



What most women don't understand and need to know about Men and Sex

For as long as it's been discussed, it's pretty much been agreed that sexual interest is culturally seen as more of a man's domain. After all, men have two brains. One in their head. The other in their penis. But how much do we *really* know about men and sex? Here are 5 of the most popular questions I get asked. I hope the answers lead you to a better understanding and accepting of the man in your life. This way you can love him in spite of his Martian differences!

Why is sex so important to a man?

Men don't just want sex to scratch an itch. They need it to connect emotionally. Why? Despite huge advancements, it's still the case that boys are brought up to be "big, strong men". Which in reality means, suppressing emotions. For example, a daughter is comforted when she's crying; her brother is told: *big boys don't cry*. As a result, this kind of programming has effects later in life: A lot of men have difficulty expressing their emotions. Yet, when they make love, sex acts as a way of communicating their warmth and tenderness, in a style that feels comfortable to them. At the same time, men say they feel loved, accepted and appreciated when they make love. For women, emotional foreplay needs to happen before we reach the bedroom. Billy Connolly was so right: *women need to feel loved before they have sex, and men need sex to feel loved*. Like he said, how do we ever get started?!

Why does a man love his penis so much?

Ever thought of giving your vagina a pet name? Exactly. As women, we just have a completely different relationship with our genitals. One explanation seems obvious: a man's genitals are external; they're in his view, which means he's constantly aware of his penis. Since a baby, he has developed a relationship with it. He's caressed it and it made him feel good. As an adolescent, he learnt from society that his penis will play a role in *making him a man*. Plus, at this stage in his life, with overwhelming hormones racing around his body, he soon recognises that it will be a source of constant – on demand - pleasure. But have a penis that isn't "predictable" or "big enough" then there's nothing you can do to hide that. Which means a penis – much more than a vagina can also be a source of great anxiety.

Why can a man walk away guilt free from a one night stand?

Either from witnessing it through our own or our friends eyes, we know that men can walk away after a one night stand – without an ounce of guilt. But why? Men, since puberty, have learnt to see and appreciate the act of sex for its own sake. No fulfilling relationship needed. Much more than for women, sex for men, can be impersonal. Perhaps it's a biological hang over from his hunter-gatherer days all those years ago - when men were genetically programmed to sow their seed as wide as they could for the sake of evolution. Whatever the reason – and there are many (including a difference in male and female brains) he has the ability to walk away emotionless whilst you, as a typical woman, don't have this luxury.



Is sex the most important thing in a relationship for a man?

Actually no. Contrary to what you might think at times, they really aren't that shallow. Sex for men is *part* of a good relationship. A man will only stay with someone if he's also turned on by what comes out of her mouth. Being kind, funny and loyal are attributes that are important to both men and women. However, before we get carried away into one of my favourite places – fairytale land - there's one important difference that you should be aware of. According to what I've heard and read over the years, I'd estimate that around one in four men would stay in a relationship longer, despite knowing they wanted to leave it, if the sex is good.

Why do men masturbate, even when they have a partner?

This is a question that still baffles so many women. And understandably so because we just don't have the same levels of desire for it. Since teenagers, boys have practised the art well. That's not to say that girls don't masturbate, they just don't do it to the same extent of boys their age. And it's the same in adulthood. There's another stark contrast: Whilst as women we'll have a chat to our best mate or watch *Desperate Housewives* to relax, men will masturbate. They can be de-stressed 30 seconds later. Are you starting to see the appeal? But ask any man, and almost all of them will say solo sex doesn't come anywhere near the sexual and emotional enjoyment of having sex with someone they have a connection with. Phew!

If have any questions about your man, or comments about this article, please get in touch. And if you want to know more about men, sex and pleasure, a great book to read is the bestseller, *The New Male Sexuality*, by Bernie Zilbergeld.