

%erotic focus% Its Not You Its Me Measuring Erotic SelfFocus Flavouring Your Sex Life With Eroticism What is.

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Research suggests the presence of a non relational aspect of womens sexuality wherein afocuson oneself may be linked to elevations in sexual desire arousal Put it another way a common cause of loss of sexual desire or physical arousal is the loss of erotic focus. Erotic focus means being attuned to sexually arousing thoughts and physical sensations during masturbation or engaging in sex with another. Erotic self focus is focusing on the pleasurable sensations you feel within your body when being sexual with yourself or others

This can include focusing on any of your five senses taste touch smell sound and sight. Many couples find that time spent on the sensate focus process can be a useful and pleasant way to reawaken their own sensual and sexual feelings

Try these exercises when both partners are relaxed rested and feeling kind toward one another. Read our FREE sensate focus guide to improving intimacy and communication around sex including step by step exercises for the bedroom. Unlock the simple secret to deeper intimacy and electrifying pleasure by mastering the power of attention in your erotic life. Porn has become the most common way to learn erotic touch. Focus on pleasure over orgasm

What is wrong with me? Why cant I reach orgasm with intercourse? This is the question I am getting what is the concept of erotic focus and how does it help? Erotic focus is a technique where you intentionally shift your attention to the specific physical sensations that are generating pleasure or arousal in the moment

It is the opposite of distracting anxious thoughts. Other editions View all Erotic Focus: The New Way to Enhance Your Sexual Pleasure. Barbara DeBetz, Samm Sinclair, Baker Snippet view 1985. Sensate focus is a technique used to improve intimacy and communication between partners around sex. Reduce sexual performance anxiety and shift away from ingrained goal oriented sexual patterns that may not be serving a couple.

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