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## Why Does Sex Feel So Good?

When you were a little kid, were you grossed out by kissing? Did you see a passionate kiss on TV and think, “Yuck! I’ll never want to do that!”

Now that you’re older, have you changed your mind?

Granted, not all kissing is sexual. But for many couples, it’s the start of “one thing leads to another.” You’ve probably seen movies that cut from a kissing scene to another with clothes strewn on the floor and the couple happily cuddling in bed.

But why do people want to go move from one scene to another? What makes people want to touch each other in intimate ways? Why do people enjoy it?

It’s a mystery for sure and one we can’t completely solve in a blog post. But today we’ll look at some clues.

### *The Physical*

First, let’s consider the physical aspects of sexual pleasure. The human body is designed to enjoy sex. Some experts believe the reason is evolutionary – in order to keep the species going, people should enjoy the process of procreating. But this isn’t the only reason people have sex.

Our bodies come with a number of erogenous zones – those areas that make us sexually excited when they’re touched by the “right” person (one we want to be sexual with). Male and female genitals are probably the most obvious erogenous zones. But there are others: some people are turned by a foot massage or when their partner nibbles their ears. It can take some time to learn where you and your partner like to be touched, although that can be part of the fun.

Our brains also help us enjoy sex. They process sexual stimuli, such as a touch, an arousing image, or a seductive whisper. And they trigger the release of chemicals that make us feel excited. For example, the neurotransmitter serotonin helps us feel happy when we’re sexually aroused. Another neurotransmitter, norepinephrine, helps blood flow to the genitals, making stimulation even more enjoyable.

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### *The Emotional*

The emotional side of sex is complicated.

In the right circumstances, couples enjoy sex because of the intimacy it provides – the bonding and sharing that helps keep their relationship strong. The hormone [oxytocin](#), released during orgasm, fosters a sense of closeness and trust.

But not all sexual relationships are emotional, romantic ones. Some couples have sex for fun, for the release it provides, and to reduce stress and tension. And they still enjoy it.

It's not unusual for people to enjoy sex when they're not in a loving, caring relationship. But many would argue that the sexual experience is better when they are.

### *When Sex Doesn't Feel Good*

On TV and in movies, it may look like sex always feels fantastic. But there are many times it doesn't.

For example, a young woman may not feel pleasure if her boyfriend pressures her to have sex when she doesn't want to. People who do not feel ready for sex may feel too anxious and tense to enjoy it. (Click [here](#) to learn more about sexual readiness. Keep in mind that if you're not ready, that's perfectly okay.)

Also, good sex comes with experience. When you're young, you're still learning about yourself and your partner. It may take some time before it feels good. If it's not all fireworks at the beginning, don't worry. Take it slow. And make sure that sex is something you and your partner truly want.

### **Resources**

#### *Go Ask Alice (Columbia Health)*

“Why does sex feel good?”

(September 12, 2014)

<http://goaskalice.columbia.edu/why-does-sex-feel-good>

#### *Ideas.Ted.Com*

Vernacchio, Al

“What Teens Really Want to Know About Sex”

(September 26, 2014)

<http://ideas.ted.com/what-teens-really-want-to-know-about-sex/>

*Psychology Today*

Shpancer, Noam, PhD

“Why Do We Have Sex?”

(April 16, 2012)

<https://www.psychologytoday.com/blog/insight-therapy/201204/why-do-we-have-sex>