

Sex, Glorious Sex

July 2, 2016 | 19 upvotes | by [SeasideJune](#)

He says he loves me but he's actually lying and one day I'll find out he's been dating another girl along with me and because I've invested my heart, my heart will be broken. Also, he's overly devoted. Also, he's overly detached. Also, he's not manly enough because he's gentle. Also, he's too manly because he's driven. Also^also^also^also

Oh my brain.

Many nights it goes off like this, and I squash the horrid rambling as much as I can. On the *rare* occasion, something of this strain bugs me so incessantly that I text him about it and always end up ashamed of having done so.

How long has this been going on, you ask? The whole relationship. Over a year.

But recently I had a personal epiphany. I literally sat bolt upright in bed at 2 am and realized that sex is my answer.

Do I ever overthink so irrationally when I'm with him? No. Do I ever overthink so irrationally recently after seeing him? Not usually. Why only "usually"? Because sometimes we don't have sex. When I sat bolt upright in bed I realized in a rush of one year's memories that it was only ever after recently having sex that I was free of my overthinking. Not after texting him, not after just seeing him, not after a *cough* personal session. After sex. With him. It was a perfect pattern.

We talk so often of our men needing our sexual availability, but I need it regularly too. Evidently.

1. Sex grounds me. It reorients me out of my mind and into my body. It halts the overthinking and erases the unreasonable emotion.
2. Sex connects us. It renews our dynamic. Through total vulnerability, it reinforces that above any little "issue" I'm overthinking about, we are a couple, we are a unit, we are committed.
3. Sex makes us both happy. And it's darn fun.

It's surprisingly relaxing for me to have "solved the puzzle" of how and why my mind runs off this way. It seems that regular sex with my man keeps me rational.

I'm sharing firstly just to share, but also because it might be nice to talk about how sex affects *us* as women. **Does being physically intimate with your partner influence you personally in some way, and how?**

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Comments

[deleted] • 7 points • 2 July, 2016 10:57 PM

Hahaha this made me laugh (in a good way). Bedroom activities always leave me feeling calm, safe, happy, stress free, and usually ready for at least a nap. Sex is important in any romantic relationship and both people should want to engage with each other and enjoy doing so. :0)

Congrats on the personal discovery, and thanks for writing this up!

[deleted] • 6 points • 3 July, 2016 12:52 AM

girl you ain't never lied about that nap. i am OUT afterwards.

[deleted] • 9 points • 3 July, 2016 12:53 AM

i've said this in IRC before, but for me, my sexuality is reactive. i enjoy sex to the extent that my man enjoys sex and wants to use it to be close to me. so in that, i love having it regularly as a way for us to connect, check in, and expose our physical emotions.

TempestTcup3 points 3 July, 2016 01:26 AM **[recovered]**

LOL, after sex I always say, "Thanks for making me a bit less insane" joking about how TRP talks about sex. But really, there are tons of different chemicals released during sex and many in semen as well, so it's not beyond the realm of possibilities :)

[deleted] • 3 points • 5 July, 2016 08:51 AM

Sex is the one physical act that connects us to our SO. Something you share with no one else. It's where we are at our most vulnerable state. It connects and fulfills us in a way nobody else can and takes us out of our minds full of fear and shame and into joy. For me, it's a place where I can feel comfort that someone loves me that much that he would forgo all others. I'm not saying I don't have insecurities, but that in spite of those insecurities I allow myself to be seen, naked and soul bearing.

It has taken me years to finally figure this out and my marriage is better for it.

Vanessagatesmiller2 points 3 July, 2016 03:09 AM **[recovered]**

I don't feel the same way, but that's because we are in a bit of a rut. Oh I hate the rut...did I spell that right? I miss the old days. I need to get back to the old days when what you're saying made all the sense in the world. It was beautiful and captivating. Total, engrossing, feel good joy.

TempestTcup1 points 3 July, 2016 11:47 AM **[recovered]**

Perhaps if you wrote a post about this, we might be able to help you change your mindset and get out of your rut. Sex and attraction are mainly a mental thing (except of course the actual physical act), and we can help you reset and find the joy again. The wonderful ladies here have so many good ideas, and I'm certain that some of those ideas will help!

eatplaycrush • 2 points • 3 July, 2016 09:42 AM

Absolutely yes.

I notice a distinct difference. I am just not as efficient over all without it. With it my mind, emotions, and even how I behave physically seem to be much "clearer" as well as easier to manage.

[deleted] • 2 points • 3 July, 2016 10:43 AM

Absolute same with me. My brain does the same things. I'm a huge overthinker and I have a huge irrational fear of abandonment, absolutely unjustified.

And I have notices the same pattern as you. When we have sex, I feel so deeply connected to my husband and we're full of desire and just devour each other.

After that all my fears and stupid thoughts are gone and they stay away for a while. When we hadn't have sex for a while though, these stupid thoughts come creeping back. Funny enough, I started just to think back to the last time we had sex to cope with my insecurities. Stupid me, but it works :D

[deleted] 3 July, 2016 03:09 AM

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SeasideJune3 points 3 July, 2016 03:22 AM* [recovered]

I think you're misunderstanding the seriousness of my post. I'm making a satire of myself.

...

Edit to more properly address you: yes of course I always knew it made me happy, yes it's always been obvious that it reinforces emotional connection, he never overtly showed sexual indifference (this was part of the satire, exaggerating how my brain runs for the sake of humor), I understand this makes guys happy too, I've been enthusiastic with him since day one. :P Hope you understand the base of my OP and this explanation are all in good fun.

[deleted] • 1 point • 3 July, 2016 04:13 AM

Yes you are an over thinker. Day-um.

I was joking around, so no offense was meant.

Every once in a while I see a post where a woman makes a revelation about frequent sex and relationship happiness and I like to have a chuckle about it because it's just about everything talked about in r/marriedredpill. I just find it funny that women don't realise how important sex is for men in general - and even doubly so in LTRs.

[deleted] • 3 points • 3 July, 2016 03:47 AM

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[deleted] • 0 points • 3 July, 2016 04:04 AM

I'm senior endorsed and was joking around. Lighten up.