

Breaking Through Sexual Shame — Part Two

From My Personal Orgasm Training Journal

This is part of my personal journal documenting my years-long journey to understand and heal my orgasm difficulty after seeing four sex therapists over more than 30 years. These writings capture my experiences, reflections, and discoveries as I lived them and as I began creating my own path toward healing.

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Breaking Through Sexual Shame, Part Two

My sexual shame was twofold. One part was the addiction I developed from repeatedly trying to have better orgasms. I learned in Sex and Love Addicts Anonymous (SLAA) how to stop that addiction.

It is not like an addiction to drugs or alcohol, where the drugs or alcohol are simply no longer used. We still have our sexuality as an integrated part of ourselves, so for me, it was about relearning how not to use sex and/or my orgasms as a drug.

Part Two is about learning how to heal in partnership with another person.

Learning to heal and face my sexual shame in partnership with another was way harder than stopping the addiction. The shame of not having orgasms with a partner, or not having the kind of orgasms I desired, was something I carried with me everywhere and into every relationship.

Looking back, it was as if this sexual shame "chose" my partners so that the shame stayed alive.

My sexual relationships were few and far between, with huge gaps of time between them. I really thought and believed I needed to "solve this orgasm problem" before entering another relationship.

I was wrong.

My Relationship Timeline

Here's a quick rundown of my significant relationships over the twenty-seven years since I separated from my ex-husband in 1991:



The Realization in Italy

In 2017, I was in Italy at my daughter's when I had the realization that I had accomplished everything in my life I desired except one thing.

I had no lover.

No partner.

No one to share my life with.

And I was still dealing with this orgasm issue.

I had everything else I desired, but this emptiness still lived in me. I had built a successful business and had plenty of money. I had the freedom to live in Europe part-time. I had self-confidence in business and self-worth. I had gotten over an anxiety disorder, gotten through an emotionally abusive marriage, and raised two children successfully.

The list goes on.

I had everything...and nothing...because I had no lover.

My daughter and her fiancé went away for the weekend, and I was alone at their place. I had time to "work on my problem," per se, and instead I had an idea to Google "trauma and orgasm."

To my surprise, a YouTube video came up.

Taking a Leap of Faith

Within 24 hours of watching that video, I signed up for a seven-month course in London with a company called OneTaste to learn a practice called Orgasmic Meditation.

I put \$10,000 on my credit card to pay for the course, which was starting the following month.

I knew I needed to take this action.

That said, I knew nothing about the course other than what this guy had told me on the phone for an hour and a half. But I related to everything he said, and I knew I had to do it.

To my absolute surprise, my sexual shame began to dissolve the moment I showed up with it in this room full of people who had also signed up for this seven-month course.

I knew no one.

Not a single person.

No one knew I had this shame — only me, and of course the guy I had signed up for the course with. But he was not even there. I met him months later.

Courage

Taking the step to attend despite fear and uncertainty.

Vulnerability

Showing up with my shame in a room full of strangers.

Connection

Finding community with others on similar healing journeys.

Transformation

Beginning to release shame through shared experience.

The Healing Power of Community

I did not know what to expect walking into that room. I was apprehensive and uncomfortable.

The 24 hours prior to getting to London were emotionally grueling. My shame did not want me to go. I cried a lot, and I felt very uncomfortable. I wasn't sure I could handle it.

I stepped completely out of my comfort zone, and simultaneously, I also stepped out of my shame.

The act of showing up in that room — taking that step — helped me break through my sexual shame.

I had a new beginning.

During this seven-month course, I flew from the USA to London for one week a month for seven months. My life changed.

I am not promoting this course or advertising it in any way. What I am saying is that when we are ready, the teacher appears, and the people I met through this course became some of my teachers.

The healing I needed happened in connection with other people, not alone.

That is another key right there: it takes action and connection with other people.

I could not heal alone or in a therapist's office. I needed a group of people I could trust so I could say to them:

"This is me. Here is my shame. Here is my pain. Here is my darkness. Please help me find the light."

And they did.

A Later Reflection

When I originally wrote this, I was still in that relationship. We ultimately broke up at the end of 2019.

Looking back now, I understand that the relationship became another important part of my healing journey. Opening myself to intimacy and allowing old trauma to surface was one thing. What I did not yet understand was the difference between opening a trauma wound so it could be healed and beginning to live inside that wound again.

Over time, I experienced aspects of the relationship as re-traumatizing. I also became increasingly concerned about my partner's relationship with cannabis and the role it played in our life together. In ways I could not see at the time, I began reliving patterns that felt familiar from my marriage.

The relationship helped me open something that had been closed for a very long time, but opening was not the same as healing. Eventually, I had to recognize that distinction and leave.

Knowing when to leave a relationship is another topic I may write about at some point. Breakups have often created enormous energy for change in my life, and this one certainly did.

Almost immediately after the relationship ended, a desire that had been buried in me for years came back to the surface: I wanted to return to school and earn my PhD. I had thought about it for a long time, but I never knew whether I would actually do it.

Within a month or two of the breakup, I enrolled in my PhD program and put my business up for sale. On December 25, 2019, I received a contract to sell the business.

The breakup became a turning point. One chapter of my life closed, and almost immediately, another began.

That too became part of my orgasm training and healing journey — learning not only how to open, but also when to leave, and what can emerge when I do.