

# Sexual Issues-CBT Vicious Cycle

◆ **Trigger** • Low libido in a young couple

## ● Thoughts

**Yours:**

- What is wrong with me?
- I don't like sex as much anymore!

**Your partners:**

- They're having an affair.
- They don't like me anymore

**Yours:**

- Stop having sex frequently
- Minimising/avoiding discussing the issue
- Distancing

**Your partners:**

- Losing interest
- Searches for comfort elsewhere
- Distancing



## ● Feelings

**Both:**

- Anxiety
- Low mood
- Stress
- Loneliness
- Confusion
- Dissatisfaction
- Frustration
- Worries

- Heart palpitations
- Tension
- Fatigue
- Lower sexual desire
- Sleep Difficulties

## ● Behaviours

## ● Body

# Sexual Issues

**Ian Pickup**



## **Sexual Issues:**

## Unveiling the Magic of Words: A Report on "**Sexual Issues**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Sexual Issues**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

<https://www.staging.gilderlehrman.org/public/uploaded-files/index.jsp/silent%20pain.pdf>

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