

Trust, Safety, and Orgasm

2018

This is part of my personal journal from 2018, written as I set out to heal my orgasm after seeing four sex therapists over more than 30 years and making the decision that I needed inner healing. I created my own healing journey, and these writings document that journey as it unfolded.

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Trust and Orgasm

How is trust correlated to orgasm? What do the two have in common? Why is trust important for orgasm? Perhaps for female orgasm? Here's my experience and reflection on where I am now, where I came from, and how trust relates to orgasm.

I woke up this morning on another continent without my partner for the first time, and there was no anxiety in my body. It felt completely different from waking up when I was 19, on vacation with my parents and away from my then-boyfriend, later my husband, for the first time and feeling anxiety.

"What is the difference?" I thought to myself.

"Trust," my inner voice said.

Building Relationships on Trust

I realized after starting a new relationship where I feel loved and am able to love, after 10 years of not being with a man and 6 years after being with a woman, that what was lacking in my marriage, from the very beginning of our relationship, was trust.

As I lay here this morning, I realized that I built a relationship on a lack of trust and anxiety. I allowed myself to function in this way and expected myself to function as if this was not an issue. I completely bypassed trust. For what reason, I do not know. I simply did not know how to be deeply honest, even with myself, and did not understand the value of trust.

Looking back, I simply could not trust this man. I knew his ex-girlfriend was always lurking around, and even when I went on this vacation with my family, I knew he was with her or someone. I remember calling and him not answering, and I just knew. Still, I returned to him over and over, even marrying him. After having my son, I received a letter from "some woman" who said she was having an affair with him. He denied it, and there I went believing him, continuing on in my marriage filled with a lack of trust and anxiety until I could do it no more.

The Connection Between Trust and Orgasm

Needless to say, orgasm did not come naturally for me. I went to see my first sex therapist after being married just a short time.

The underlying issue was trust, as I see now. I did not see it then. I took it all on myself as my problem. Maybe I made it my problem, I do not know, but clearly orgasm, or lack thereof, stood out to me as a block.

I put all my energy into trying to make orgasm happen with someone I did not trust. My body knew and would not allow me to deceive myself.

My orgasm waited for me.

Building a relationship and my sexuality with a partner I did not trust was like building a house out of cards, or like the little pig who built his house out of straw and thought it would last. Not possible or realistic, to say the least.

The Connection Between Trust and Orgasm

Foundation of Trust

Without trust, the relationship cannot stand.

Emotional Safety

Feeling safe allows vulnerability.

Physical Release

Trust enables letting go into pleasure.

Complete Experience

Orgasm flourishes in trusting relationships.

Early Sexual Experiences and Trauma

So that was my introduction to my sexuality. I do believe there was sexual abuse when I was young, but I have no memory of any acts of sexual abuse other than signs afterward from how my parents acted or behaved, as well as consequences such as lack of orgasm.

Building a relationship on a lack of trust did not last. Even with marriage, the lack of trust seeped into other areas of our relationship and built a false sense of security that left me feeling an underlying anxiety from which I secretly suffered.

Eventually, it all caught up with me and I had to face it. My marriage ended after seven years. I left the marriage with more damage than when I entered it, and I continued to enter relationships without trust for nearly 20 years. It was a pattern I had no control over.

The Journey to Healing

After years of therapy, 12-step work, reflection, and healing, I finally entered a relationship that feels healthy and balanced. It took way more time than I expected.

I never would have imagined that I needed to go through so much shit to finally see and be closer to the light. I can see my past now for what it was. I see the truth and also the difference between then and now. I see now and feel the difference of being in a relationship with trust and truth.

It feels completely different. I know my partner loves me and I love him, and moreover, even more important, is the trust we are building as our foundation.

Like the little pig who took his time and built his house out of brick, we are taking our time, talking, and often being more honest than is even comfortable. When we fight, we fight with respect, and ever so oddly, that seems to bring us even closer.

Opening to Myself

I feel my body and my heart opening. It is not only opening to this man; it is opening to myself.

As Johann Wolfgang von Goethe said:

"Just trust yourself, then you will know how to live."

I am just beginning to trust.