

Trouble accessing my sexuality. Recurring issue

March 10, 2018 | 6 upvotes | by [empatheticapathetic](#)

Asked this a few times on TRP over the last 3 years. Can't seem to get anywhere

29 years old. Saw an escort a few times in 2016 otherwise no sexual experience. Experiences were pretty shitty.

In the last year I've moved to my dream city, got a good job, working out properly, started doing yoga and got my diet and vitamins on point.

Went out last night. Flirted with some girls. Had good game. One girl dropped the date she was with just to hang with me because my game was so good (not usually that good) but I just can't get horny or anything. Can't access any sexuality in me.

Was on day 7 of no fap (planned). Worked out plenty this week hitting new PRs and massively improving form.

Managed to have some girls show interest which is a once in a lifetime occurrence usually and just don't feel anything from it. Then we both get bored and move on.

I'm happy enough with most stuff about myself but I have a web of self limiting beliefs regarding women I have trouble accessing which I think is the issue. They're deeply ingrained in me. I get excited thinking about escorts but the idea of attracting a girl seems like an impossibility. I subconsciously switch my horniness off when around girls so I can interact with them.

This is probably why my game can be so good sometimes because I'm not trying to fuck her, just trying to game and have fun.

Not sure how to progress other than starting to see escorts again.

Would appreciate any ideas or advice

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Comments

saltybull • 3 points • 10 March, 2018 12:25 PM

Based on your description, I would recommend reading the book No More Mr. Nice Guy, especially Chapter 8: Get The Sex You Want. I think you might recognize something about yourself and how to change your situation for the better. I found the pdf on the net and found it so valuable I bought the audio book. Great insight for all !en, not just self proclaimed Nice Guys.

empatheticapathetic[S] • 2 points • 10 March, 2018 02:31 PM

I'm due my bi annual read. Will make some notes this time

VirginPlaya • 5 points • 10 March, 2018 11:55 AM*

I'll reframe your question for you:

Alright, guys, I've never lifted in my life. I had two training sessions in 2016 that were so so. How can I excess the strength needed to pull 500lbs deadlift?

Practice, man. Practice.

And to comment on why are you avoiding that practice, or rather play safe with chicks, is because you're anxious as fuck.

I know the feel, man. Talking with a chick and having fun is almost easy. I've learned that much. Getting sexual, whether verbally or physically is damn difficult still. I lock up and default to nice guy patterns.

Constantly be escalating and give yourself time.

Also, psychologically it could be healthy for you to prioritise getting a girlfriend rather than plates. At least until you work through the issues due to lack of intimacy.

empatheticapathetic[S] • 4 points • 10 March, 2018 02:38 PM

Hey thanks for the reply.

I tend to just do what's natural. If escalating at that moment is the right thing to do I'll do it no problem. But there's something happening before that stage that's short circuiting the whole thing.

Can't quite seem to grasp what it is to be able to treat it.

Yeah a gf seems like an impossibility. It's not the aim at this point anyway. Just being open to the idea of sex and attraction is the focus.

VirginPlaya • 1 point • 10 March, 2018 02:49 PM

From your post I got that you're 29 and lack sexual experience. And you never had a gf. You're deprived from intimacy.

It'll sound harsh, but you have no clue what's 'natural'.

I do sympathise with you though. I myself only in the past 6 months started to see the light on the same issues.

Obviously, you'll get there with practice and time. Give yourself a break though. Don't be tough or angry with yourself.

Also, yeah I get it gf might not sound like an ideal thing right now, but concentrating on one relationship

more than others could be the most efficient way to heal. At least, I feel like that.

Good luck though, whatever you decide.

empatheticapathetic[S] • 2 points • 10 March, 2018 02:59 PM

When I say natural and escalate I guess I am including simply being physical. I had no problem touching, moving and even throwing around that girl yesterday. I didn't think about it, I just did it because it was fun and it was the natural next step at each moment.

What should I practice specifically? I don't exactly understand.

VirginPlaya • 1 point • 10 March, 2018 03:15 PM

Oh, okay. I took it mostly as you having issues to escalate: going for a kiss, escalating towards sex, getting erection, having satisfying sex.

Other than that, you might try being emotionally open. I not talking about whining and crying to a chick and shit, rather about being confident in saying to a chick what you like/dislike (in sex and in life), not being afraid to say that you have flaws (again not crying about them) things along those lines.

Example from what I'm dealing with: I have issues getting and maintaining erection, especially first time with a chick. I have a limiting belief that I won't be able to fuck her good. Which is understandable because of my lack of experience. And this is a huge source of anxiety for me.

It was such a huge personal relief (emotional victory) for me when I the first time we got to having sex, with the chick I'm seeing, to say to her, after not being able to get hard: "It's been a while since I've done this [had sex]."

There was so much guilt and shame holding me back from saying that, the truth. I wanted to go with the easy excuse of "I'm tired", "I don't know what's going on", etc. But I was honest with her and most importantly with my self. It felt amazing.

Anyways, that's just one small example. But the thing is that working through these things also improved my self-esteem with sex and in general.

Hope that makes sense in some way.

empatheticapathetic[S] • 3 points • 10 March, 2018 04:03 PM

Haha that's not my experience man. My pre TRP oneitis destroyed me for being even slightly vulnerable even though I was completely fine with it. First thing I learned on TRP was what a mistake it was to have been slightly vulnerable in the first place. I will never make such a mistake again.

Even the escorts couldn't give a fuck about my vulnerability/issues. It's quite anti TRP to expect women to give you room for inadequacy. That's hardly a secret even off TRP.

I'm emotionally open enough as it is. I get annoyed at how emotional I can be.

Ftr I have the same erection issues.

I appreciate you sharing that but I don't think that is the right approach for me.

VirginPlaya • -1 points • 10 March, 2018 04:18 PM

It was not a 'mistake' for you to open up. At most it was unwise to open up to emotionally sick person, your oneitis.

Of course hookers don't give a fuck. They only want money. They are the most

emotionally unhealthy and unstable people.

I get annoyed at how emotional I can be.

I suppose my point is, that you shouldn't be. Learn to except yourself how and who you are.

Yonski3 • 2 points • 10 March, 2018 02:33 PM

forget about escorts. you need to raise your testosterone to a level you won't have to try and access your sexuality. It will simply overflow any time you will see a hot chick.

do this:

lift heavy weights.

avoid fapping too much, or best - drop it all together.

do intervals of light running/sprinting

eat lots of red meat and other healthy fats, avoid sugars,soy and too much alcohol.

take some martial art classes like maui Thai, etc.

get a good 8-9 hours of sleep every night.

empatheticapathetic[S] • 1 point • 10 March, 2018 02:40 PM

I am consciously aware all that shit to raise my T and I do that entire list already.

I do get horny, just to the idea of escorts. Not even with actual escorts but I haven't been for a while so it might be different now.

Yonski3 • 1 point • 10 March, 2018 02:43 PM

ok.

so why are afraid to be sexual around girls? are you worry they will think you are creepy?

VirginPlaya • 3 points • 10 March, 2018 02:56 PM

Self-esteem issues. The lack of sexual experience. The regular stuff.

Only practice will fix that.

empatheticapathetic[S] • 2 points • 10 March, 2018 02:49 PM

Good question...

Because unless the girl is definitely into me it is creepy. And I don't believe any girl is into me or if she is it's a mistake or a trap.

Yonski3 • 2 points • 10 March, 2018 02:57 PM

I been there. like many guys here at the beginning of their journey.

it's a classic "nice guy" syndrome and rest assure it is curable.

And I don't believe any girl is into me or if she is it's a mistake or a trap.

why do you believe that? what is so wrong with you that no girl will want you?

empatheticapathetic[S] • 1 point • 10 March, 2018 03:33 PM

Well there's nothing particularly right about me that a woman could give a fuck about in my opinion.

Yonski3 • 3 points • 10 March, 2018 03:34 PM

you have a penis right? that's enough.

empatheticapathetic[S] • 0 points • 10 March, 2018 03:53 PM

Not really. Otherwise I would have been laid by now.

Yonski3 • 3 points • 10 March, 2018 04:06 PM

you are not getting laid because of your mindset, not because you got nothing to offer.

empatheticapathetic[S] • 0 points • 10 March, 2018 04:13 PM

So what should I do.

room_303 • 2 points • 10 March, 2018 02:37 PM

Why not just continue to see escorts until you feel your game is on point and you are more comfortable?.

Whether you game a girl to bed or buy an escort, it will cost you money either way - they are never free.

empatheticapathetic[S] • 1 point • 10 March, 2018 02:41 PM

Yeah this is my plan really.

mieato • 2 points • 10 March, 2018 09:34 PM

Force yourself to fuck them even if you don't feel like it. Make out with them, grab their ass and tits, suck those tits, make them blow you, eat that pussy, etc. Doesn't matter if you fail a thousand times, keep going.

Blackhawk2479 • 3 points • 10 March, 2018 04:19 PM

You're probably below normal for testosterone.

Psychologically though you're cock blocking yourself - you're convincing yourself you're not horny, or not interested in girls, to save face and avoid the disappointment and blow to the ego of being rejected.

You get horny for escorts because there's literally no chance of failure. Get your T levels checked, stop fapping, stop using escorts and start pursuing these girls despite your self-delusional disinterest, and *embrace failure*.

Failure is learning to succeed.

empatheticapathetic[S] • 2 points • 10 March, 2018 04:50 PM

I have passively designed my life around raising T. I last had it checked a couple years ago and it was 700, i wasn't lifting at the time. I have a private test sitting on my desk i intend to use soon as i want to see if there is any one thing that is out of range (it was prolactin last time).

These days i eat much better, lift regularly, do HIIT, rarely go drinking. Sleep could be better. I do a weekly no fap 3 out of 4 weeks.

Failure without success is why i'm stuck here i reckon. Now i've probably got a chance of success but i just feel apathetic towards it.

MattyAnon • 1 point • 10 March, 2018 01:56 PM

One girl dropped the date she was with just to hang with me because my game was so good (not usually that good) but I just can't get horny or anything. Can't access any sexuality in me.

Where? public or private? did you like the girl?

[deleted] • 1 point • 10 March, 2018 04:09 PM

Have you had your test checked?

empatheticapathetic[S] • 1 point • 10 March, 2018 05:26 PM

It was 700 last time I had it checked. And I wasn't lifting at the time.

[deleted] • 1 point • 10 March, 2018 06:02 PM

Were you noticeably different as far as libido then?

empatheticapathetic[S] • 1 point • 10 March, 2018 06:05 PM

I have more libido now than I did then but I've improved my mental and physical health and life circumstances significantly since then.

[deleted] • 1 point • 10 March, 2018 07:04 PM

So probably not that then. If you have everything else dialed in examine.com has a good list of aphrodesiacs.

Although it has to be asked, is this actually a problem for you?

empatheticapathetic[S] • 1 point • 10 March, 2018 07:14 PM*

Yeah it's all I've thought about for 4 years since my oneitis and TRP. I want to get out of this mental prison now, it's getting to be too much for no purpose.

I take ashwagandha and I can feel T surging. I lifted yesterday morning, took ash, was on day 7 nofap, my HIIT the night before. I felt insatiable but I could feel my mind blocking me from trying to do anything about it.

This sounds fake and pretentious but it felt like I was on MDMA when I finished my deadlifts yesterday.

I was at a party a few weeks ago and took some MDMA actually and got insanely horny. But I didn't let myself talk to any girls (they were all taken anyway) and it just felt like torture so I just went to bed and lay there messaging a friend about making a regular plan to see escorts.

Somethings gone wrong and I've built up something in my head where girls are not accessible to me and I don't know how to treat it.

[deleted] • 1 point • 10 March, 2018 07:21 PM

Is it a problem because TRP says you should be a fuck machine or because it is holding you back from your goals? A low sex drive is only a problem if it is a problem for you specifically.

If it is and you have all this other stuff dialed in I would suggest that examine list. In particular you might look at a good ZMA supplement to trial.

empatheticapathetic[S] • 1 point • 10 March, 2018 07:24 PM

I edited my comment.

No it's something I need to do for my own sake so I can get past it.

I can feel some sort of drive but it's being blocked out by my mind.

My vitamin and supplement game is on point. This is a mental issue.

[deleted] • 1 point • 10 March, 2018 07:32 PM

It all feeds into itself but ok. Have you considered a therapist then? When you're at the point that you are confident enough in your knowledge that there is no point in listening to anyone but don't know how to fix it it's time to get a professional involved.

Drakonlord • 1 point • 10 March, 2018 11:16 PM

You deeply believe you have no chance with them.

empatheticapathetic[S] • 1 point • 11 March, 2018 01:50 AM

What should i do

Drakonlord • 1 point • 11 March, 2018 12:34 PM

I think you need to spend more time around women not just as a trying to fuck them thing but getting uses to them in general.

F_Morrison • 1 point • 10 March, 2018 11:31 PM

I feel like you made the work, you got good at it but you still don't believe that you deserve the "reward". I was about to suggest a change of "scenery", but I don't think you're doing the wrong kind of sex(it happens, I was pretty bored with sex before bdsm).

Work on the way you see the world, believe that you are entitled to the fruits of your labor, you are owed no more, no less than what you worked for, and you worked for it, believe in your work.

empatheticapathetic[S] • 1 point • 11 March, 2018 08:03 AM

Hey thanks for your reply.

I've been reading the power of now again recently and it's helped me stay a lot more present and drop a lot of anxiety. I'm not sure how or where to build self esteem from. It's only regarding women where it's a big issue. Do you have any suggestions on where to start

F_Morrison • 1 point • 11 March, 2018 08:55 AM

Personally I have a screenshot of my bank account from 1 year ago, the difference never fails to make me appreciate myself, but my setbacks before TRP were always financial, my inability to provide the life I wanted for myself, maybe have a picture of yourself before you started doing the work, and then look for what's different. I think you haven't internalize one of my favorite premises in this sub, "You are the prize", look into why you are better than you were, really get deep into it, think of how much you improved since you killed the old you and became what you are now.

empatheticapathetic[S] • 1 point • 11 March, 2018 10:22 AM

I never understood how people can believe so easily 'they are the prize'. If they've put significant work in and seen results then it is believable. I need to see success in this specific realm to be able to believe i have any sort of value to a woman. If it's such an easy question for people to answer, why do i never find an answer.

I've read a lot on raising self esteem and most of it is just based around that idea entirely. "You just

have to believe it". I don't get how that is supposed to work.

I drove past a hot girl earlier and i caught myself thinking "eh just ignore her she isn't relevant to your world". The same again when i saw some pic of my friends gf on facebook.

It's a self fulfilling cycle as far as i can see. All i can think to do is attempt to be more mindful but trying to believe "i am the prize [to a woman]" doesn't work because in reality it's not true.

F_Morrison • 1 point • 11 March, 2018 10:44 AM

Don't get me wrong the "you are the prize" is a bit of "fake it till you make it", and other thing, woman are the ones that need to add value to you not the other way around, you have your mission be that whatever it may be, but woman can't be the mission.

empatheticapathetic[S] • 1 point • 11 March, 2018 11:03 AM

What's your mission?

Mine used to be playing music. Still do it but just for social reasons now. Trouble finding anything new for a few years now. Lifting is the closest thing I have.

mental_models • 1 point • 13 March, 2018 08:23 PM

all I can really suggest is to understand the enjoyment you get from the power dynamic of escorts and apply that to dating.

Aim low (you should be able to get a 3 or 4 willing to date/have sex)

think abundance (go after 2 or 3 girls to start, don't focus on one, don't make a big deal about any 1 specific girl. Fail? Next!)

be persistent (fail, fail, fail, fail, fail, score, fail, fail, fail score, fail score fail fail = perfect)

escorts are OK on occasion, and to get to the mind-state where you enjoy the power of a trading a value for pleasure. But escorts are not OK to do instead of sex with plates, or because you now need XYZ to get off.

empatheticapathetic[S] • 1 point • 14 March, 2018 09:16 AM*

How do I get horny? Where should I meet these 3's?

I haven't seen an escort for 18 months. I think seeing one now might help me open up sexually.

I actually saw escorts 7 times but I only got hard the first two times because I couldn't get turned on enough, so I stopped seeing them. Can't see any way to progress other than making an appointment every 2-3 weeks or so and keep going until I'm fixed.