

WHY IS HE LESS INTERESTED?

Husbands can have less sexual desire than their wives for many reasons! Below is a variety of factors that may contribute to his lesser drive. Use this list, not as an opportunity to label or accuse, but rather to understand and address what's impeding sexual intimacy in your marriage.

HEALTH

- Low Testosterone
- Unhealthy Weight
- Poor Diet
- Alcohol & Drugs
- Erectile Dysfunction
- Sleep Disturbances
- Aging
- Chronic Disease/Illness
- Ongoing Pain

HISTORY

- Purity Messaging
- Poor Modeling
- Prior Relationships
- Childhood Abuse
- Shamed for Sexual Drive (Suppresses)

HEAD/HEART

- Mental Health
- Body Image
- Fear of Fatherhood
- Stress
- Distracted by Screen/Entertainment
- Feelings of Inadequacy
- Sexual Orientation/Identity

IMMORALITY

- Infidelity
- Pornography
- Inappropriate Fantasy

INTERPERSONAL

- Marital Dissatisfaction
- Lack of Physical Attraction/Chemistry
- Passivity with Others