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Sex With Your Ex

By Dr. Dorree Lynn

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The death of a marriage must be mourned like any other lost relationship. It is often experienced as a death of family, of commitment, hope, or a dream. Dreams die—hard as there is nothing tangible about them and no place to put the "body." When one is a widow or a widower the entire world knows you have experienced a death and there are rituals to help you go through the grieving process. When you get divorced, few who haven't been there realize the suffering you go through and support is often brief or completely lacking. This is a time to reach out for help. Perhaps you should seek a divorce group, professional help, or spend time with really good friends?

SEX WITH YOUR EX

You've gotten a divorce and you are sure you never want to see your ex spouse again. Sex was never the real problem anyway, and certainly not the fundamental reason for the divorce. Then one night you get together and have dinner to talk about the kids. You're feeling lonely and your mind goes blank unable to remember the many bad times you had together. Now what was so awful about your ex anyway? Why did you get divorced? The next thing you know one thing leads to another and you've gone to bed together. Maybe this even happens more than once. You begin to wonder if there is anything wrong with this pull back to the old and familiar. After all you have nothing else in the works right now anyway.

Going to bed with your ex is a lot more common than most people realize. A lot of divorcing partners have sex with their ex or soon to be ex at least once, usually, within a four to six month period after leaving when emotions are running up and down like a jumbo roller coaster ride. But, the emotions involved with this kind of sexual encounter are quite different from those of a constant relationship belonging to a loving married couple.

Some individuals go to bed with their ex viewing the experience as "one last goodbye," others as a way to convince themselves that what they thought always worked in their relationship really isn't the same anymore. And, still others see it as a safety net, satisfying their sexual need without having to maintain the total relationship.

Sex With Your Ex

Many of those divorced are saddened by the loss of their marriage and angry about all that has happened. Yet, they still have warm memories about the past and regrets about what might have been. The loneliness and depression you may feel following a divorce can wreak havoc on your mental state causing mixed emotions and an inability to make good choices.

Although sex with your ex may provide a temporary release, you must let go sexually as in other emotional ways in order to heal and grow. This won't happen until you agree to stay out of each other's beds. The old adage "it ain't over until it's over" truly applies.

In addition, a continued sexual connection with your ex can be very confusing for your children. Seeing their parents continue an intimate relationship can be very detrimental to their adjustment to the

divorce. Children need stability and seeing this kind of relationship confuses them. It creates a ragged boundary and it may fuel their fantasy that their parents will reconcile.

If you do find you want to get back together, your bed is probably not the best place to work out your issues. If you are seriously considering trying again, reach out and get professional help to work out the problems that caused you to divorce in the first place.

If you are truly finished, stay alone in your own bed. You want to get it right the next time round. You don't want to kiss the frog again. This time you really want a prince or princess.

Life is too hard to do alone,

Dr. D.

Dorree Lynn, PH.D.

Portions of this column first appeared in an interview of DR.D in an article by Kelly Gamble in the magazine Family Digest, Spring 2001.

Dr. Dorree Lynn is co-founder of the Institute for the Advanced Study of Psychotherapy and a practicing clinician in New York and Washington, DC. Dr. Lynn served on the executive board of the American Academy of Psychotherapists and she is on the editorial board of their publication, Voices. She is also a regular columnist for the Washington, DC newspaper, The Georgetown. Dr. Lynn is a noted speaker and well known on the lecture circuit.

Sex & Pregnancy...Do They Mix???

By Tara Grant

As a pregnant woman, you may experience sex drives much like your moods. Up and Down! Some women claim that they have no sex drive at all during pregnancy, and others, say their sex drive is better during pregnancy. With changes to your body happening so quickly, your moods and dives may

also change just as quick!

Here are some common questions often asked by pregnant women with helpful answers!

Is it safe to have sex during all trimesters of pregnancy?

If there is no pain during sex and your not a high risk pregnancy, then sex is perfectly safe! If you are experiencing pain, or have a history of miscarriages, or any complications, consult with your medical professional.

I do not have any desire for sex, is this normal?

Every woman's pregnancy is different. While some women experience an increase in their sex drive, others may experience a decrease. Many women that are experiencing morning sickness, have no desire for sex at all. This is fine, and actually perfectly normal. Who wants to make love when they feel sick? As you enter your 2nd trimester, most of the time the morning sickness will start to vanish. Once this happens, you will feel better and your sex drive many appear. If you seem to just have no desire for sex at all, there are other ways to satisfy your needs and your partners needs for intimacy, such as kissing and holding each other.

Are there any positions that are more comfortable during my later months of pregnancy?

Once your belly begins to grow, it may become uncomfortable to have sex in the "man on top" position. The "spoon" position has become pretty popular among pregnant women! In this position, each partner lays on their side, with the man in the back. This way your belly is not in the way and your body is still flat.

Is it true that sex can induce labor?

According to medical professionals, there is a chemical in semen, that will soften the cervix, and aid in the labor process. However, sex will not actually induce labor. The semen can assist the labor process once it has begun, but will not actually cause labor to begin. If you are experiencing contractions, consult with your medical professional.

If you have any other questions that have not been addressed, talk with your medical professional! He or She would be more than willing to offer answers to your questions!

Tara Grant, owner of

and

Tara is a

warm-hearted entrepreneur, mother of 2 small children and an avid networker in the parenting communities!

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