

## The 5 Sex Needs of Men & Women

by

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Great sex begins with a great relationship. *We can never experience truly satisfying and fulfilling sex apart from relationship.* Furthermore, both relationship and satisfying sex mean turning the primary focus from meeting one's own needs, to serving the spouse and working to serve him/her and meet his/her needs.

Based on a survey of over seven hundred couples, the authors list the top five sex needs:

- Women:
1. Affirmation – building her self-esteem
  2. Connection – Start with emotional closeness, including listening
  3. Nonsexual Touch – *Affection is intimacy in and of itself – not the means to an end.*
  4. Spiritual Intimacy – Pursue God together; honor God and each other
  5. Romance – anything that shows his care and thoughts are for her

- Men:
1. Mutual Satisfaction – he wants to know he's pleasing his wife
  2. Connection – feeling understood, listened to, accepted, cared for by his wife
  3. Responsiveness of wife – *sex is a man's way of feeling close*
  4. Initiation of wife – *Men love spontaneity; they want to be pursued sexually*
  5. Affirmation – its lack can cause insecurity, while voicing it helps him be his best

*Good sex is other-centered; it allows you to focus solely on your spouse. True service means persistently watching for ways we can love, assist, support, praise, appreciate, protect, and please our spouses—then taking action, without expecting something in return.*

*Meeting a wife's sexual needs (listed above) helps built trust, helps her want to please her husband, rev a woman's sexual motor, melt tension and stress for both spouses, leads to positive chemistry, and keeps her physically and emotionally healthy.*

Some suggestions for meeting a husband's sex needs: *Say yes as often as possible; decide to enjoy sex; help your spouse know how to please you; get over shyness; realize your husband's emotions may not work like yours; take the 10% challenge (respond 10% more often than you currently do.)*