CLÍNICA VIVALDI · FREE SHEET · SEXUAL DYSFUNCTIONS

Female orgasmic disorder

Persistent difficulty reaching orgasm, or lower intensity, in most sexual intercourse, with discomfort.

COMMON SIGNS

- Difficulty reaching orgasm
- Frustration or lack of interest
- Anxiety about sexual encounters

TIPS FOR YOU

1. Get to know your body and what gives you pleasure
2. Open communication with your partner
3. Sex therapy

FOR FAMILY AND FRIENDS

1. Explore without hurry and without a goal
2. Talk openly about what you enjoy

WHEN TO ASK FOR HELP

1. If it causes distress or conflict
2. If it started after a change of medication

TO OBSERVE AND NOTE DOWN

☐ I find it hard to reach orgasm
☐ Sometimes I don't reach it
☐ It happens in most sexual encounters
☐ It frustrates me
☐ I find it hard to relax during sex
☐ I don't know much about what gives me pleasure
☐ It has been happening for months
☐ It worries me or affects my partner

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-orgasmico-femenino
- 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