

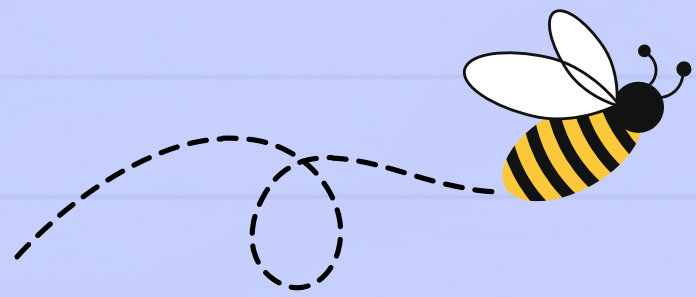
LET'S TALK ABOUT SEX, BABY (AND OCD)

Alegra Kastens, LMFT

Kyle King

Sam

THE BIRDS AND THE BEES AND



ALEGRA KASTENS, LMFT
KYLE KING
SAM FADEN



ASK US ANYTHING ABOUT:



The impact of anxiety on arousal, erection, sexual functioning, etc.



Intrusive thoughts and images popping in during sexual intimacy



Arousal non-concordance (the groinal response)



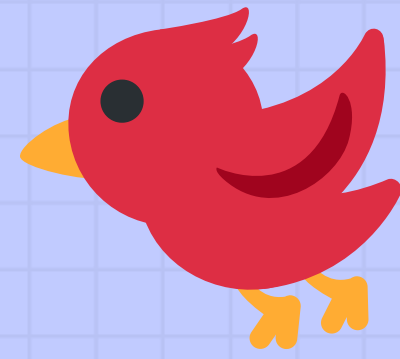
Sex in ERP treatment (it is an exposure for some and can be a compulsion for others)



The stigma and shame associated with sex and OCD



AND MORE!



Ask Us Anything About:



The impact of anxiety on arousal, erection, sexual functioning, etc.



Intrusive thoughts and images popping in during sexual intimacy



Arousal non-concordance (the groinal response)



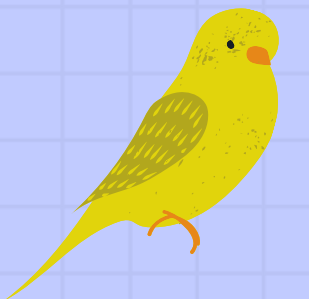
Sex in ERP treatment (it is an exposure for some and can be a compulsion for others)

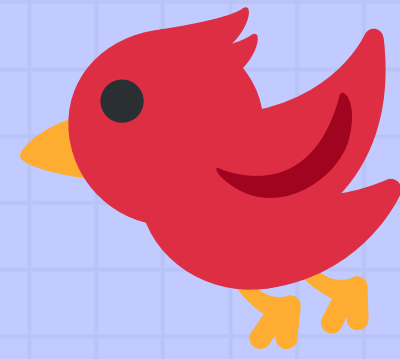


The stigma and shame associated with sex and OCD



AND MORE!





OCD and STIs



May avoid sex and intimacy in fear of inevitably contracting an STI



HIV / AIDS is the most common feared STIs from individuals with OCD



Fear can also be from just platonic touching or other ways STIs are not spread



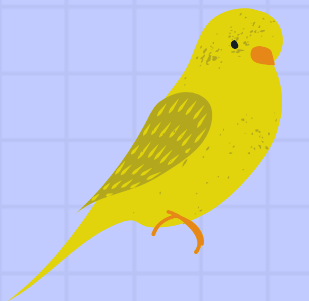
Can be afraid of getting it or the focus can be more on spreading it to others

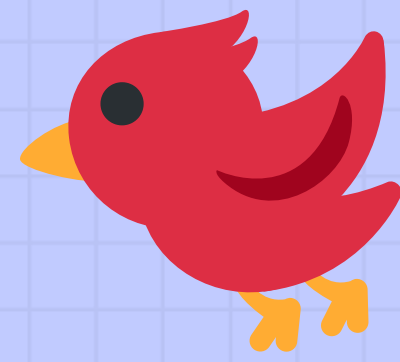


Can result in multiple doctor's visits or testing for STIs



Can lead to searching up symptoms on Web MD and other medical sites





OCD and Sexual Obsessions:



Intrusive thoughts can include images around pedophilia, bestiality, incest, and more



Intrusive thoughts and images popping in during sexual intimacy



Arousal non-concordance (the groinal response)



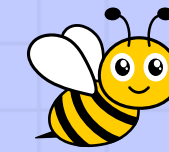
Stigma and shame is experienced surrounding the presence of these thoughts



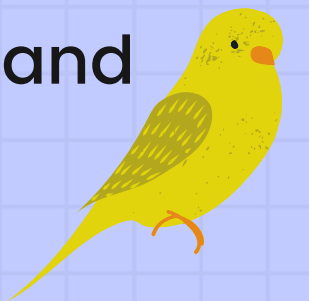
The harder you try and push these thoughts away, the more they come back stronger

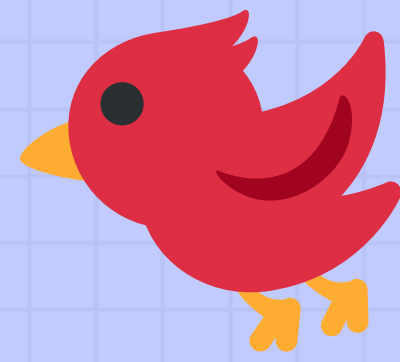


Some may avoid masturbation and sex due to the presence of these thoughts



Sexual orientation OCD - both thoughts and feelings





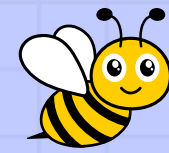
Arousal Non-concordance



Intrusive thoughts can include images around pedophilia, bestiality, incest, and more



Intrusive thoughts and images popping in during sexual intimacy



Arousal non-concordance (the groinal response)



Stigma and shame is experienced surrounding the presence of these thoughts



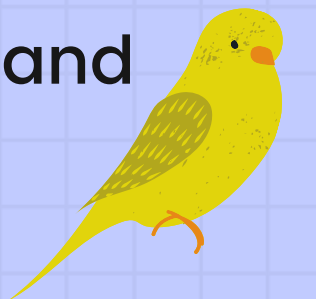
The harder you try and push these thoughts away, the more they come back stronger

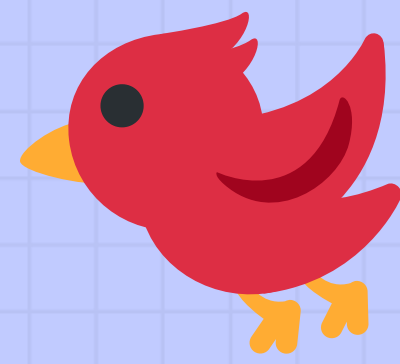


Some may avoid masturbation and sex due to the presence of these thoughts



Sexual orientation OCD - both thoughts and feelings





OCD and Medication:



Medications may lead to sexual side effects



Medication may also lead to fatigue or disinterest in sex



May be embarrassed in telling their partners why they are experiencing sexual dysfunction



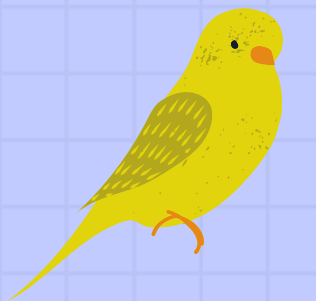
Struggle between staying on medication or going off of it due to sexual side effects

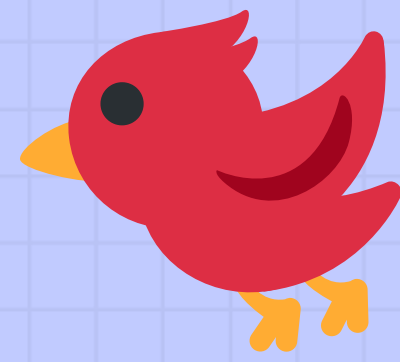


May be inconsistent with medication due to side effects



May have other side effects that lead to a lack of sexual intimacy such as weight gain





OCD and Scrupulosity:



This is different than someone who genuinely is choosing to abstain from sex due to faith



May experience guilt if engaging in masturbation



May experience guilt and shame if engaging in sexual contact



May also experience, shame, guilt, and anxiety based solely on thoughts



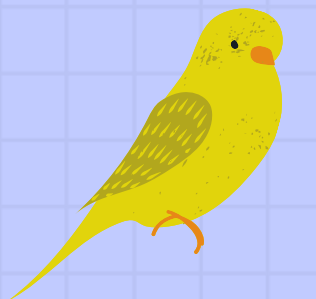
May pray often, beg for forgiveness, or seek reassurance from a religious figure

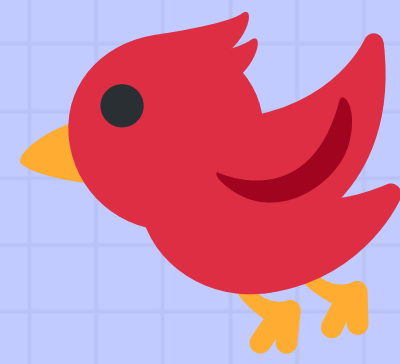


Can be both moral scrupulosity and religious scrupulosity



Compulsive consent-seeking





OCD and Bodily Fluids:



Contamination fears around bodily fluids such as semen



May feel repulsed due to sexual contact based on contamination fears



Can lead to long showers after sexual acts and other rituals



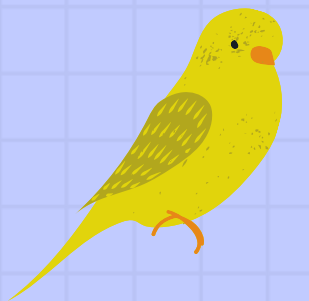
May avoid sex all together due to contamination fears

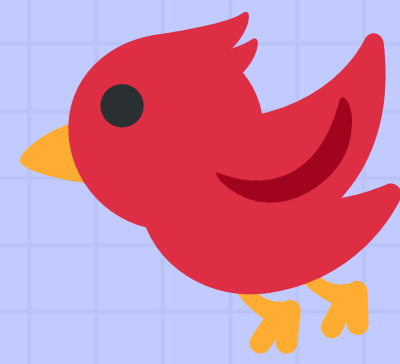


May feel embarrassed asking sexual partner to engage in rituals due to OCD cleanliness

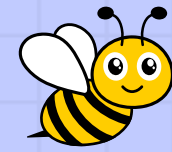


Room and items in the room may become contaminated even if not touched by semen





OCD and Checking (Pregnancy):



Can be afraid protection malfunctioned and the sex resulted in a pregnancy



Fears the sexual fluids will get on the partner and lead to pregnancy



Can lead to multiple pregnancy tests to ensure you are not pregnant



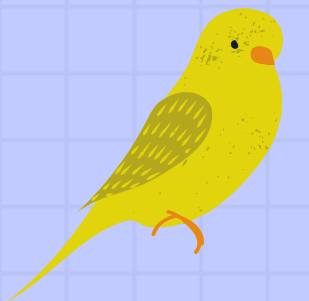
Can compulsively track your period and freak out if even just a day late

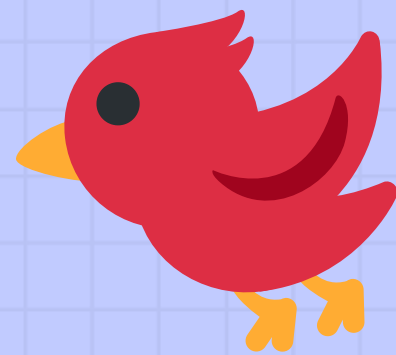


Afraid to get fluids on inanimate objects, which may lead to a stranger's pregnancy



Checking that the condom is on or other protection is used properly





OCD and Relationships:



May be afraid to open up to partner about having a mental health condition



May feel partner does not understand OCD or is not trying to be supportive



May be embarrassed when asking partner to engage in rituals



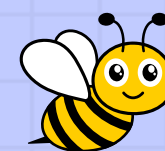
Would like partner to attend OCD conference or other events but feel they do not want to



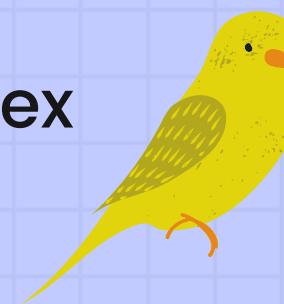
The previously mentioned ways OCD impacts sex may lead to disinterest or fear in dating

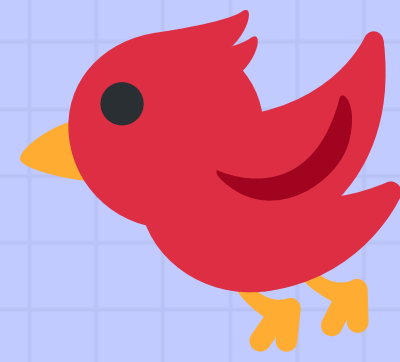


Other aspects of sex, such as foreplay, kissing, hand holding, and more may be impacted



Relationship OCD: fear of not enjoying sex enough; anxiety during sexual intimacy





Disclosing Sexual Obsessions:



When to disclose



How to disclose



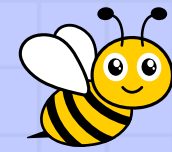
Compulsive confession vs. authentic,
necessary sharing



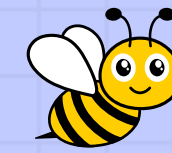
How a partner can help



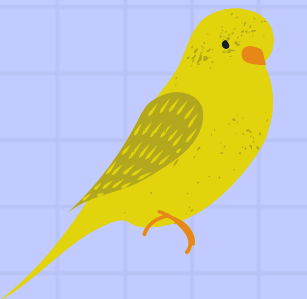
Secrecy vs. privacy

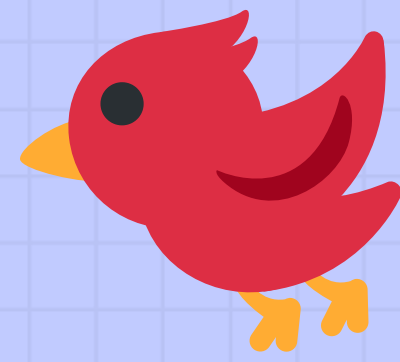


Partner accommodation



Reassurance-seeking





Now Ask Us Anything About:



The impact of anxiety on arousal, erection, sexual functioning, etc.



Intrusive thoughts and images popping in during sexual intimacy



Arousal non-concordance (the groinal response)



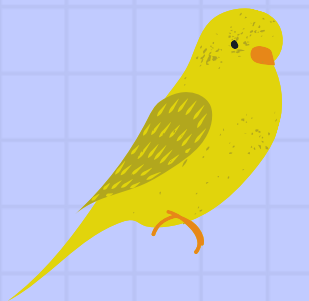
Sex in ERP treatment (it is an exposure for some and can be a compulsion for others)



The stigma and shame associated with sex and OCD



AND MORE!



For More Info:

Alegra Kastens
LMFT

www.alegrakastens.com
alegra@ocdandanxietytherapy.com

Sam Faden
sfaden@mgb.org

Sfaden@partners.org

Kyle King
Research Assistant

Kyle.king@yale.edu

