

# Reasons She Stopped Having Sex

If She's Not Sleeping With You Anymore, This Is Probably Why

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## 3. You're Not Communicating With Each Other

"My ex was a lawyer had a really demanding work schedule, and it got to the point where I felt so disconnected from him," says Laura, 26. "He was always a private person and wouldn't talk much about what was going on, but once things picked up at his job we hardly ever had any real conversations anymore. When we would have sex, I felt like I was doing it with a stranger. Which made me just not want to even do it anymore."

If you're not having sex with your lady anymore, it's probably safe to say that you're not on the same page. "Like everything in a relationship — sex is no different — communication is key," says **Lori Bizzoco**, relationship expert and founder of Cupid's Pulse. "There may be things in your relationship that need to be worked through that are causing her to not want to be intimate. Be open about your frustration and try to work through the issues that are bothering her." To get her to open up for business, you'll need to get her to tell you what's going on with her. How do you go about doing that? "Start talking to your partner about what is going on," says sex therapist **Sarah Watson**. "Ask how is she feeling and what is stressful. Also asking, what would make you feel close to me and how can we make that happen?" Connecting on an emotional level will lead to more bedroom intimacy.

## 4. You're Not Having The Type Of Sex She Really Wants

"With the last guy that I dated seriously, he and I waited a while before we had sex," says Julie, 25. "The first few months that we were finally doing it were fine, because we had all that built-up **sexual tension** and things were still hot. But once that faded, it just wasn't doing it for me. He was a few years younger than me and would have sex with me like we were in a porno, going at me like a jackhammer. I'd try and get him to slow down and other stuff to remedy the problem, but ultimately none of it worked. I would go home and get myself off after we had just done it, because I wasn't satisfied. Eventually I started to make up excuses for not having sex. And then we ended it."

No guy wants to hear that he's bad in bed. But for the sake of saving your relationship, dating coach **Robert Kandell** says it's worth taking a hard look at your sex life, and asking your partner some tough questions. "Sex education for men is primarily porn, their fantasy life fueled by the porn they watch, and other guys who are watching the same porn," he says. "In other words, men are vastly undereducated on how to please a woman. To make matters worse, most women will not take the chance of educating a man on **how they truly wish to be pleased**. This has led to a society of uninformed men and angry women. Because women are not having the sex they truly want, they will say no when their partners' offers. Men then get more frustrated and demanding which leads to more sex. Repeat cycle." So, what can you do to stop the cycle? "Have an open dialogue around your sex life with your partner," he says. "Be willing to put aside your fragile male ego and ask the hard questions. Take feedback. Get honest and open."

## 5. She's Bored

"It wasn't because the sex was bad," says Allyson, 30. "It's that we did it the same way every time and it became so predictable. Any time I'd try to put us into **a new position**, we'd end up back in our same old Missionary shortly after. One time I tried to fool around with him in the back of a cab and he basically chastised me like a child. The final straw was when we hadn't had sex for weeks, and we were staying in my parents' house the night before my sister's wedding. The change of scene and being back in the bedroom I had when I was a teenager finally had me horny for him. He wouldn't do it. He told me he was too nervous we'd wake someone up and that he wouldn't be able to get it up. I just couldn't anymore."

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Most things get boring if you do them enough, over and over again. Yes, even sex. "If a woman does not have some variety in her sex life, she will often get bored," says Kandell. "If the man has the same routine (e.g. kiss, feel breasts, go down on her, have her go down on him, intercourse), she will often not feel gratified and stop having sex with him." So if you think your dry spell might be due to lack of variety, it's time to try something new. "This doesn't need to be something radical like visiting a **BDSM** club or checking out a swinger's site," Kandell says. "Kiss for an hour, go down on her for an extended period of time, or tie her up and play with her body. Ask and try out what feels good to both of you."

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