

**INTIMACY, SEX
& RELATIONSHIP**

Being 'Ready' Daily Doesn't Guarantee Good Sex



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The commercial for the newest erectile-dysfunction drug promises "Cialis Daily — so you can be ready when the moment is right."

Pressure or opportunity? It depends on your perspective.

First there was Viagra, then Levitra, followed by regular Cialis. Now we have daily Cialis. I suppose what the advertisers are trying to tell us is that we could be having "it" all of the time, if the moment is right, of course. Forget the kids, the job or the bills.

I wonder what's next? How about "Cialis by IV — so you're always hooked up."

Seriously. The message that we can be "ready" at any time may be an exciting and welcome alternative for some couples. My concern is that it may inadvertently push others who prefer less frequent sexual activity into thinking they're dysfunctional. I can hear men and women asking their doctors, "I only want to have intercourse twice a week. Do I have low sexual desire?" Or romantic preludes may go like this: "I took a pill, honey; let's get it on — this thing is expensive!"

I don't know about you, but I'm not sure I want to feel like I should be "ready" to do anything every day — except wake up, eat and sleep.

Daily vitamins, daily workouts and daily flossing can be a drag. But many of us do these things because they're good for our health.

But what's good for our sexual health, and who gets to decide? We're continually (and often unknowingly) absorbing messages from a variety of sources that shape our sexual attitudes and behaviors.

Remember the media frenzy about locating a woman's G-spot? I still get calls from frantic women (and their partners) who have read an article advising them to discover their G-spot but can't find it — as if it were buried treasure.

They "curve a finger in a come-hither motion and place it into the vagina at about the 3 o'clock position" — but apparently have difficulty telling time in the dark! I sometimes imagine these poor couples under the covers with flashlights asking each other ... "Is this it? No — well maybe it's this little area here?"

If searching for your G-spot feels good or gets you talking about what you like, then great. But if it's one more thing to make you feel like a failure, I say don't knock yourself out.

Good sex isn't about ensuring the longest-lasting erections or rubbing a "certain" spot in a magic genie kind of way. It isn't orderly or linear — like a pair of synchronous swimmers preparing for competition.

Lovemaking is an unpredictable experience with inevitable ups and downs (no pun intended), a journey without a road map.

Making pleasurable love, like watching an exciting movie or reading a piece of captivating fiction, involves a suspension of certainty and an openness to possibility — a willingness to let go of expectations and go with the flow.

Some of you may be saying, "Listen, I don't want an epiphany; I just want to have sex!" And to you I say, "Go for it." Millions of couples are thankfully able to share satisfying intercourse because of the miracles of modern medicine. Just be careful that your expectations for daily erectile excellence don't set you up for more failure.

But whether or not you decide to take drugs for sexual enhancement, talk about your decision together: If the idea of "daily" sexual opportunities is a turn-on — for both of you — then enjoy. Just make sure that your partner is on board before you prepare the missile for launching.

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