

SEXUAL DYSFUNCTIONS

Most people have sexual and relationship problems at one time or another in their lives. Although the causes may vary greatly, it is important to know that whatever the cause, sexual and relationship issues can be treated. A healthy and satisfying sex life should be a natural and essential component of a balanced and fulfilled marriage. Sometimes life situations or medical problems can hinder normal sexual functioning. This may include:

- Medication (e.g., some antidepressants and blood pressure medication can decrease sexual performance and drive)
- Emotional issues (e.g., depression, fear, or lack of confidence can inhibit performance)
- Physical injuries or disability

Some common sexual problems people seek therapy for:

- Low sex drive
- Getting and maintaining an erection
- Difficulty in achieving orgasm
- Sexual inhibition and guilt
- Intimacy related problems such as conflict about sexual frequency or relationship commitment

Treatment:

Seeking therapy for sexual problems is very common and should be considered an important option after a medical check up to rule out any medical problems. The emotional, spiritual, and social needs should be addressed, as they become appropriate. Do not let embarrassment stop you from seeking help from family, friends, the church, and counseling professionals.

For more information or help, please call:

MASTERPEACE Center for Counseling and Development

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