

## SEXUAL THOUGHTS AND BEHAVIOUR


# Why can't I orgasm?

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An orgasm is the **peak of sexual arousal**, which feels like intense pleasure when sexual tension releases pressure in the body and genitals. During an orgasm, your body undergoes various changes, including muscle contractions, increased heart rate, and elevated breathing levels.

## How to orgasm?

Understanding one's body is key. Everyone's journey to orgasm is unique, and influenced by various factors such as hormones, emotions, past experiences, beliefs, lifestyle, relationships, and health. **Most orgasms occur through self-stimulation (masturbation) or sexual activities with a partner.** Women often experience orgasms through clitoral, vaginal, or anal stimulation. For men, focusing on stimulating the penis, testicles, or anus. **Experimenting with fantasies, understanding your body and communication** can help in achieving orgasm.



When men reach orgasm, it involves ejaculation and genital muscle contractions. Contrary to harmful stereotypes, most men also desire and benefit from **foreplay**. It occurs as sexual activity before penetration that can strengthen both pleasure and communication between a couple.

Women, unlike men, do not need to reach orgasm for making babies – and for this reason, the female orgasm has traditionally been neglected, especially when making children was seen as the main purpose of sex. **Generations now are aware that this should not mean that the female orgasm is any less important!**

In fact, reaching climax (another word for orgasm) through intercourse alone is not the most effective option for most women. When things are heating up, giving attention to **the clitoris** is a game-changer for many women as it is the primary source of nerve stimulation with around 10 000 nerve fibres!

### **What if it isn't so easy to achieve orgasm?**

Reaching orgasms can be a bit tricky in certain situations – **variations in reaching orgasm are completely normal**. Some people might need specific aids or stimulations (like vibrators) to get there.



There are different factors that may contribute to difficulties in reaching orgasm, like feeling uncomfortable, not being interested in certain activities, not warming up enough, or sticking to traditional gender roles, that can make it challenging for some people to reach orgasm. Remember, **not having an orgasm does not take away from the intimacy or fun** in your sexual experiences.

However, even if you find reaching orgasms tough, **there is no need to settle for “no-orgasm” sexual activities**. Instead, you can figure out what feels good for you, whether alone or with your partner, and try to reach orgasm at your own pace, step-by-step. It might take some time, so no need to rush. Just relax and enjoy the journey. Sometimes, exploring on your own can feel less stressful. When you are ready, you can involve your partner, and you will gradually get there.

But if **consistent difficulty achieving orgasm** bothers you, you might have an orgasm disorder. This challenge can stem from physical, emotional, or psychological factors. Seeking help from a doctor is the best way to address these issues.

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The key to sexual pleasure is to explore, understand your body, and communicate openly with your partner. Sex and masturbation can be fulfilling and enjoyable with or without orgasms because pleasure is a unique and personal experience for everyone!

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