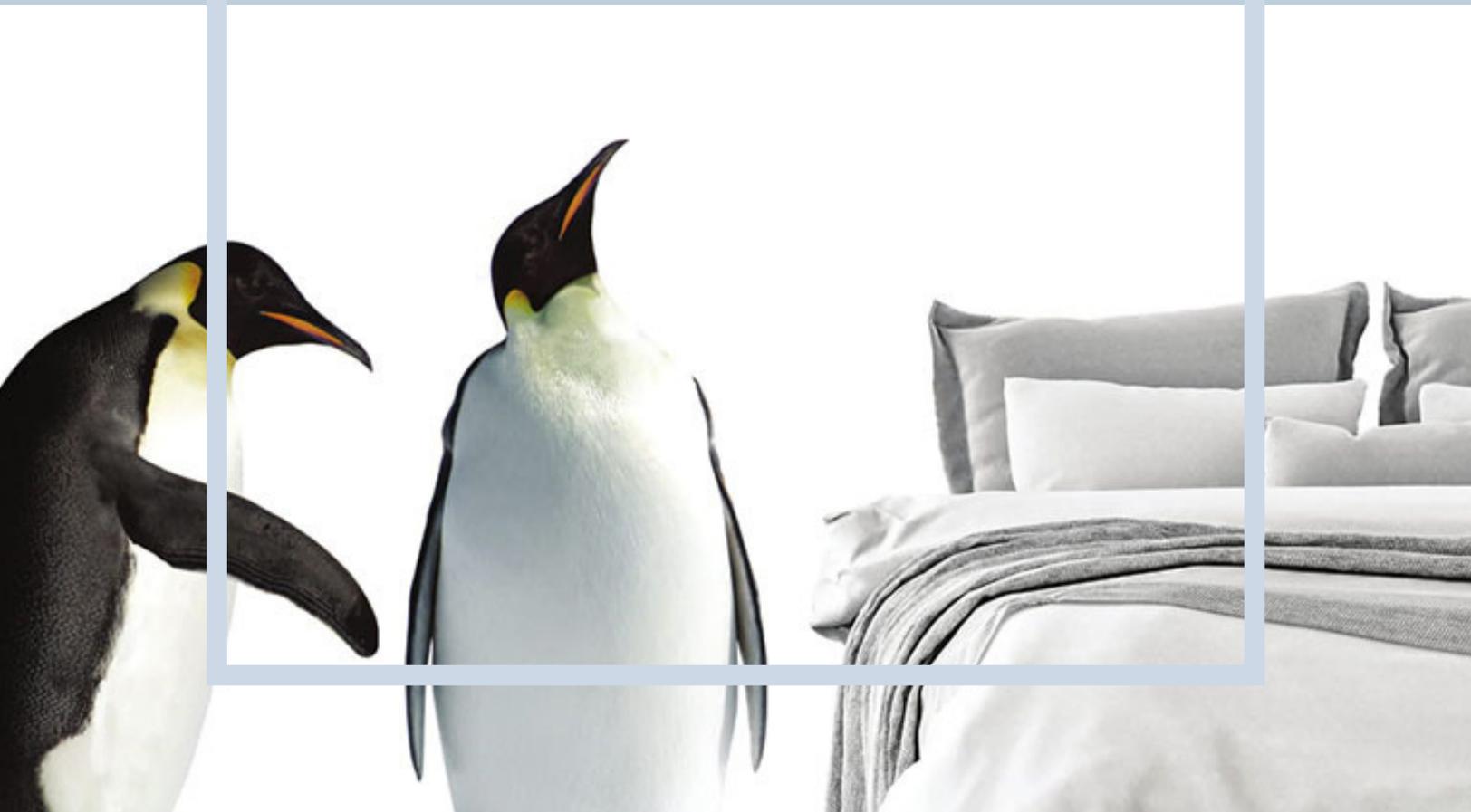




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# HIGHER DESIRE PARTNER GUIDE

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Desire discrepancy is a reality in every relationship, at least over time. One of you wants more and one wants less. Your roles can switch over time, and you may be in a different role in different relationships.

## HIGHER DESIRE

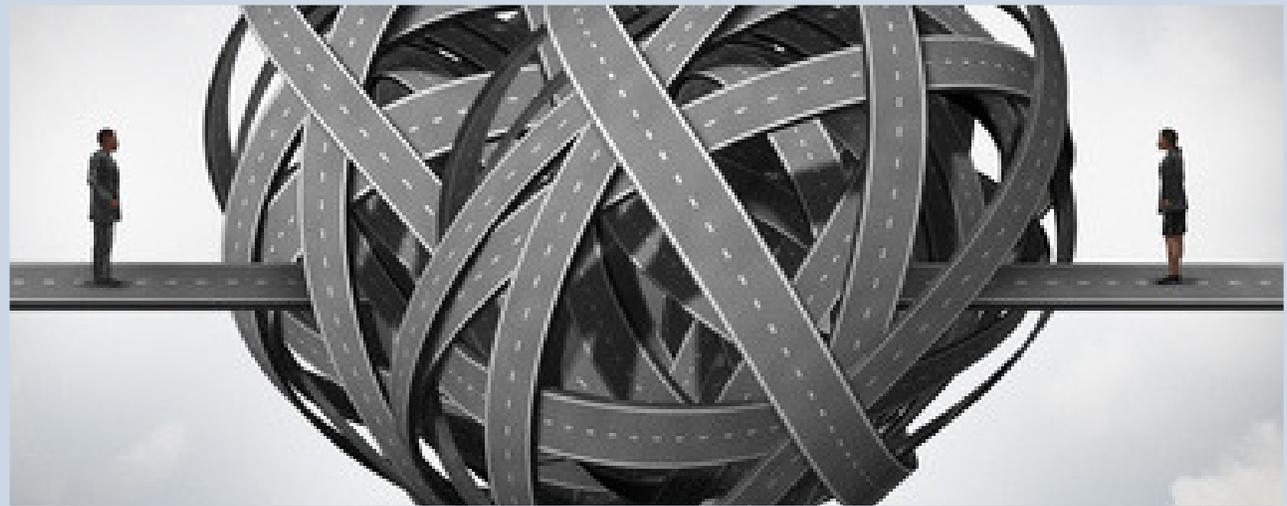
It's not that you have HIGH desire; you have HIGHER desire.

There is no "right" amount of sexual desire, and neither of you is wrong for wanting more or less sex. The difference in desire is not a problem by itself, but it can become one if you fall into what I call the "traps" of desire discrepancy.

## YOUR TRAPS

These traps include:

- Feeling controlled and resentful
- Taking your partner's level of interest personally
- Feeling superior or more evolved
- Settling for whatever sex you can get
- Pathologizing your partner



**Here are some realities about desire discrepancy:**

## **THE LOWER DESIRE PARTNER CONTROLS SEX.**

The person who wants anything less has the control. They control the spigot. Typically, the person with higher desire will be initiating sex more (unless they have resigned that function by now). That means the person with less desire is the one saying yes/no, when and how. That's a natural function of wanting something less. Your partner may or may not want that control, but they can't avoid it.

## **THE LOWER DESIRE PARTNER OFTEN CONTROLS THEIR PARTNER'S SENSE OF ADEQUACY**

One of the traps for you is taking their level of desire personally. This usually results in you feeling unwanted, undesired, or unimportant when your partner isn't interested in sex. Which means that they have an impact on your sense of worth. This changes the meaning of sex you'd be having from a way to connect with each other in pleasure to a means of making you feel better. Over time, this can make sex unappealing to your partner.

# Your Game Plan

## LET GO OF RESENTMENT

You're not going to move forward if you approach your partner with bitterness and anger. Recognize that this isn't a picnic for them, either. They are not trying to control you; their control is purely a function of their place in the system as the lower desire partner. If you have felt resentment or anger, that has gotten in the way of their willingness to approach you and be part of the solution.

## STOP TAKING IT PERSONALLY

Part of the hidden dynamic that can occur is that you rely on validation from your partner to feel important, loved, desirable, or worthy as a lover. Your elevated level of desire may stem from a need for reassurance, a need that gets increasingly urgent as more bedtimes pass without physical intimacy. Your partner can feel this, and they usually react to that feeling of "neediness" by having even less interest in sex.

There may be things about you or your relationship that do interfere with your partner's interest in sex. Part of their work is to identify real obstacles and work with you toward resolution. Where their lack of interest is about you or your behavior, try to do something about that. Work with them to fix the problems so the obstacle is no longer there.

But where their lower interest isn't directly about you or your behavior, it's crucial that you overcome the sense of rejection you feel if they are not interested in sex. Someone will be less interested; nothing is broken. Your sense of rejection just puts more pressure on them and changes the meaning of sex into something that's less and less engaging over time. It's hard to make the shift, but you'll need to accept that their level of interest is not a referendum on you.

## FIND YOUR LIMITATIONS

It's also common to hide behind a lively sex drive, believing you are sexually evolved and enlightened. If the conversation continues to be about why your partner won't have sex (or when they will or what you have to do so they'll consider it), it never shifts to what is the depth of meaning in the sex you're having and how unfulfilled your partner may feel. You can have lots of interest in sex but still have plenty of issues around real intimacy; your libido can be a smokescreen for your challenge with true connection with your partner. This can be a formidable obstacle for your partner, and you have to solve it to make things better.

Look deep and see where you are challenged in showing up, being seen, and having true moments of connection. Instead of blaming your partner and spending all your energy trying to "work their stuff," figure out how you are contributing to their disinterest.

## ADVOCATE FOR GOOD SEX

Often, the person with more desire for sex has gotten to a place of resignation. You may have stopped initiating at all, waiting for your partner to bring it up when they want it. You have probably changed what you ask for, trying to keep sex well within your partner's comfort zone. Also, you may very well be accepting whatever sex you are offered, shelving your own desires, preferences and unique eroticism in order to keep the peace and get whatever scraps you can.

This is problematic. It makes you look like someone who can't tell good sex from bad. That can reinforce the idea that you're just interested in getting off. It's like your partner is feeding you crumbs off the floor, but you're also eating them. You are feeding a cycle that undermines your partner's respect for you and cuts you off from your own integrity.

It can be true that some sex is worse than none at all. Stop accepting sex that feels like crumbs. Advocate for and insist on sex that is based on two people sharing an experience that is valuable to them both.



## **DON'T PATHOLOGIZE YOUR PARTNER**

Resist the urge to judge your partner's interest in sex. Just as your desire is just higher, theirs is just lower. Neither of you is right or wrong, and you need to work together to collaborate on a sex life that can be truly engaging for you both. A blaming or defensive response does not help you bridge the gap.

This process is not meant to get your partner to have more sex. It's meant to help them want as much sex as they naturally can. They don't need to want as much sex as you do (and likely won't). Part of your work is to tolerate the difference between you and not expect that every desire you have will be met. Your role includes tolerating the difference as well as finding other outlets for pleasure and connection together.