Internet Intimacy and Male Sexual Functioning Across the Life Span

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Heteroflexible

I was straight, but s**t happens
Caveat Emptor

- Men & Sex
- Urban v. Medical Dictionary
- Interactive
- Confidentiality
When men share our stories

We get the emotional s**t kicked out of us.
Man Up

People want men to be vulnerable, but can’t stomach it when we are.
Masculinity

• Self-reliant
• Control
• Win
• Risk
• Work/Status
• Dominate
• Experts at sex
Performance
TRUMPS PLEASURE

MALE SEXUAL PERFORMANCE ENHANCER

hypnosislive
## Life Transitions

<table>
<thead>
<tr>
<th>Age</th>
<th>Aspect</th>
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</thead>
<tbody>
<tr>
<td>20</td>
<td>Guilt and Shame</td>
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<tr>
<td>30</td>
<td>Dick Confidence</td>
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<tr>
<td>40</td>
<td>Rush hour</td>
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<td>50</td>
<td>ED</td>
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<td>60</td>
<td>Passion releases its hold</td>
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<tr>
<td>70</td>
<td>“Men with rounded corners”</td>
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</table>
Embarrassment
Guilt
Shame
Humiliation
We Believe...

• Embarrassed – Bad happened to me.

• Guilt – May be forgiven. “I did bad.”

• Shame – We deserve it. “I am bad.”

• We don’t deserve humiliation. – Bullying
We believe we always act rationally, but only about 1% of Brain is for rational thought.
Dopamine
The Pleasure Molecule

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\text{OH} & \text{NH}_2 \\
\text{OH} & \\
\end{array}
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Male Sexual Response
Dimensions of Sexuality

- Sex Drive
- Erections
- Ejaculation
- Satisfaction
Remember when...

You had to be in the same room to have sex with someone?
When is Flirting a Problem?

1. Texting in secret undermines trust
2. Plugging holes in a relationship with a surrogate
3. Rationalizing –
   a) “Technically he’s just a friend
   b) Safe friendships don’t need justification
4. Pushing boundaries to an affair
5. Deliberate flirting
   a) Testing the waters
   b) Validating a fragile self-esteem
Connects/Disconnects Us
Cybersex

• You have to lie to compete.
• Closer to cyber-lover than anyone
• Create and project a perfect soul-mate
• One mouse-click away from safety
The emptiness of striving

- Always more to do
- Never have enough
- \( \rightarrow \text{ANXIETY} \)

- 2000-2010: Suicide rate for 35-64 years old, increased 28.4%
Mature Sexuality

- Less fear of consequences
- Accepts self even with mistakes
- Think from entirely different perspective
- Not compelled to seduce
- Mature capacity for love
- Slow time
Vulnerability

Sharing our feelings and experiences with people who have earned the right to hear them.
Shame can’t survive

When we share our stories with someone who responds with empathy and understanding.
A Life Well-Lived

• Become your authentic self
• Allow yourself to be seen deeply
• Value people for who they are, not what they can do for you
• Give back without expecting something in return
• Make love in slow time
• Savor every moment
Questions & Comments