship, so don't go creating a problem in your relationship because there must be something wrong and now you have to go find it. I do need to add that problems in your sex life can lead to problems in your relationship and sometimes, when left unaddressed, those can become harder to fix than the original problem. But blaming all the problems in your sex life on problems that don't exist in a relationship can actually create problems or convince you that there are problems that truly aren't there. And that's really easy to do. So, try not to fall into that trap.

LOST YOUR DESIRE?

*We can help you find it.
Lack of desire can be caused by
both psychological and
physical factors.*

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MYTH 5: WHEN SOMEONE LOVES YOU, THEY SHOULD KNOW INTUITIVELY WHAT FEELS GOOD TO YOU.

What you want and like in bed is obvious, isn't it? No, actually it's not and the sooner you realize that's true, the better your sex life will be. It seems so obvious when you think about it: people like different things sexually so how could anyone know intuitively what someone else likes? That's almost like saying my new partner should know instinctively what I like to eat, without me telling them! I hope you are seeing the absurdity of that idea. But somehow, we retain the fairy tale notion that if our partners were actually in tune with us, they'd know instinctively what turns us on. It's just one more problematic myth.



(MYTH #5 Continued)

Here is the reality. What turns on one person might not turn on someone else.

More importantly, expecting your partner to be able to know instinctively what you want, is not only unrealistic but can hurt your relationship. For most couples, developing a sexual dynamic means having a level of patience, getting past the shame element, and accepting what you like as fine and normal and then learning to communicate that to your partner, both verbally and nonverbally. Figuring out what you want and communicating that to your partner is going to be critical for your sex life all the way through (because trust me my friend, it will change). So, dig in and get started!

Whether it's porn, sex in the media, cultural values or you're just not sure where you learned it, our thoughts about sex ultimately shape our experiences. At Maze, it's our mission to dispel the myths, so you can have a healthier and more realistic understanding about your sex life. While we wish we could cover all of the misinformation out there, keep in mind that these are only our top 5 myths. So stay tuned for more!



If you're feeling unsure about your sex life, **contact us for a free phone consultation**. Our sexual health specialists are more than happy to help!