

SEXUAL THOUGHTS AND BEHAVIOUR

How are emotions related to sex?

KEY WORDS

open communication | partner connection | relationship



Understanding how emotions and sex are connected is like unlocking the secrets to great relationships. Indeed, **feelings impact your romantic moments**. When it comes to intimacy and love, having a healthy attitude about sex can make your connection with your partner even deeper. A healthy attitude about sex is not just about focusing on physical pleasure; it is also about observing and prioritising how you both feel during these intimate moments.

Research shows that when people are satisfied with their emotions and with their relationship, this leads to sex which meets both their needs and their partner's needs. The result? **A positive and awesome sexual experience for both.**



And the opposite is true, as well. If someone is not comfortable with their emotions or the emotions of the other person and is experiencing **attachment avoidance** (defined as an unwillingness to form deep emotional bonds due to struggles with expressing vulnerability in relationships), they might feel more down during sex. It is like they do not see sex as a way to take care of their partner. On the other hand, those with higher **attachment anxiety** might feel a mix of good and not-so-good feelings during sex, depending on why they are doing it. Unlike those with attachment avoidance, people with attachment anxiety have a strong desire for closeness due to fears of rejection or abandonment.

Everyone has a specific attachment – to read about them and how they can impact your feelings about sex, check out our [infographic](#).



Feeling a bit unsure about your emotional side might keep you from fully enjoying sex. If you choose to have sex because you need reassurance from your partner or because you're trying to keep some distance, it could stir up negative feelings in both partners.

That is why **talking openly about what you both need emotionally** and why you want to have sex is a big deal. Building trust and understanding helps you and your partner make your romantic moments way healthier and more satisfying. Understanding each other makes sex even better!



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