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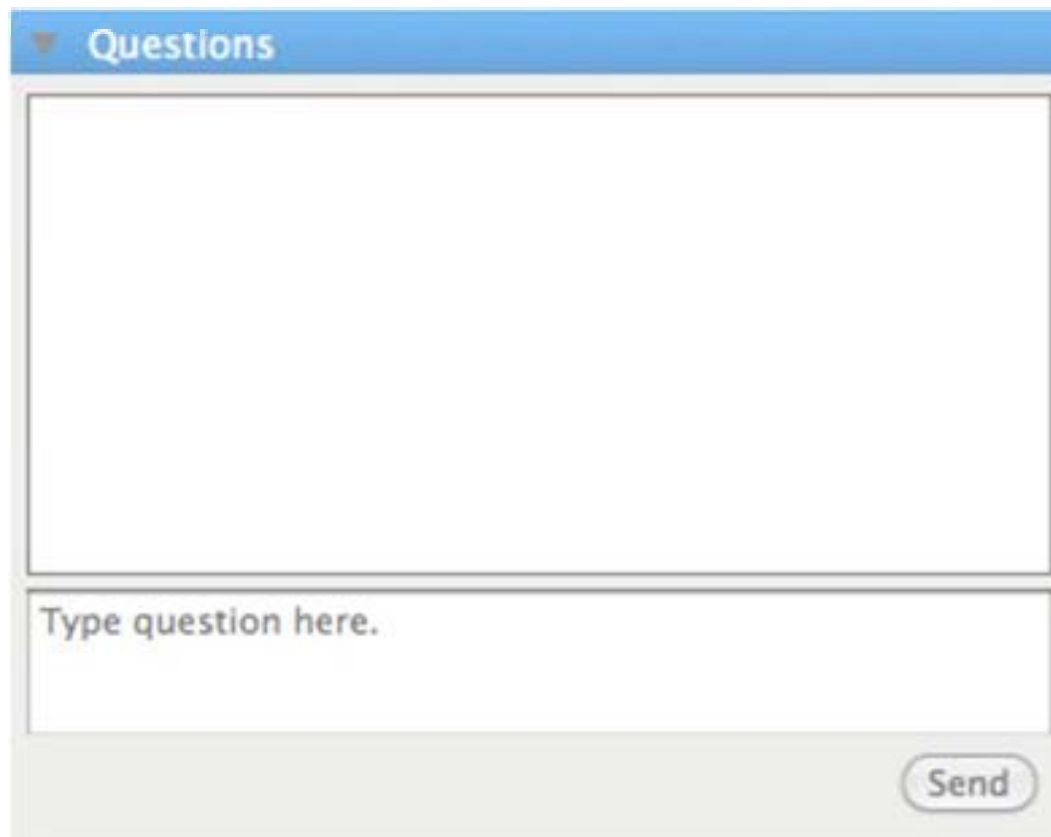
SEXUALITY AND INTIMACY FOR COUPLES WITH DISABILITIES

*LEARNING TO HAVE A LIFE
FILLED WITH
SEXUALITY, LOVE, INTIMACY AND CONNECTION*

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SEXUALITY AND INTIMACY FOR COUPLES WITH DISABILITIES

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YOU ARE NOT YOUR DISABILITY OR ILLNESS

It does not define you,
It is not WHO you are,
It is a *part* of your life.

KEY: See yourself in your own entirety and
then others will be able to.

You are a complete person, a sexual
human being.

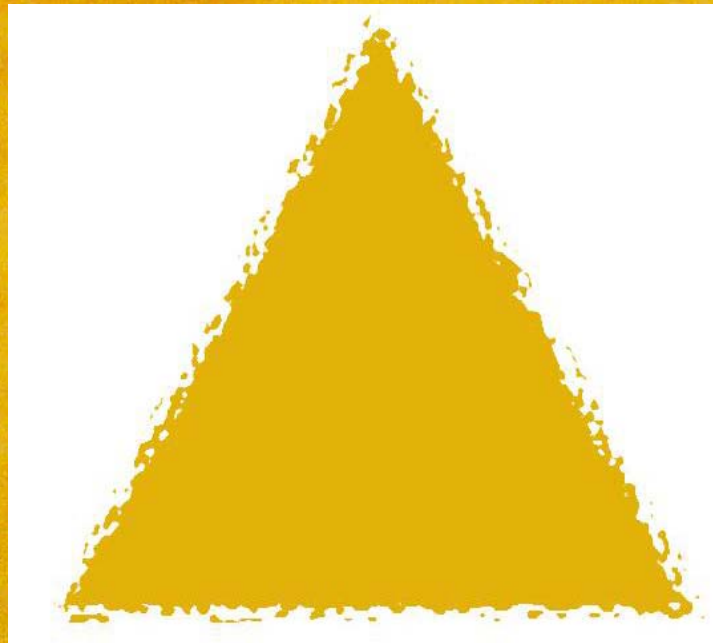
**HOW DO I FEEL ABOUT THIS?
HOW DO I ACCOMPLISH THIS?**

How do I get in touch with my own feelings?

How do I express my needs?

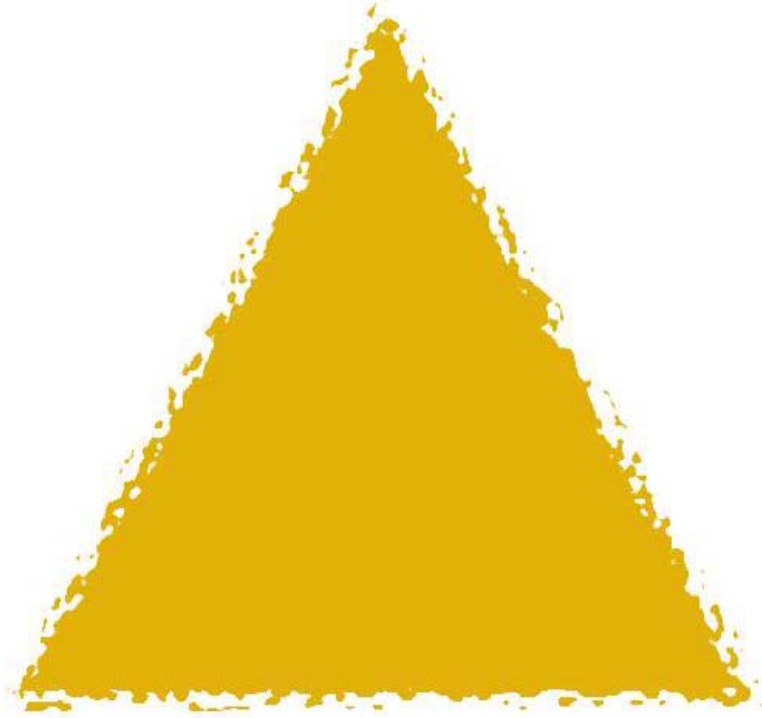
What about my partner—how do we share our desires safely?

THE HOLY TRILOGY OF SEX[©]



THE HOLY TRILOGY OF SEX

Sensuality

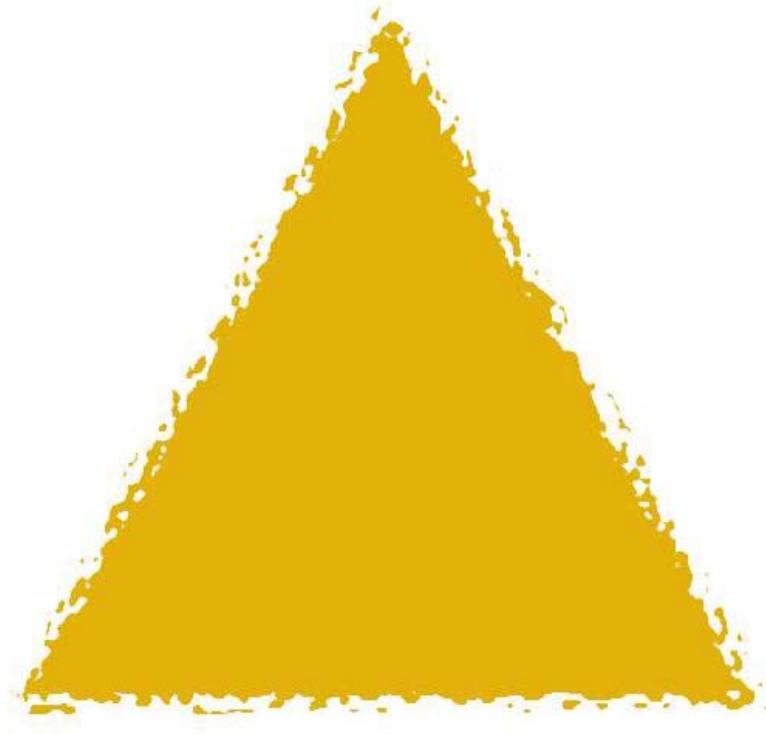


Sexuality

Intimacy

THE HOLY TRILOGY OF SEX

Communication



Sensation

Connection

THE HOLY TRILOGY OF SEX

1. INTRODUCTION

- A. WHAT IS THE HOLY TRILOGY OF SEX? SEXUALITY, SENSUALITY AND INTIMACY
- B. THE RESULT: SENSATION, COMMUNICATION AND CONNECTION
- C. WHY IS IT IMPORTANT THAT WE VIEW OURSELVES THROUGH THIS LENS? EMPOWERMENT! WHAT IF SEXUAL ACTIVITY CHANGES OR BECOMES LIMITED, YOU STILL HAVE THIS . . .
- D. IT'S FOR YOU!!!

2. DEFINITIONS

- A. SEXUALITY
- B. SENSUALITY
- C. INTIMACY

THE HOLY TRILOGY OF SEX

3. MYTHS

- A. HOW DO THEY IMPACT US?
- B. INFLUENCES

4. AN EXCITING AND FASCINATING AWARENESS JOURNEY – SELF AND SHARED EXPLORATION

- A. BREATHING EXERCISES
- B. IDENTIFYING PLEASURABLE SENSATIONS – ALL FIVE SENSES
- C. BODY MAPPING CHART HOMEWORK – INDIVIDUAL/COUPLE
- D. WHAT'S ON YOUR SEXUAL, SENSUAL AND INTIMACY MENUS?

THE HOLY TRILOGY OF SEX

5. **SENSATION, COMMUNICATION, CONNECTION = HOLDS THE KEY?**
HOW DO I/WE COMMUNICATE OUR NEEDS?
6. **RECAP/DISCUSSION/QUESTIONS**

THE HOLY TRILOGY OF SEX

SEXUALITY, SENSUALITY AND INTIMACY

DEFINING THE TERMS

THE HOLY TRILOGY OF SEX

SEXUALITY

- We use the term “sex” to mean any and all sexual acts, not just intercourse.
- Sex is comprised of physical acts and/or activities and encompasses all responses thereto.
- Many biases exists here based on gender, physical condition, culture, etc.

THE HOLY TRILOGY OF SEX

SENSUALITY

- having to do with the five senses
- a feeling . . . a sensation . . . an interpretation . . . an impression made ..
. . . a way of feeling and being

THE HOLY TRILOGY OF SEX

INTIMACY

“INTIMACY, PARTICULARLY TOUCHING IS A GREAT NEED IN ALL OF US FROM THE DAY WE ARE BORN UNTIL THE DAY WE DIE . . .” MARY CALDERONE, MD

- a close, familiar, and usually affectionate or loving personal relationship with another person or group.
- an amorously familiar act
- sexual intercourse

THE HOLY TRILOGY OF SEX

MYTHS

SEXUALITY, SENSUALITY AND INTIMACY

THE HOLY TRILOGY OF SEX

HOW DO THEY IMPACT US?

THEY CAN MAKE US FEEL LESS THAN, UNEMPOWERED, ABNORMAL, INFLUENCE SELF-ESTEEM, ETC.

WHERE DO THEY COME FROM?

- MEDIA/ENTERTAINMENT
- RELIGION (TREAD LIGHTLY)
- FAMILY
- FRIENDS
- EXPERIENCE == WE ASSUME THE PAST WILL BE THE FUTURE

THE HOLY TRILOGY OF SEX

MYTHS

SEXUALITY:

- SEX IS ONLY FOR THE ABLE-BODIED
- PEOPLE WHO ARE DISABLED DO NOT DESIRE SEX OR INTIMACY/NOR ARE THEY DESIRABLE
- SEX IS EASY AND SPONTANEOUS
- SEX MEANS INTERCOURSE
- THE GOAL OF SEXUAL ACTIVITY IS ORGASM
- NO ORGASM MEANS YOU FAILED
- MASTURBATION IS HARMFUL
- SEX SHOULD BE CONSTANT THROUGHOUT A RELATIONSHIP
- LACK OF DESIRE ALWAYS MEANS SOMETHING IS WRONG WITH YOU OR THE RELATIONSHIP
- MEN ALWAYS WANT SEX! WOMEN ARE NOT AS SEXUAL AS MEN!
- YOU DON'T NEED ENERGY TO HAVE SEX – SEX EXHAUSTS YOU (NOT IT RECHARGES YOU)
- SEX ONLY INVOLVES BODY ORGANS

THE HOLY TRILOGY OF SEX

MYTHS

SENSUALITY:

- YOUR SENSES ARE NOT A KEY PART OF YOUR FEELINGS REGARDING SEX (SEX IS AN ATTITUDE AND IT HAPPENS FROM THE INSIDE == ALL OF US ARE BORN WITH AN INNER SENSUALITY AND CAPACITY FOR PLEASURE BUT YOU CAN NEGLECT THE INNER PORTION)
- WHEN ONE OF YOUR SENSES DOES NOT WORK YOU ARE DOOMED
- IT IS NOT IMPORTANT TO BE AWARE OF YOUR SENSUAL FEELINGS, ETC.
- YOU CAN FEEL SENSUAL AND NOT SEXUAL (THAT'S TRUE)
- SENSUAL MEANS SEXUAL!!! (NOT THE SAME BUT CAN GO TOGETHER)
- YOUR SENSUAL "SENSATIONS" STAY STAGNANT AND THEREFORE YOU DO NOT NEED TO "UPDATE" YOURSELF
- DON'T NEED TO FOCUS ON SENSUALITY – NOT IMPORTANT FOR INTIMACY
- YOU DON'T NEED TO MAKE TIME IN YOUR LIFE TO EXPLORE YOUR SENSUALITY AS WELL AS FOR SEXUALITY!!!!

THE HOLY TRILOGY OF SEX

MYTHS

INTIMACY:

- INTIMACY SHOULD BE A CONSTANT (BASED ON CONNECTION TO SELF AND OTHERS) ONGOING PROCESS THAT FLUCTUATES
- INTIMACY COMES NATURALLY AND IS AUTOMATIC (SHOULD BE SOMETHING THAT EVOLVES AND GROWS)
- INTIMACY IS BASED ON SEXUAL DESIRE, AROUSAL, ETC.
- INTIMACY ONLY MEANS SHARING YOUR DEEPEST FEELINGS? SHARING YOUR DEEPEST FEELINGS ALWAYS BUILDS INTIMACY (WRONG!!!! = FALSE INTIMACY – OVERSHARING TOO SOON)
- INTIMACY = SEX
- INTIMACY IS EASY

THE HOLY TRILOGY OF SEX

Awareness Journey: Self-Exploration/Shared Exploration

- THE GOAL IS TO BECOME AWARE OF THE FEELINGS AND SENSATIONS INSIDE AND OUTSIDE YOUR BODY == TO CONNECT WITH YOUR SENSUALITY AND BECOME INTIMATE WITH YOURSELF
- UNDERSTAND THAT “BODY MAPPING” OF YOUR SENSUAL AND SEXUAL FORM CAN BRING UP CHALLENGING AND ALSO PAINFUL FEELINGS AND MEMORIES == MOVE SLOWLY (*MAKE SURE TO HAVE SOMEONE YOU CAN TURN TO IF YOU NEED TO PROCESS THESE EMOTIONS*)
- TAKE YOUR TIME, MAKE SURE YOUR SPACE IS QUIET AND FREE OF ANY DISTRACTIONS (*ALLOW YOURSELF TO EXPERIENCE WHATEVER HAPPENS EVEN IF IT INCLUDES LAUGHTER*)
- THIS IS AN ONGOING PROCESS BUT DOES NOT NEED TO TAKE ALL DAY, CAN BE DONE IN INCREMENTS AND AT DIFFERENT TIMES

THE HOLY TRILOGY OF SEX

Awareness Journey: Self-Exploration

BREATHING EXERCISES

- BE CONSCIOUS OF YOUR BREATHING == BE AWARE OF YOUR BREATH == THE INHALE AND THE EXHALE
- FOCUS AWARENESS ON YOUR BODY == START WHERE YOU FEEL COMFORTABLE
– NO RIGHT OR WRONG WAY TO DO THIS - - MOVE SLOWLY UP OR DOWN FROM ONE PART TO THE OTHER == *REMEMBER TO KEEP BREATHING*
 - DO CERTAIN THOUGHTS ABOUT THAT BODY PART COME TO MIND WHEN YOU FOCUS ON IT?
 - HOW DOES THAT PART OF YOUR BODY “FEEL “ DIFFERENT WHEN YOU FOCUS ON IT?
HOW WE VIEW OUR BODIES AFFECTS OUR SEXUALITY, SENSUALITY AND INTIMACY
 - LET YOUR MIND WANDER == ANY FANTASIES?
- REMEMBER/NOTE ANY THOUGHTS, FEELINGS OR FANTASIES THAT ARISE

THE HOLY TRILOGY OF SEX

Awareness Journey: Self-Exploration

SENSES

- NAME ALL FIVE SENSES
- IDENTIFY EACH SENSE AND THINGS THAT MAKE YOU GO “HMMM” FOR EACH SENSE
- MAKE A LIST OF THOSE = DO NOT CENSOR
- WHAT DO YOU RELATE TO EACH SENSE “HMMM” EXPERIENCE?

THE HOLY TRILOGY OF SEX

Awareness Journey: Self-Exploration/Shared Exploration

SENSES/TOUCH/BODY MAPPING

- MOVE ON TO THE BODY AND THOSE SENSATIONS == SKIN IS THE LARGEST SEX ORGAN AND THE DELIVERY SITE FOR PHEROMONES (*THE UNDETECTABLE CHEMICALS OF ATTRACTION*)
- KEEP AWARENESS ON YOUR BREATHING. NOW ADD TOUCH == EXPERIMENT WITH DIFFERENT KINDS OF TOUCH: SOFT, FIRM, SLOW, QUICK == HOW DOES EACH FEEL? HOW DOES YOUR BODY PART RESPOND TO EACH? THOUGHTS, FEELINGS, FANTASIES?
- USE YOUR HAND IF YOU CAN, OR OTHER OBJECT TO TOUCH. WHAT FEELS THE BEST? HOW DO DIFFERENT ITEMS FEEL? HAVE ASSISTANCE IF NEEDED.
- CAN YOU PUT INTO WORDS WHAT YOU ARE EXPERIENCING?
- TOUCH THE VISIBLE AND THE NOT-VISIBLE PARTS. *DON'T CENSOR*

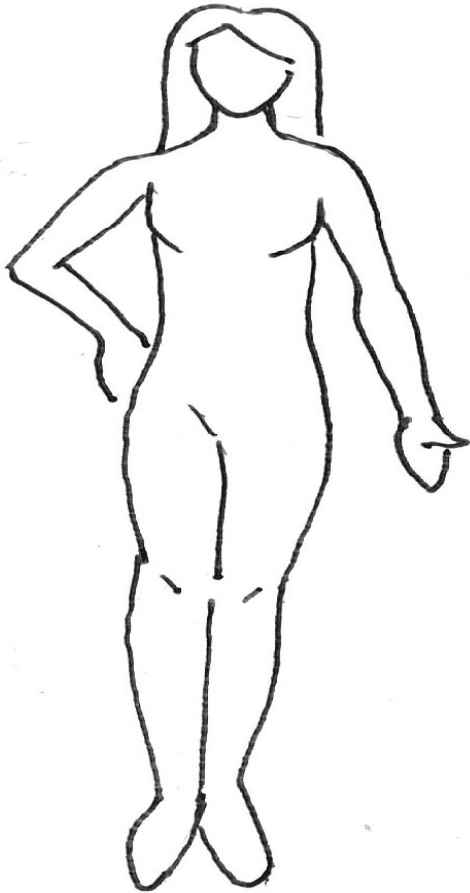
THE HOLY TRILOGY OF SEX

Awareness Journey: Self-Exploration

SENSES/TOUCH/BODY MAPPING

- USE THE DIAGRAM TO MARK THE SPOTS THAT FEEL SPECIAL, GOOD, ETC.
- SHARE THIS INFORMATION WITH YOUR PARTNER
- REPEAT THE EXERCISES FROM TIME TO TIME == EXPERIMENT WITH TYPES OF TOUCH, LOCATION AND DIFFERENT ITEMS TO USE FOR TOUCH

THE HOLY TRILOGY OF SEX



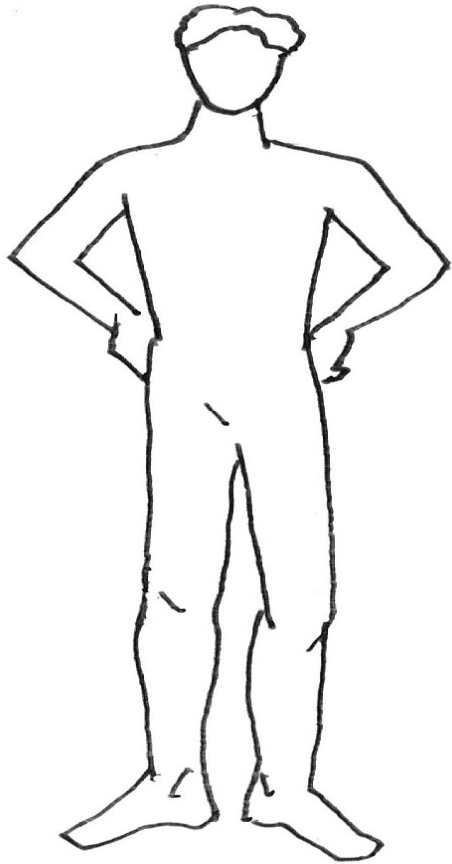
BODY MAPPING

SEXUALITY

SENSUALITY

INTIMACY

THE HOLY TRILOGY OF SEX



BODY MAPPING

SEXUALITY

SENSUALITY

INTIMACY

THE HOLY TRILOGY OF SEX

Creating Your Intimacy Menus

IMAGINATION

Let your mind and imagination take over. NO JUDGEMENT

- Sexual and non-sexual activities that bring you closer
- Includes anything from being hand in hand, watching someone cook for you, fantasy acts, to specific sex-play activities
- Each person creates their own intimacy menu separately
- The sharing of the “menus” is part of the communication process
- Start small and gradually add things on
- You’ll be surprised how much fun this can be
- This is an ongoing effort throughout your partnership, but starts with you as an individual whether you are in a relationship or not

THE HOLY TRILOGY OF SEX

Sensation, Communication, Connection

HOLDING THE KEYS

- IDENTIFY THE SENSATIONS (FEELINGS, THOUGHTS, ETC.), COMMUNICATE THEM, AND BEGIN TO BUILD ON THE CONNECTION
- MAY BE CHALLENGING AT FIRST == FEELS TOO PRIVATE == FEELS TOO FORCED
- THIS NEEDS TO BE AN ONGOING PROCESS
- COMMUNICATION
 - WHAT KIND OF TOUCH WOULD FEEL THE BEST?
 - WHAT TYPE OF INTIMACY IS MOST IMPORTANT TO YOU?
 - WHAT ASPECTS OF SEX ARE ON YOUR MENU?

THE HOLY TRILOGY OF SEX

YOUR GOAL

To reinforce the connection

- MISUNDERSTANDING CAN LEAD TO HURT FEELINGS, ANGER, FRUSTRATION AND RESENTMENT. *THE ANTITHESIS OF WHAT A RELATIONSHIP NEEDS TO GROW AND FLOURISH*
- TOO OFTEN, MISUNDERSTANDING ARISES DUE TO ASSUMPTIONS MADE BY BOTH PARTIES
- TO COUNTERACT THIS PATTERN AND TO BUILD EMOTIONAL SAFETY, COMMUNICATION IS VITAL == COMMUNICATING YOUR NEEDS AND ASKING FOR WHAT YOU WANT == *ALLOWS YOUR LOVED ONE AND YOU TO STOP ASSUMING*
- THE THINGS YOU FEAR MOST MAY ARISE DUE TO LACK OF COMMUNICATION

THE HOLY TRILOGY OF SEX

Your Needs

DETERMINE YOUR NEEDS

What are they? NO JUDGMENT

INCLUDES YOUR INTIMACY MENU ITEMS

IDENTIFY

PRIORITIZE

COMMUNICATE

THE HOLY TRILOGY OF SEX

Obstacles to Communication

OVERCOMING BLOCKS

To communicating your needs

FEAR

- SHAME
- EMBARRASSMENT
- JUDGEMENT
- ANGER/RESENTMENT
- GUILT
- BEING HURTFUL/BEING HURT
- INEXPERIENCE/TOO MUCH EXPERIENCE

REJECTION

THE HOLY TRILOGY OF SEX

Recommendations

- Identify, assess, prioritize your needs
- Address any major ones – “deal breakers”
- Set the stage, set the time, not when either party is angry, distracted, etc.
- Be playful, if possible. Avoid harsh, judgmental tones
- Maintain eye contact, when appropriate
- *DON'T USE THE WORDS “NEVER” OR “ALWAYS” WITH “YOU”*

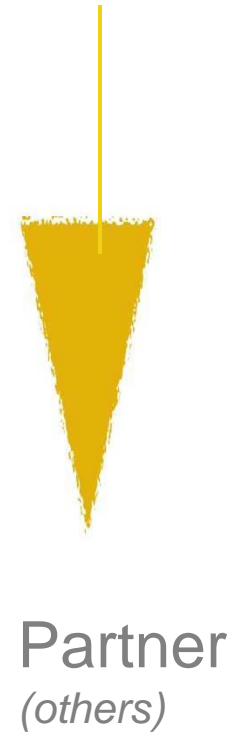
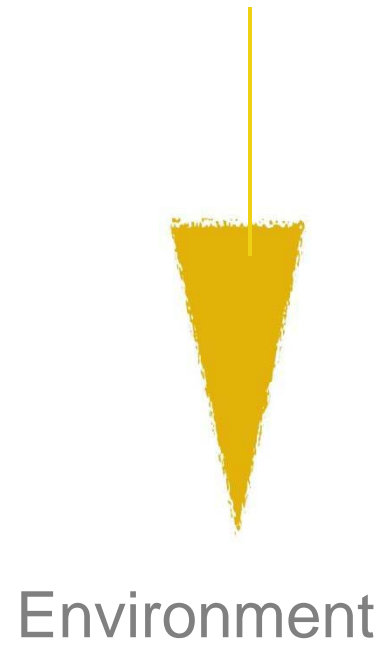
ESTABLISH TIME

For communication and connection

REVIEW OF POINTS TO KEEP IN MIND REGARDING SEXUAL ACTIVITY

**KEEP THOSE DOORS OPEN (OF
COMMUNICATION ONLY, OF COURSE)**

CONNECTION



THE HOLY TRILOGY OF SEX

KEEP RE-DISCOVERING

YOUR BODY AND ALL ITS AMAZING WONDERS



THE HOLY TRILOGY OF SEX

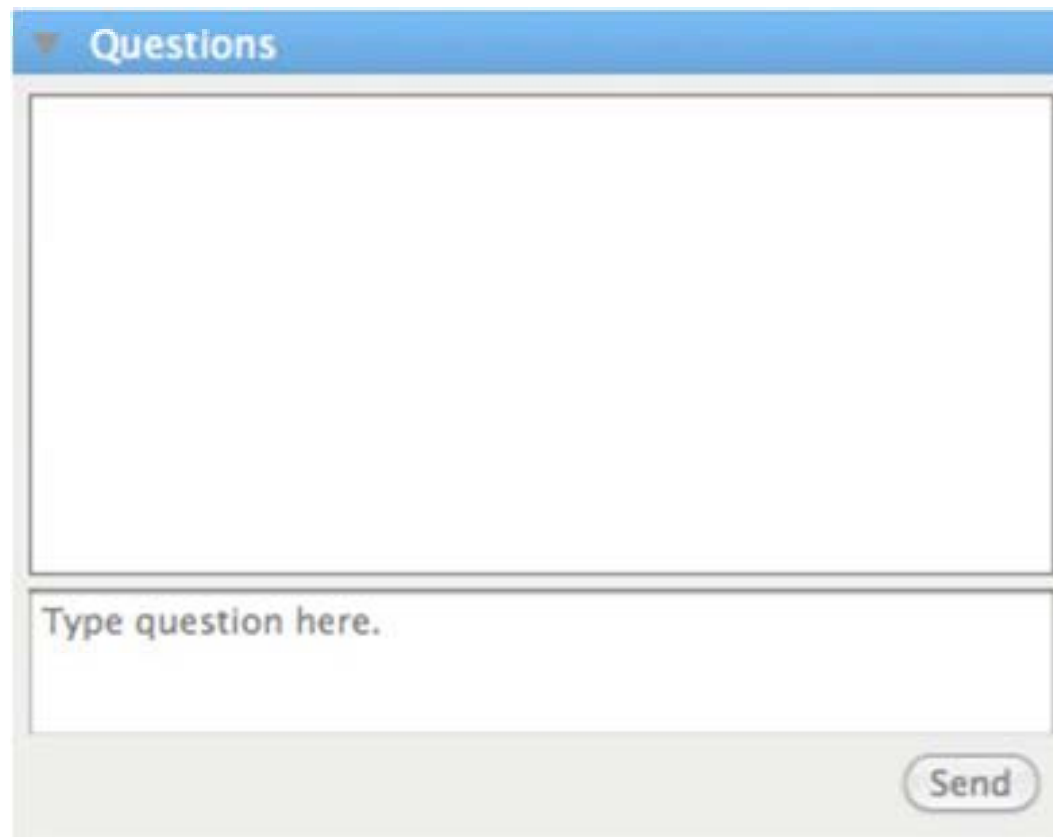
I DESERVE



YOU DESERVE TO HAVE A LIFE FILLED WITH LOVE, INTIMATE CONNECTIONS, SENSUALITY AND IF DESIRED, SEXUALITY

SEXUALITY AND INTIMACY FOR COUPLES WITH DISABILITIES

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SEXUALITY AND INTIMACY FOR COUPLES WITH DISABILITIES

THANK YOU

Check out my blog for Valentine's Day on
www.icsny.org