

SEX FALLACIES (PART 1)

Let's talk about sex. Sex is simply sex. It isn't love, though many of us think it is. It isn't proof of being loved even if some of us think so. It isn't proof of loving someone, even if there are those who believe that it is so.

People who like each other often are convinced that they are in love because they are deep into sexual activity. They equate the sexual highs they experience with authentic love. Nothing can be further from the truth.

Sex is not proof of being attractive even though many of us swear that it is so. Sex might attract predators who lust after your body but don't give a hoot about your person. You will be convinced of this after they use you and then dump you.

Sex doesn't cure problems even if many think that giving sex will seal the bond of love and they will live happily forever after. When they experience a deep emptiness and the painful feeling of betrayal, they will know that they were sadly mistaken.

Sex is not nurturance even if some couples gorge themselves on it and think that it is the heart and soul of a love relationship. When the mirage that mindless and loveless sex is lifted, they will experience deep depression and biting guilt.

Sex is not a guarantee against abandonment no matter how good you are in bed. You will know this after the relationship pops like a soap bubble and you are left alone, lonely and rejected.

Lots of sex will not raise your self-esteem. I have counseled men who have had hundreds of women but have never loved even one. Their self-esteem is at rock bottom even if they are loud in boasting about their sexual conquests. They are walking sex machines who do not know the way to true intimacy. They are not interested. Forget true love. They know nothing about it. Forget sincere giving. They just know how to take.

Sex will never save a failing marriage. Those who think so find themselves in an empty bed.

Sex does not fill the void created by the wounds and trauma of childhood. It cannot compensate for the feelings of rejection and abandonment experiences in childhood.

Too many people believe the myth perpetuated by Hollywood that all that is needed to seal the bond of love (to even create love) is a good time experience under the sheets. Again, nothing is further from the truth.

There is a common misconception that you are smart, attractive, virile and important if you can seduce well. You're not. It simply means that you are good at seduction.

Skillful seducers and seductresses are rarely successful at long term loving. They are too quick to use their considerable skills when lustful feelings arise. As a result, their relationships soon collapse like a house of cards.

SEX FALLACIES (PART 2)

When lovers plunge into sexual activity thinking to use it for the wrong reasons, they soon find themselves in the midst of a great void. The underlying hunger to be loved and to love authentically remains. The expectation that love will their woundedness is dashed. Sex is not a medication for emotional and psychological wounds. It might give a short-term high that gives the illusion of a cure, but sooner or later, the “cure” will be seen for what it is: a mirage.

The misuse of sex eventually creates a chasm between lovers who though it to be a cure-all. Using sex for the wrong reasons leaves lovers frustrated, angry and feeling increasingly hopeless.

If you want to know what it’s like, talk to the woman who, emotionally hurt, jumps into bed looking for healing intimacy and finds instead cold, hard sex. It does not give her comfort, but increases her pain and leaves her in even greater distress. She feels used and abused, hurt and angry.

Sex does not solve problems. It might camouflage them momentarily and its highs distract from them for awhile, but when you leave the bed, you will find the problems still unsolved and waiting for you at the door.

Some use sex as an outlet for their frustrations and anger. Some of the greatest womanizers don’t like women at all. They, in fact, hate them and use them to take revenge on females (mothers, sisters and significant caregivers) whom they believe mistreated them in the past. Ample proof of their dislike for women can be seen in how they mistreat them> study closely their relationships with women and you will see just how lacking in love, concern and sensitivity they are.

I remember a man who had many women. He admitted to me that he never loved even one of them. His relationships with them showed him to be cruel, unfair and self-seeking. He left behind a trail of broken hearts and ravaged bodies. He was surprised when I told him he hated women. “Then, why do I sleep with so many of them?” was his reply. Because I said “you are out to punish them.”

He had been terribly abused as a child by his mother. He hated her and vowed not to weep when she died. He didn’t when she passed away. He could never confront her and unload his angry

feelings on her. So, like a ravenous predator, he stalked women, charmed them into bed, took his pleasure from them (as his mother did from him) and then unceremoniously dumped them. He was exacting his revenge on these innocent women who didn't have a clue that they were victims of his displaced anger, which he had reserved for his mother but could never express.

When sex is used as an instrument of power, anger and revenge, it is nothing more than a commodity, a weapon used to destroy. It isn't about making love, but is an ugly mockery of anything having to do with love.