

# Motives for sex

Physical sexual intimacy isn't often just about the act, but also involves a mixture of motives and needs<sup>1</sup>. You might find it beneficial to discuss with your current/next potential partner what your individual answers are and what you think each other's are.

My	Their	<b>reasons</b> wanting sex (tick any that apply):
		To feel mature and adult
		To feel like a real 'man' or 'woman'
		To be seen by others as being a real 'man' or 'woman'
		To feel physically appealing or ok to another
		To not miss out or catch up with my peers
		To get ahead of my peers
		To add to my tally of how sexually skilled or capable I am
		To add to my tally of experiences
		To improve my sexual skills
		To feel I can affect someone else's life
		To feel power over another
		To have something that will keep the other person with me
		To have some control in my life
		To get back at someone else
		To feel something else than the unpleasant feelings of life
		To feel a moment of happiness
		To lose control
		To forget about worries in my life
		To have fun
		To do something different than my normal routine
		To feel alive
		To feel less lonely
		To feel I matter to someone else
		To feel spiritually connected to another
		To know or be reminded how it feels
		To enjoy my body physically
		To get physical sexual satisfaction and release
		To express my sexuality
		To make the other feel special
		To make the other feel physically attractive
		To help the other forget about their worries
		To give pleasure to another
		To express my love to the other
		To create life
		To honour God or our spiritual purpose
		Because I can
		Other (please specify):

1: Meston, C.M. & Buss, D.M. (2007) Why Humans Have Sex. *Archives of Sexual Behaviour*, 36, pp477-507.