CLÍNICA VIVALDI · FREE SHEET · SEXUAL DYSFUNCTIONS

Sexual interest or arousal disorder

Persistent lack of interest in or arousal during sexual activity, causing discomfort. In men, it's called hypoactive sexual desire.

COMMON SIGNS

- Little interest in sex
- Few fantasies or little initiative
- Personal or relationship distress

TIPS FOR YOU

1. Review tiredness, stress, medication and hormones
2. Make time for intimacy without pressure
3. Sex or couples therapy

FOR FAMILY AND FRIENDS

1. Make time for intimacy without pressure to have sex
2. Talk about tiredness, stress and mental load

WHEN TO ASK FOR HELP

1. Review medication and hormones with your doctor
2. If it causes conflict in the relationship

TO OBSERVE AND NOTE DOWN

☐ I have little interest in sex
☐ I hardly ever have sexual fantasies
☐ I rarely take the initiative
☐ I find it hard to get aroused
☐ I don't find sex very pleasurable
☐ It has been happening for months
☐ It causes distress for me or my partner
☐ I'm very tired or stressed

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-del-interes-o-la-excitacion-sexual
- Free guide: Couples: clinicavivaldi.com/en/guia-pareja
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112

Educational information, not a diagnosis. Clínica Vivaldi · Calle Chiva 25, door 5, 46018 Valencia, Spain · +34 611 07 74 69 · clinicavivaldi.com