

DAY TWENTY-ONE

9.4.03

1030 a

GRIEF AND LOSS

I am dealing with the loss of my sexual relationship with Sean. I hope that this will resurface once the depression and eating disorder have started to lift.

I appreciate the capacity that my body has for sexual pleasure. There is always a way for me to orgasm, and the intensity can be breathtaking. I also appreciate the glimpses I get into being "lost" in the physical sensations - that is something which I look forward to experiencing more as I heal.

When I was made in touch with my sexual feelings, I was extremely enthusiastic and often adventurous. Sex was playtime, yet that carefree playtime brought Sean and me closer together. Skin to skin contact always makes me feel dreamy and comforted. I'm so glad that Sean was my first.

Sometimes I resent my own body for making it such work to be able to play. Sure, I could have sex anytime... anytime that I had had enough water (and no caffeine or spicy foods), a full stomach, and Macrobids. Why did it have to be so much work and/or pain?

PASSIONATE MARRIAGE

It was never spontaneous, and there was often a price (in the form of a UTI or nausea). So much planning...

Emotionally, there was a price as well, I was under pressure to have a particular (hyper)sexual identity. I had to accept parts of Sean's sexuality that (at least) made me uncomfortable and (at most) hurt like hell. I didn't have much say in our sexuality because I didn't want to lose him. And the cheating left me feeling that I was simply not enough.

I resent myself for closing my sexual desire. I'm wasting my life, wasting our marriage, hurting both of us. Why can't I just get better? What's the problem? I am so frustrated with myself!

If I had bothered to voice my sexual needs, or at least the things that were safe or comfortable, I probably wouldn't be so deep in this right now. I have no sexual identity - no idea how I tick, no idea of what "normal" I'm working towards. I feel lost. I should have been so much stronger and braver, whether that meant taking a break or insisting on counseling. I feel so helpless and lost right now.