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## JUDY AND BUD

Judy and Bud had been sexually intimate for more than a year, yet they still hadn't felt comfortable with the "frequency question," or, as Judy put it, the "frequency problem." Judy consistently felt greater sexual desire than Bud did. Initially Bud ascribed his lack of interest in making love to his stressful job and long hours. Judy's job, however, was also stressful and her hours at work, including her commute, were actually longer than Bud's.

Bud did some soul-searching and realized that he had lost interest in sexual intimacy, in general. The more he thought about it, in fact, the less interested he became. Bud asked Judy to help him with this problem. He said he needed to feel less pressure from Judy; yet, paradoxically, he was also requesting that she act "sexier." He wanted her to dress in a way that was more sexy, to watch erotic movies with him, and to talk about intimate topics. He felt that their home had become antiseptic, and this was a turn-off for him. Judy was relieved to hear these disclosures from Bud. It was a relief to even broach the topic. She tried hard to do as Bud had asked.

Unfortunately, what Bud said he wanted and Judy's sense of the changes he was requesting only intensified the sexual tension and confusion between them. They

solicited a referral from Judy's gynecologist for a male sex therapist because Bud felt he'd be more comfortable talking about this with a man. The therapy was difficult for a while. But the couple got through it and, at the other end, found increased intimacy and more honesty in their relationship. Bud came to recognize that he had been putting a lot of unnecessary pressure upon himself to perform and that he had been buying into an unreasonable standard that was keeping him from being interested in sex. As he demanded less perfection from himself, he came to be in touch with his own desires. This was extremely helpful in resolving Judy and Bud's "frequency problem." They became a very happy couple.

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