

Desire Challenge January 2022

Day 5

Hello to day 5! A nice short one today, because it is Friday after all!

You may have heard my story, how I got into this line of work, but in case you missed it, it is important for this particular action.

Back in a previous life I was a website designer and I started working for a psychosexual therapist, who now happens to be one of my closest friends. I was building this website and in turn learning all about her work, how she helped people, why she did it. And I was wrapped up in it from day 1.

I have been with my husband since we were 17, neither of us had many sexual experiences before each other. So we were two people learning off each other, with very little knowledge between us. How had I missed these vital pieces of information as I grew up, why had no-one told me that was how my body worked.

I used to be the person who would not search online for anything remotely sexual. I watched maybe 2 or 3 adult films in my life. I didn't know how to go about it, and I didn't think I could anyway. What about my online search history! Working with my friend, this exposure, and it was, taught me that sexuality is nowhere near as scary as I thought. Today, my search history is definitely heavily sexual related. And I love that, it no longer bothers me.

And I'm now a believer that exposure to certain 'things' on a constant basis makes a big difference to our lives – like it did for me! It wasn't an overnight sensation, I spent months learning small and interesting pieces of information, relating some, not all, to my life. And now years study sexuality. The comfort in this space doesn't always come as quickly as we would like, but small and constant steps forward will get us all into a place where there is less judgement, less fear, less shame and more pleasure. Put it this way, we don't expect to pick up an instrument and know how to learn it straightaway, it takes practice and time. This is just another instrument which happens to be our bodies and mind.

I mentioned it on Day 3, this challenge is all about getting you more comfortable, with hearing, talking and taking action. In fact, it is why I am most passionate about starting my membership, constant access to sex education, conversation, permission giving WILL make a difference to your desire to have sex.

So time for the action, I'd like you to do a little research, on sex toys. Depending on your level of comfort with this, I want you firstly to head to Love Honey, who are a UK based sex toy distributor. What I love about them is that with the majority of their products they do instructional videos on what it is and how to use it. Have a look around, pick a few things and watch the videos. IF you are thinking right now 'Jess I think I'm pretty comfortable knowing how a dildo works' then I still want you to go to Love Honey! And take a really good look around, not just the items that you know you'd use, or have done, but look at something new. Sex toys are enhancements to our pleasure, and I really want you to see what is out there. This is your permission!

That is me signing off, I'll see you tomorrow for the day 6, the last of my emails! Where I won't be talking sex See you there!