

When Sex Was Never About You: Why Desire Feels So Damn Complicated



Let's talk about desire, and the deep shame and uncertainty that creeps in when your reality doesn't match what society says it **should** be.

As a sex therapist and sexologist, I see it all the time in my practice: people feeling broken, confused, or guilty because they don't "want it" the way they think they're supposed to. And you know what? That's not a personal failing. It's a systemic one.

Because it's really hard to want sex when sex has never really been about you.

If that sentence hits home, you're not alone. It's one of the most common dynamics I see in therapy, especially in heterosexual relationships, where sex is often centered around male pleasure, and women are left feeling like an afterthought. Or worse, like sex is just one more thing on their to do list.

Sometimes this shows up subtly:

- Performing pleasure to keep the peace
- Saying yes out of obligation
- Feeling guilt instead of excitement
- Going through the motions, completely disconnected from your own body

And sometimes it's loud and obvious:

- Feeling resentful
- Feeling invisible
- Wanting to shut it all down completely

That's not low libido. That's a protective response to years (maybe decades) of sex not being collaborative, curious, or nourishing. That's your nervous system doing its job.

Desire types are different, and that's normal. Some people are spontaneous. Others are responsive. Some want novelty. Others want emotional safety and consistency. None of it is wrong, but when society only teaches one narrow, performative version of "desirable," we end up thinking we're the problem if we don't match it.

So let me say this clearly:

- You're not broken.
- Your desire isn't defective.
- You don't need to push through or "fix" it with lingerie or more date nights.

You need **support** that's actually trauma informed, pleasure focused, and rooted in **your** experience, not some outdated sexual script handed down by Cosmo and purity culture.

Are you working with a sex therapist?

Because while many couples or marriage therapists are incredible with relational dynamics, most aren't trained in sex therapy. And when intimacy is at the core of your distress, that lack of support can leave you spinning in frustration, blaming yourself, or checking out completely.

That disconnect is more common than you think. In so many relationships, sex becomes something women do **for** their partners, often heterosexual male partners, rather than a shared space of intimacy, mutual pleasure, and emotional connection.

And over time, that does damage.

I work with clients to shift the entire framework.

✨ From "sex" to **play**.

✨ From performance to **pleasure**.

✨ From obligation to **openness**.

We unpack the resentment. We challenge the assumptions. We re-educate each other on what feels good, what's wanted, what's not. And we heal the internalized scripts that taught you to be small, accommodating, or quiet in the bedroom.

It's not always easy work, but it's powerful. And it's worth it.

Because you deserve more than obligation sex.

You deserve to feel **seen**.

To feel **heard**.

To feel **wanted** for **who you are**, not what you give.

Let's stop pretending sex is simple. It's layered, nuanced, deeply personal, and when it's never been about you, of course it's hard to want it.

But it **can** change. And you don't have to do it alone.

Disclaimer:

The content in this document is intended for educational purposes only. It is based on clinical observations, professional experience, and over seven years of specialized education and training in the fields of sex therapy and sexology. This material does not constitute medical or psychological advice, diagnosis, or treatment. Please consult a qualified healthcare provider for personalized guidance or support.