

Is Sexual Healing Work Right for You?

When we speak of sexual wounding, we often think of traumatic events, like rape, molestation and incest.

However, many other experiences in life can also wound our sexuality and limit our ability to experience true intimacy – yet we may not have connected the dots.

Even if you haven't experienced obvious sexual trauma, your ability to fully embrace your sexuality and relax into the moment may stem from relatively minor events you may have overlooked...

...or even forgotten

...but the emotionally scarring energy remains locked up inside you.

Do you have any of these symptoms of potential sexual or relationship wounding?

- Shame or guilt
- Difficulty trusting, especially a lover
- Inability to reach orgasm with a partner
- Difficulty relaxing and fully enjoying sex
- Fear of intimacy, especially when you're naked together
- Physical or emotional numbness or pain
- Fears of abandonment and/or smothering
- Irrational jealousy
- Fear of betrayal or violence
- Feelings of inferiority, inadequacy, confusion, or worthlessness
- Disconnection between sex and love or intimate emotions
- Disassociation during sex (like going somewhere else in your head while your body has sex)
- Lack of interest in or avoidance of sex
- Inability or difficulty making decisions and commitments
- Needing pornography or fantasies to get interested in sex
- Inability to get or maintain an erection
- A distorted view of natural sexual behavior (like "sex is dirty")
- Chronic depression
- Feelings of isolation
- Suicidal thoughts or actions

Long list, right? That's because sexual and relationship wounding can impact us in so many ways... often ways we don't associate with the source.

And the above symptoms interfere with your ability to fully enjoy a healthy, satisfying sex life.

It's not your fault if you have some or many of these symptoms.

Although obvious trauma may be the culprit, these symptoms frequently stem from parental imprinting and less “serious” or seemingly unrelated events, like:

- Getting caught and/or shamed for masturbating
- Emotional or physical abandonment by a parent or caretaker
- Parental disharmony or violence
- Unwanted sexual advances or fondling at a tender age
- Being repeatedly told to shut up
- Being bullied or hurt early in life
- For girls: developing large breasts before your peers mature
- For boys and girls: entering puberty much more slowly than your peers

A Solution Awaits

I’ve been working successfully with private clients to heal sexual and relationship wounds for over 17 years.

If something in you can’t fully let go into the deep intimacy and spontaneous sexual pleasure you desire (and you may not even know why), a sexual healing session may be the solution for you.

I look forward to supporting you on your healing journey to have the deep love, intimacy, and fulfilling sex you desire.

- adapted from an email from [Ellen Eatough](#)