

Some Common Inhibitors of Sexual Desire, Arousal, Performance

Tick which things you can relate to somewhat on this list..

Physical factors:

Tiredness
Physical discomfort – headache, backache, unwell
Poor general health or fitness
Excess alcohol or medications, antidepressants
Hormonal disturbance, use of pill, HRT, breastfeeding

Psychological factors:

Stress
Guilt
Frustration
Worry or anxiety
Sadness
Depression
Poor self esteem or shame

Sexual factors:

Poor sexual education (I don't know how to have a good sex life)
Negative sexual attitudes (Sex is not nice)
Sexual dysfunction (I feel I'm not capable)
Low attraction to partner (He just doesn't turn me on)
Unresponsive or disinterested partner (You can't have sex on your own)
Feeling undesired or undesirable (My partner never seems to want me)
Feelings of sexual inadequacy (I'm not a good lover)
Sexual disappointment
Fear of sexual rejection
Sex feels boring.(There's no variation and excitement).
There is no depth (I'd like to make love rather than just have sex)
Body image issues (I don't like my body)
My partner is hostile or critical during sex
Lack of pleasurable looking forward to sex
Previous sexual abuse

Relationship:

Tension in relationship and unresolved conflicts
Lack of respect
Power struggles and inequality
Lack of affection, companionship, fun, romance
Lack of trust, unresolved jealousy
Insecurity, lack of commitment
Poor communication and lack of intimacy
Intrusions to the boundaries of the relationship eg. In-laws, work, social activities, hobbies

Situational:

Lack of time
Lack of privacy
Poor atmosphere
Distractions eg phones, TV, kids