

Guidelines for Female Pleasure, Eroticism, and Orgasm - 2019

There is more written about orgasm than any other area of female sexuality. The good news is that awareness of your “sexual voice” which includes desire/pleasure/eroticism/satisfaction is in the best interest of the woman, the couple, and the culture. The bad news is that sexual performance demands, specifically viewing orgasm as a pass-fail test, increases self-consciousness and reduces sexual desire and satisfaction. Secondary non-orgasmic response is a common problem.

These guidelines empower the woman (and her partner) to value desire/pleasure/eroticism/satisfaction. Female sexuality is first class—more variable, flexible, complex, and individualistic, but not inferior to male sexuality. Orgasm is integral to the pleasuring/eroticism process. This approach confronts the performance pressure of having the right or “perfect” orgasm as an individual pass-fail sex test.

1. You are responsible for your desire and orgasm. Developing your unique sexual voice is a positive personal challenge. It is not the man’s responsibility to “give her an orgasm.”
2. You and your partner develop a couple sexual style that promotes desire/pleasure/eroticism/satisfaction.
3. Receptivity and responsivity emphasizes you being active. Sharing pleasure and eroticism facilitates arousal and orgasm.
4. Arousal involves both subjective components (feeling sexually receptive and turned-on) and objective components (vaginal lubrication and physical receptivity to intercourse).
5. “Foreplay”—where the man stimulates the woman to get her ready for intercourse—increases self-consciousness and performance anxiety by invalidating your sexual voice and turning a mutually enjoyable erotic encounter into a command performance. The experience of “pleasuring,” which emphasizes mutuality and sharing, facilitates desire and orgasm.
6. Pleasuring and eroticism often lead to intercourse, but intercourse is not a sex test nor is intercourse necessary for a satisfying sexual experience. A key concept is to transition to intercourse at high levels of erotic flow (7-8 subjective arousal).
7. Develop your unique “sexual voice”—being aware of what facilitates and what subverts your sexuality. Be active in verbally and non-verbally making requests and guiding your partner.
8. The prescription for satisfying sexuality is intimacy, pleasuring, and eroticism. Traditionally, female sexual socialization has underplayed eroticism. Eroticism is integral to female desire, orgasm, and satisfaction.



9. Be aware of your preferences—pleasurer-receiver vs. mutual stimulation; focused vs. multiple stimulation; when and how to transition from sensual to erotic stimulation; emotional and physical conditions for vital and satisfying couple sexuality.

10. You cannot say “yes” to sexuality unless you have the right to say “no” to sex. You are free to initiate the transition from pleasuring to intercourse and to guide intromission.

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11. Women who prefer multiple stimulation during pleasuring/eroticism usually prefer multiple stimulation during intercourse. You can utilize clitoral stimulation with his or your fingers, request breast or buttock stimulation, enjoy erotic fantasies, and/or switch intercourse positions.

12. Many women want to use pro-sexual medications to enhance sexual desire and orgasm. Medication can be a valuable resource, but it is not a stand-alone “magic pill.” The pro-sex medication or physical aide needs to be integrated into your couple sexual style of intimacy, pleasuring, and eroticism.

13. Many women, especially after 40, use additional lubrication (hypoallergenic or water-based). This facilitates intercourse, but is not a substitute for subjective arousal.

14. One 1 in 6 women experience the male pattern of one orgasm during intercourse without using additional stimulation. Female sexual response and orgasm is more flexible, variable, complex, and individualistic than male sexual response. You may be non-orgasmic, singly orgasmic, or multiorgasmic which might occur during pleasuring, intercourse, or afterplay, depending on your unique pattern and preferences.

15. Develop comfort with your desire/pleasure/eroticism/satisfaction pattern. Accept your “orgasmic voice.” Sexuality is about experiencing and sharing pleasure; it is not a performance to have a “G” spot orgasm, multiple orgasms, a “vaginal” orgasm, extended orgasm, or whatever is the new performance fad.

16. Orgasm is a three to ten second experience. Orgasm is a natural result of subjective arousal, erotic flow, and giving yourself permission to let go and enjoy the sexual experience.

17. The distinction between “clitoral” and “vaginal” orgasm is not scientifically valid. Whether orgasm occurs with manual, oral, rubbing, intercourse, self, or vibrator stimulation, the physiological response is similar although the subjective experience varies depending on your expectations, preferences, and feelings.

18. It is unrealistic to expect orgasm during each sexual experience; you are not a sexual machine. Female sexuality is variable and flexible. On average, women are orgasmic during 70% of sexual encounters. Satisfaction involves orgasm, but is much more than orgasm.

19. Orgasm is integral to female sexuality. Desire and satisfaction are more important than orgasm. You are free to make requests of your partner (prolonged pleasuring, your pace of



stimulation, multiple stimulation, preferred erotic scenarios, vibrator stimulation, cunnilingus to orgasm, clitoral stimulation during intercourse) to enhance pleasure, eroticism, and orgasm.

20. Remember, sexuality is not about proving anything to yourself, your partner, or anyone else. Sexuality is about experiencing and sharing desire/pleasure/eroticism/satisfaction.

Resource: Foley, S., Kope, S. & Sugrue, D. (2012) *Sex Matters for Women (2nd edition)*

