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## HOW IMPORTANT IS SEX IN A RELATIONSHIP

Sex is very important in any relationship because of its benefits. Having sex in a relationship should not be just for the sake of having sex rather it should be because of the health and intimacy it brings into the relationship. Sex brings about intimacy in a relationship. It makes you get close, feel free with and open to each other, share freely with each other. Having sex goes beyond physical gratification. It creates a bond of love and affection between you and your partner. It deepens your connection with your partner. Studies have shown that lack of sex is a major factor that causes infidelity and break ups in marriage and relationships. Sex in relationship is used to express so many things physically and emotionally. It is often used to make up after a fight and it increases the emotional closeness afterwards. To some people, the best way to celebrate special occasions is by having sex that is when you will see the woman putting on sexy lingerie so as to attract his partner, while to some, a way of saying thank you for a gift. An active sex life keeps couples together. Couples who maintain active sex lives tend to live happier and longer.

Once sex is off in a relationship, so many relationship problems set in. Lack of trust, betrayals, the couples tend not understand each other, poor libido and lost of happiness. Their senses of humor are also affected. The most dangerous problem couples with poor sex life encounter are lack of proper communication. When there is no proper communication in a relationship, that relationship is bound to go crashing down at any moment. There are so many health benefits of having sex in a relationship. This includes stress relief, boosting of immune system and it helps burn calories which is very good for weight loss. It also help improve heart health and for stronger pelvic floor muscles. Holding off sex can create a feeling that you don't trust him or her and it also gives the feeling of lack of respect. The person may have the feeling that you don't trust him or her enough for them to have you all. This may scare the person away. Having sex in a relationship is very vital to keep the relationship going and interesting. A healthy sex life is a major factor in any thriving relationship. For you to be happy in your relationship, it is important to be having regular and quality sex in your relationship. This must be one of those big questions that men and women ask themselves when they run into a person they really fancy, but who has a somewhat different view on how the whole bedroom thing should unfold? Some people need sex very often, while others have different priorities. The idea that this frequent need is restricted to men is a myth. Many women feel the same need for physical release and go about finding pleasure the same way men do. Nevertheless, a relationship is more than just sex, which brings us back to the same question. And the first thing to do while looking for the answer is to realize that the importance of sex is directly dependent on quality.

Every couple tends to maximize the good points of the relationship and to gloss over the bad

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ones. Therefore, if sex is truly good for both partners, it will also play a huge role in the relationship. On the other hand, poor-quality sex or sex that feels good only for one partner is not something that gets a lot of encouragement. Every couple has to deal with the differences between two unique individuals and the bed is the very place where differences could not be any more obvious. If you don't express real emotion and love for your partner, then sex is simply useless. It becomes sort of a ritual that means nothing at all. The feeling of enjoying this wonderful intimacy and the pleasure both partners have in being together are the foundation of the physical act. When work, kids or other things get in the way, you can still make time to share a loving moment together. The right kind of sex can be the most enjoyable experience of your life. This is why it is vital for both partners to feel the same honest and passionate love for each other and the same wish to give and take pleasure at the same time. And this is especially true for married couples, which are usually more at risk. Partners can go through dry spells; nothing new about that. The libido takes a dive and all of a sudden the need for physical intimacy is gone. But that doesn't mean that emotional intimacy should suffer as well. Partners should learn to understand these dry spells for what they are and to avoid panicking over them. And the libido can always return if one decides to spice things up a bit. If plain sex isn't working anymore, try sexy lingerie. Try fantasies and role playing. Learn new positions and new ways of having sex. Start dating again like you used to before marriage. Changing something in your lifestyle may be a very good way of kick starting the passion back into action.

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