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Information & Support



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## UNDERSTANDING LIBIDO...

What is libido? It is our sexual drive, or simply the desire for sex. The level of libido is an individual issue and can change with age. Moreover, it depends on a number of factors that influence one another. It is worth knowing how we can take care of our sexuality in this aspect.

### RESPONSIVE DESIRE

Modern pop culture has established a model of a person who is willing to have spontaneous sex always and everywhere. This is why many people believe that their libido is close to zero, not knowing that there is such a thing as responsive desire. What does it consist of?

Imagine someone urging you to go for a walk. Even though you don't want to move from the sofa, seeing the other person put on their shoes, you go out with them. As you stroll through the park alleys, you feel great, you enjoy being out of the house, you get the urge to walk for longer. And this is how responsive desire works: you don't feel like having sex, but you acquire it through the other person's actions in the right situation (kissing, massage). This does not mean that we don't have a libido at all, it just means that it needs a little 'help' to become active.

It is also worth knowing that there are also asexual people in society who have limited or no sexual attraction to other people. If it does not bother them, it is not a disorder and does not need to be treated in any way.

### FACTORS AFFECTING LIBIDO

The desire to engage in sexual activity is influenced by many factors. Below is a list of some of them:

1. **health** – general health, medications taken (some have a significant effect on lowering libido), hormonal functioning, recent childbirth
2. **psychological** – levels of perceived stress and fatigue, self-esteem, past sexual experiences
3. **relational** – the level of satisfaction with the relationship, with intercourse, the level of communication skills
4. **environmental** – if it is the right time and space for sex, some people are bothered by mess, neighbours behind the wall
5. **social** – a balance between performing a variety of social functions such as being a parent, employee, friend, etc.

The list is endless. Everyone will be more or less influenced by other factors. The theory of sexual 'brakes' and 'motors' is also worth exploring.



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Do you want to learn more about your sexuality?  
Reach for Alex Comfort's book: *The Joy of Sex*

### DUAL CONTROL MODEL

According to this model, the desire for sex is regulated simultaneously through inhibitory and arousal processes. How might this work in practice? Let us assume that the driving factor behind a certain person's sexual response is the smell of their partner's perfume – when they smell it, the desire for sex increases. On the other hand, an inhibiting aspect is that the children are still awake and need to be put to bed. Despite smelling your favourite perfume, a sexual response will not develop because it is inhibited by a sense of duty related to domestic and family tasks.

Let us also remember that our 'brakes' are not something to be eliminated – they protect us from experiencing suffering, they set limits to sexuality. It is worth 'taming' them, looking at them, trying to see what they are telling us about.

### CAN LIBIDO BE INCREASED?

There are ways to increase the desire for sex. However, it is important to remember that every person has a different sexual temperament – some people can have several intercoursas a week, others once a week and yet others once a month and feel comfortable with it. Every attitude is fine and there is no cause for concern.

To increase the desire for sex, you can try to reduce the action of the brake. Taking the example above, a person's urge to have sex may be triggered by the smell of their partner's favourite perfume and the fact that... the children are in bed.

**Communication** plays a very important role in sex. Being open with the other person can help you get closer to each other, learn about each other's driving and inhibiting factors, pay attention to the other person's needs.

It is not without reason that we say that 'sex begins in the head'. This may seem difficult for some people, so it is worth reading some useful tips on [how to talk about sex](#) to start with.

However, if a lack of desire for sex is negatively affecting your relationship, it is worth trying to talk to an experienced **sexology expert**. They will help diagnose the main factors affecting your libido and support you in working on this area of your relationship, which can have surprising results!

*Don't wait, call now! If you have a problem with your libido, contact a specialist.  
We are here to support you!*