

LET'S TALK ABOUT
SEX



by Nike Adekunle



**LET'S TALK
ABOUT
SEX**



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BY ADENIKE ADEKUNLE

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P.S

This resource file is the transcript from our seminar “Let’s talk about Sex” which held on the 26th of August 2018 at the Valencia Hotels Abuja, Nigeria.



LET'S TALK ABOUT SEX

Sex is a deeply intimate subject. There are various perspectives on the subject.

Some people see it as pleasurable, passionate, blissful, fun, a stress buster, and a source of relaxation and enjoyment. Another school of thought think sex is sacred. Most people's upbringing predisposes them to think sex is hallowed, sacred and somewhat shameful.

In fact, most people didn't even get to call their genitals by its actual names especially in public, so as not to be desecrated. Private parts were given nicknames for appropriateness. The last group of people see sex as a sin and downright evil.

The truth about sex is that sex is a beautiful thing. It is a healthy and natural activity. It is something most people enjoy and find meaning engaging in. Just because parents and guardians want their wards to avoid mistakes and poor choices in this regard doesn't mean sex should be ill spoken of. Sex is a beautiful and healthy activity.

Quit seeing sex only as evil and a sin. Well! It's not evil. You should be proud of your sexuality; embrace your sensuality and do not be ashamed when you feel sexual & sensual.

For clarification sex is not just vaginal intercourse. Sex is pretty much anything that feels sexual. Sexual activity is any activity that is considered sexual by the people who are involved. It can include the following activities and more:

- Vaginal sex
- Hugging
- Hissing
- Any sexual touching
- Oral sex

- Exposing your body to another person
- Taking sexual pictures of another person
- Showing somebody pornographic images
- And more!

Erroneous use of sex

Like it has been said often times, if the use of a thing is unknown then abuse is inevitable. Some people understand that sex wields a powerful force, they therefore use sex for their selfish ends. Some examples include:

1. Negotiating tool: some people use sex as a negotiating tool, sex isn't a negotiating tool. Sex is not meant to be given or demanded before help is rendered.
2. Means of exchange: It shouldn't be used as a means of exchange. You don't need to offer sex in exchange for help, gifts or money.
3. Misuse of seduction: understanding the power of sex and seduction is essential. You should not use such power to your selfish advantage.
4. Adverts: Advertisers understand the power of sex and that sex sells. Through the power of associated pleasure, they use it to sell their merchandise.

Although sex is beautiful, we know some people use it in several dubious ways to their advantage and the painful truth is that we all have experienced the pain of manipulative sex in one way or another, directly or indirectly.

Sex is a powerful force. Like water it can drown or keep afloat; like fire it can destroy or preserve depending on how it is channeled but ultimately sex is a beautiful exercise.

Sex Defined

Our society defines sex as recreational play between two consenting adults that creates mutual pleasure.

From this definition, it can be deduced that sex produces a pleasure that is purely physical, biological and recreational.

My definition

One flesh being fused together in the deepest level possible. It involves exchanges from body & soul, and physical & spiritual.

The exchange is always connected to an energy source beyond your control. The exchange happens whether a piece of condom is worn or not.

Bodily response to Sex

When two people engage sexually, the body of both the male and female produces a chemical called oxytocin (the bonding hormone). This hormone is responsible for connecting and protecting, it is the same chemical that a breastfeeding mother produces that binds her to her baby. This bonding hormone is produced, it can't be stopped, it is natural.

This is why after engaging in sex with someone, suddenly a need to be cared for and protected by them is felt by both parties, no matter how much in denial you are.

For a guy, another thing happens, after sex, his testosterone level drops causing his logical side to set in. This makes him question his urge to want to protect and connect to his sexual partner. He wants to ascertain if his sexual partner is worth committing to. This mental and emotional dilemma makes him pull away.



The result is that the lady feels unprotected and may feel a need to draw closer to her sexual partner who in turn needs space to reassess the entire relationship.

The effect of this on a relationship is that:

1. It creates an unhealthy balance in a relationship, where the lady is chasing the guy, whereas the guy needs time and space away from the lady.
2. This situation further complicates relationships because most guys need an illusion of freedom for them to commit. No man wants to be coerced into a relationship. The harder a lady is perceived to be chasing after a man, the more he feels under pressure.
3. Reduces the value of a lady. Men do not like whatever is in excessive supply. As earlier stated, the logical hormone in men makes them reconsider committing to a lady that he has already conquered and is now chasing after them. The scenario makes them consider the value of the lady. Unfortunately the lady most times cannot resist the urge to feel protected by the man she has given so much to.

The second major thing that happens when premarital sex occurs is imprinting for the male.

A man's first sexual encounter is very important. Male imprints on first sexual experience. Sexual imprinting simply means subconsciously using your first

experience as a template for your future sexual experience. Your first sexual experience plays a major role in your perspective about sex.

For most guys, the first experience was fierce, rushy, adventurous and yet you were full of fear. Your fear hormones (norepinephrine, cortisol) and adrenaline was released during the encounter and the environment also leaves an imprint.

These are some effects this impacts on your future marriage

1. That sexual experience i.e. the environment and the accompanying hormonal release cannot be recreated in marriage. Married love is not carried out in fear. It therefore predisposes you to unfulfilled sexual pleasure in marriage. It is like setting yourself up for unhappiness in future.
2. It means you have imprinted on a sexual taste and preference that can be recreated in adulterous scenarios. It makes men prone to adultery.
3. It shifts the focus of men from expressing love to a partner into physical adventure alone.
4. It gives no room for your wife to be herself because the mindset of the man is to recreate a sexual template.
5. It makes you hold your future wife accountable to the sexual standard and pleasure received from another person which is the real reason for sexual incompatibility

For a lady:

1. Premarital sex trains her to lose the desire for emotional connection with men, especially if she had felt rejected by her past sexual partners.

2. Learn to expect little or no value from sex and their sexual partners.
3. To self-protect, most women who have engaged in sex with several past sexual partners tend to emotionally shut their husbands to avoid disappointments.
4. May experience postcoital depression.
5. May feel empty and hollowed out from the inside because of dashed expectations.

Premarital sex is like setting yourself up for future unhappiness it is better to wait it out so as to avoid unwanted consequences.

If you intend to build long term relationships, remember sex can mar this prospect because sex

1. Shifts the power balance in your relationship
2. Creates future baggage
3. Mask the current problems in your relationship to protect dignity
4. Build resentments especially if you consider you are giving your all and it is not being reciprocated
5. Destroys potential life-long friends/relationship that could be beneficial later in the future

These are my case for advocating for sexually pure relationships. If you must have sex have it wearing the best protection is "your wedding band".



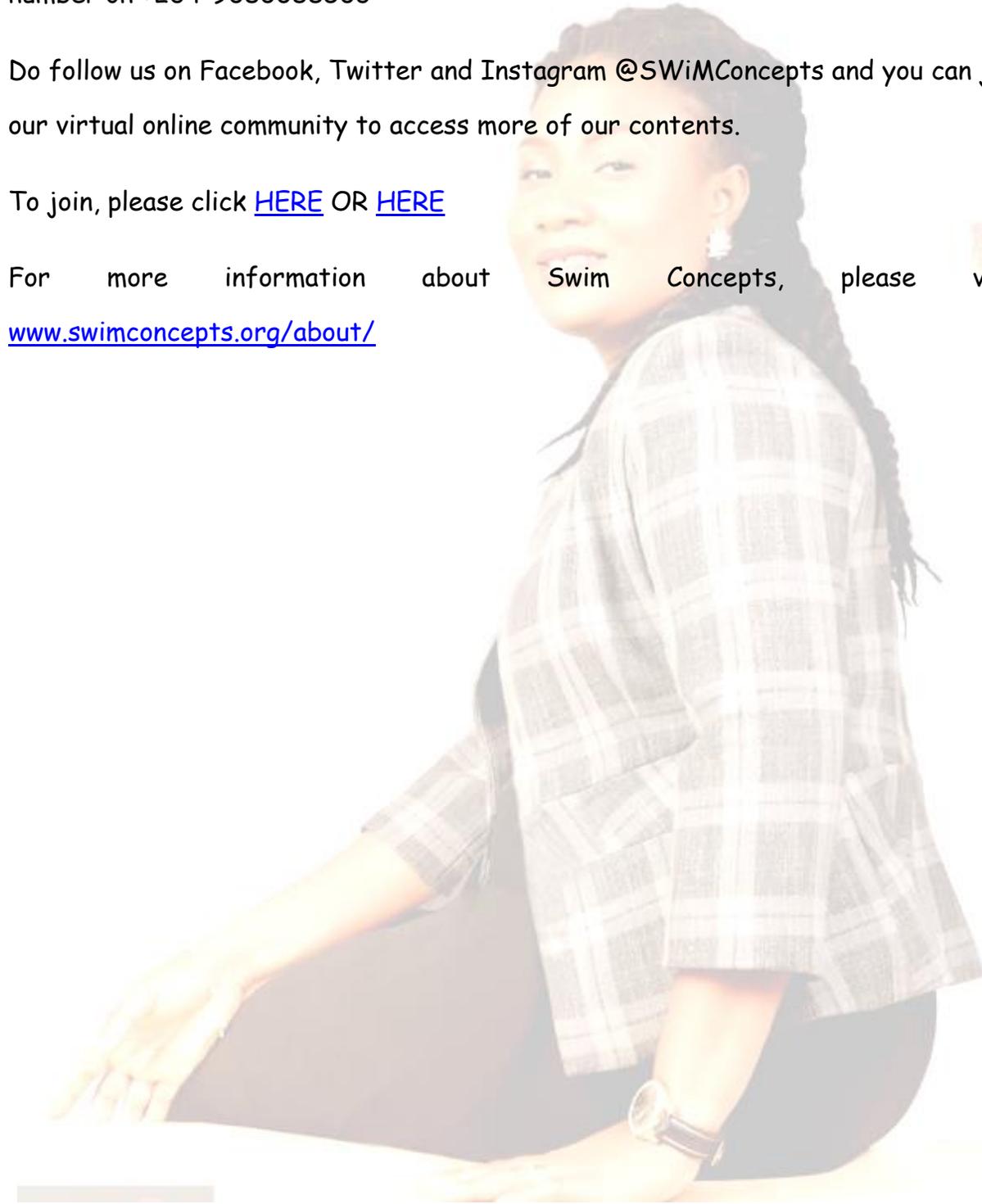
QUESTIONS AND COMMENTS

Send your questions and inquiries to info@swimconcepts.org or call our helpline number on +234-9080088503

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WHO IS NIKE ADEKUNLE?

Nike Adekunle is the president of SWiM (Sisters, Wives and Mothers) Forum.

At SWiM, Nike and her team equip men, women, married and singles with all the information and strategies needed to make relationships and marriage work.

In collaboration with members of SWiM, She hosts REALationship Unfeigned (an initiative that promotes healthy relationships) and Roaring Lioness (a prayer focus group).

She is a certified Marriage Instructor with the Family Wellness Associates (North Carolina, USA) and has appeared on numerous radio and television shows, teaching and helping both singles and married on how to enjoy bliss in marriage.

Nike has written numerous articles on Family relationships, marriage and faith and currently, has three published books, RELATIONSHIP UNFEIGNED, MY VERSION AND BEHIND THESCENES.

She is married to her heartthrob, Olufemi Adekunle, a solicitor and together they are blessed with three lovely kids

NIKE ADEKUNLE'S BOOKS

1. RELATIONSHIP UNFEIGNED

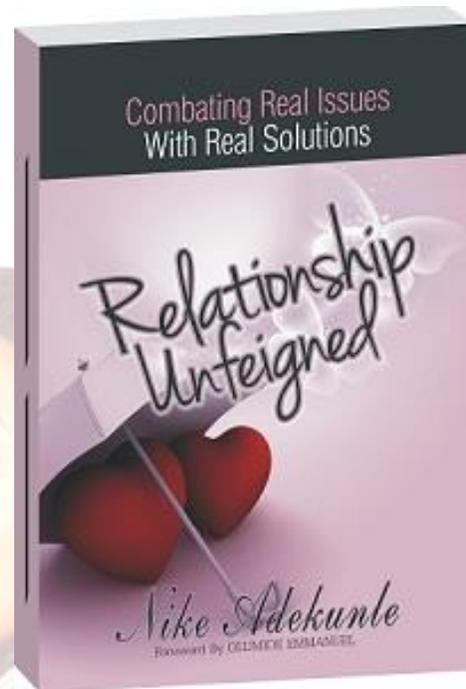
Is it possible to have a blissful, stress free and a successful marriage?

It is estimated that over 50% of most marriages end up in divorce with most couples enduring instead of enjoying their marriage.

However, in this book, "RELATIONSHIP UNFEIGNED", I examine problems bedeviling most marriage relationships and proffer practical and easy to understand solutions on how to solve these problems in order to build a lasting and a blissful marital relationship.

You need to a copy.

You can get your copy [HERE](#) or call +234-9080088503 to get it delivered to you anywhere in Nigeria.

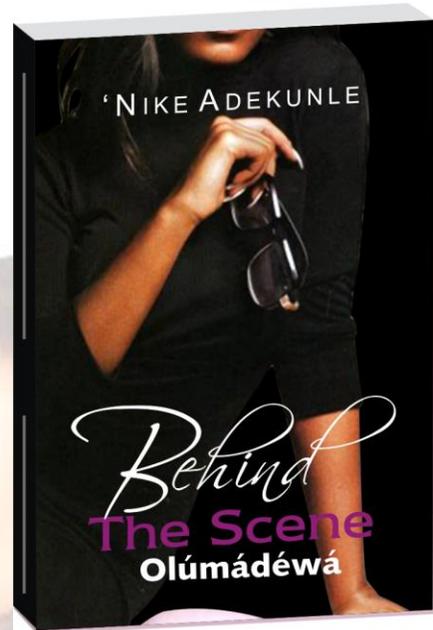


2. OLUWAMADEWA

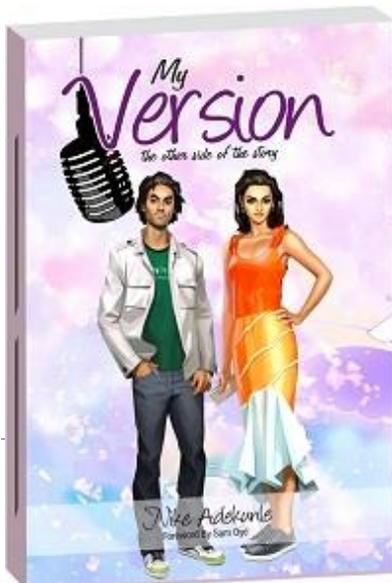
This book details the rich romantic story of Olumadewa, as she travels through life's uncertainties trying to make meaning of life until she finally discovered that the big hands of God was working behind the scene to make everything beautiful for her.

Through this book, you will gain clarity about LOVE, PAIN, PATIENCE and how rejection can be turned into opportunities for greatness.

You can get your copy [HERE](#) or call +234-9080088503 to get it delivered to you anywhere in Nigeria.



3. MY VERSION



Have you ever wondered what Judas was thinking when he betrayed Jesus? Or why Esau could be so stupid enough to sell his birthright for a meal that is lesser than a #2000 meal at KFC....?

Well, that is what I seeks to uncover in this book.

Written in contemporary setting and simple narrative, this book will give you a fresh view point

about these biblical characters with a view of helping us to identify with their humanity and frailty while taking a cue from their errors in order to avoid their mistake.

This book is available for purchase both online and offline. To get it online, click [HERE](#)

To get it offline, please call us on +234-9080088503 to place your order.



NEVER MISS AN UPDATE FROM SWIM

Every week, we send out actionable insight on how to build a beautiful, romance filled and a thriving relationship to people.

We would love you to enjoy this freebie, to sign up, just click [HERE](#) and we will take it up from there.

Do have a LOVE- FILLED marriage

.....

Love always (Nike Adekunle)

