

How to Fix Intimacy Issues in a Relationship



The nightmare is oh so real; cringing at the thought of having sex or alienating your partner with an endless stream of excuses as to why you can't (or don't want to) have sex. Have you ever gone to bed early pretending you are too tired or that you have a headache, or aren't feeling in the mood?

In the rough and tumble world we live, it can be a common experience for low libido because of a phobia of being sexually deficient. Rather than deal with their concerns, many pretend that they don't want sex or avoid sex all together just so they don't have to yet again relive the feelings of failure.

You might think you can compartmentalize areas of your life and relationship, however, avoidance in dealing with issues in one area of your life will ultimately affect your relationships and life as a whole.

How Common Are Intimacy Issues?

I was recently speaking with a client about how to fix intimacy issues and he asked how common it is for people to be affected by sex problems.

The reality is that 80% of people are affected by intimacy issues either directly or with a partner.

While sex education provides essential knowledge on sexual health and safe sex, it's sadly lacking in the essential knowledge of the mental mechanics required to complete a sexual act. This results in much confusion and guesswork involved and is why so many people experience sexual failure and the related relationship breakdown.

The statistics are staggering:

- [WebMD](#) reports 43% of women and 31% of men experiencing some degree of difficulty with sexual function.
- [In this study](#) the combined prevalence of minimal, moderate and complete erectile dysfunction in men aged between 40 and 70 years was 52%.
- But it's not just older men, a report published by the [Cleveland Clinic](#) states that 40% of men under the age of 40 are affected by erectile dysfunction.
- [Additional studies](#) have shown that most cases of impotence (erectile dysfunction) are due to psychological factors.
- [A recent study](#) conducted with 7,000 women in Australia aged 18-39 years old indicated that 52% of women are unhappy or stressed about their sex life.

What's really interesting is that 90% of men and women experiencing sexual dysfunction don't seek medical help... and for those who do seek treatment, [another study](#) has shown that 91.5% report little or no improvement as a result.

In this report, I'll reveal insights on the negative effects of intimacy issues in a relationship, what you are doing to cause sexual failure and lack of intimacy - and how to get started on restoring a happy and satisfying sex life today.

The Negative Effects of Intimacy Issues in a Relationship



Unresolved intimacy issues commonly lead to relationship breakdown. This is usually due to loss of confidence which affects desire and attraction, poor communication, a complete lack of understanding what causes these problems, or avoiding the issue altogether!

Many men end up with both issues of weak erections and ejaculation problems as they try to deal with the issue by themselves and battle for control over their arousal levels. This causes a great deal of frustration for the partner who cannot complete the act.

A staggering 43% of women suffer from the inability to reach orgasm, even more so during intercourse. Are a woman's problems related to her partner? Sometimes. However, any of these intimacy issues will lower either partner's libido or affect their overall desire for sex.

Sex can be frustratingly hard work for a man when his partner is unable to climax. This too, can result in a lack of enthusiasm and put a damper on both partner's desire for sex.

Eventually the lack of desire can lead to a sexless marriage.

Many women experience inner vaginal dryness which makes sexual penetration painful and uncomfortable. However, instead of taking steps to resolve the issue, this becomes another reason to avoid sex.

A sexless marriage is not an ideal relationship for the partner who struggles to feel fulfilled and can lead to either partner seeking emotional or sexual fulfillment outside of their relationship.

Fixing Intimacy Issues Requires the Correct Knowledge

There is so much confusion surrounding the sexual act. This is mainly due to misinformation and a lack of relevant "how to" knowledge. Without a start-to-end procedure for sex, there is much guesswork involved.

What's important to note here, is that using the wrong technique at the wrong time will lead to sexual failure.

Therapists are very good at validating your feelings, providing helpful insights and offering counseling, medications or techniques to treat the symptoms which can all offer some degree of support. Unfortunately, they do not address the "root cause" of sex problems and emotional connection issues which is caused by using the wrong technique at the wrong time.

This is what I correct.



Will Controlling My Sensitivity Fix the Intimacy Issues in My Relationship?

Every male I have treated for premature ejaculation (PE) thinks his penis is too sensitive. This is happening because most of his attention is focused on it.

This type of sexual focus constantly feeds his brain a stream of arousing signals which quickly over stimulates his brain sexually and causes him to ejaculate.

If you suffer from a [premature ejaculation problem](#), you require less focus on yourself and more focus on your partner... but your attention needs to be applied in a very specific way, otherwise you will start losing your erection hardness.

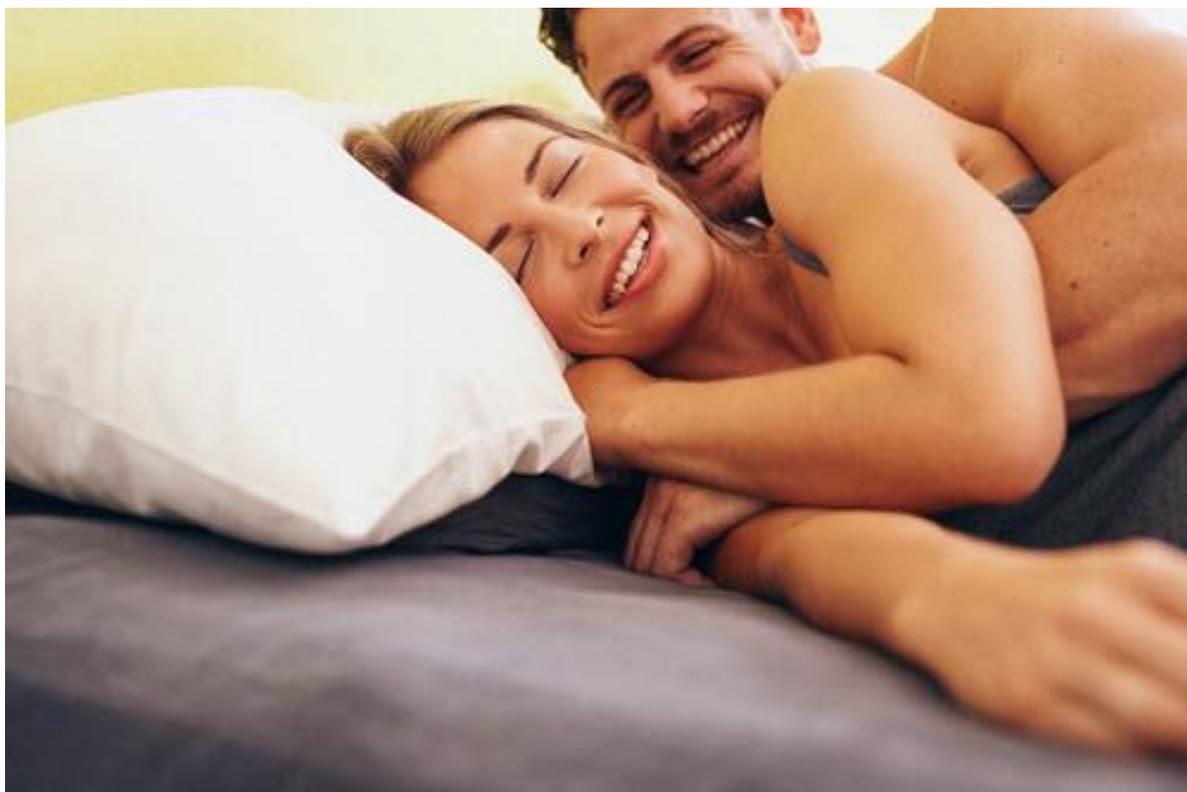
Conversely, every man with ED (erectile dysfunction) thinks his penis is not sensitive enough. With most of his attention focused on his partner, his brain doesn't receive enough arousing signals. Therefore, he has problems achieving a hard erection, loses his erection or has difficulty reaching ejaculation.

If you suffer from erectile dysfunction, you require less focus on your partner and more focus on yourself... but too much focus on yourself can cause you to ejaculate early!

It's vital for a man suffering from either of these problems to learn how to correctly balance his sexual focus. This will remove all confusion, so he doesn't cause another problem due to overcompensating.

Most women who have problems reaching orgasm have a mind which is contaminated with thoughts not related to completing the sexual act. Such as contemplating if she will ever reach orgasm. Sometimes this is aggravated by her partner's own sexual function issue or unsatisfying sexual technique.

Regardless of your partner's technique, to restore your ability to reach orgasm in a satisfying time frame, you must understand the sexual arousal scale and how to balance your sexual focus. This will restore your sexual confidence.



Sexual “malfunctions” are often misunderstood by both partners

Your partner can quickly become part of the intimacy issue in your relationship because they wrongly perceive what the problem is. The following are some common examples.

For men who ejaculate prematurely, it is the belief of many a partner that their man is selfish and is only thinking of his own needs. This is usually the farthest from reality! There is nothing a man with PE wants more than to be able to please his partner, but he just cannot last long enough to do this.

When a man has problems getting hard, or loses his erection hardness, many a partner starts believing that he’s no longer attracted to them or doesn’t love them - or is having an affair! This is rarely the case. Most men with ED are totally committed to fulfilling their partner but are confused about [how to maintain a strong erection](#) in the process.

For a woman who has problems achieving orgasm, it’s common for her libido to drop away over the years as she loses her desire to engage sexually. This is often due to her perceived failure of her inability to be “normal” and to be able to feel fulfilled sexually.

No-one wants to feel like they are failing, and unresolved intimacy issues continually eat away at a person’s self-esteem and overall desire for sex.

Therefore, it’s important to resolve these issues in a timely manner, before perceived inadequacies systematically break down your ability to relate and prevent you from enjoying your relationship long-term.

“I am so grateful Jacqui, I am seeing my girlfriend tomorrow and feel like the problem is pretty much gone! I can't believe it I thought I was broken!!! I have searched on sooo many sites and got so much bad advice and feel like posting the link of your site on all of those others. As this is a horrible problem and your method will work for me - so guys need to know this! Many, many thanks for the help.”

One week later:

“I'm cured Jacqui!! Any position for as long as I want! So happy I honestly thought I was broken 😊 Thank you doesn't cover it... You have no idea what this means to me.” – Adam, USA



Balance Your Sexual Focus to Help Fix Intimacy Issues

With the correct procedures in place, you can restore a relaxed, happy and satisfying sex life. A sex life where both of you are fulfilled. A sex life which provides both mutual emotional as well as sexual fulfilment.

Knowing the step-by-step guide to [balancing your sexual focus](#) will neutralize sexual anxiety while simultaneously restoring confidence in your ability to fulfill and be fulfilled.

Forget the diet and exercise myth and other misleading information.

With the correct sex education knowledge, you can fix intimacy issues in your relationship, prevent future sexual dysfunction and restore emotional balance as well as a happy and healthy sex life.

Whether you are male or female, to regain control sexually you need to understand how to correctly balance your sexual focus. This ensures your brain receives the correct ratio of sexual signals to move you along the arousal scale in a controlled and satisfying manner.



Knowing the step-by-step answers to solve your problem will neutralize sexual anxiety as well as simultaneously restore confidence in your ability to fulfill and be fulfilled.

I'm Jacqui Olliver – a leading expert in solving sex problems



I know exactly how it feels to suffer from the trauma related to sexual dysfunction. Not only was I molested for a year as a teen which affected me as an adult to the point where I was never able to reach an orgasm, my eventual lack of interest in sex resulted in my partner developing an erectile dysfunction problem which he had for 12 years.

When he unexpectedly died on the eve of our 15th anniversary, it dawned on me that I didn't want to spend the rest of my life feeling incomplete and as though I was failing as a human being. I felt compelled to figure out the answers required to solve male and female sex problems so people wouldn't have to suffer as I had.

My mission in life became to restore emotional as well as sexual fulfillment for men, women, and couples. Through my life experience and while practicing in the health and wellness industry for 20 years, I developed a unique methodology which provided instant success for myself and clients! I have since added to and refined my skill to a level where any problem concerning sex does not faze me in the least.

I am now a published author and recognized authority on solving sex problems and intimacy issues. Over the past eight years, I've helped thousands of men, women and couples solve their sexual dysfunctions and restore a happier sex life with my unique knowledge and breakthrough technique.

I provide relevant sex education knowledge to solve (and prevent) sexual dysfunction so you can restore emotional balance as well as a happy and healthy sex life.

My unique method is endorsed by medical specialists and relationship therapists who have undergone my program to solve their own sexual dysfunctions. They now refer clients to me:



"I am 2000% happy with your program. I am a medical doctor in the allopathic system of medicine. I have read sexology and all the associated medical literature extensively.

I know in medicine there is no treatment more effective than your program. I have tried many types of drugs, consultation with many therapists and many herbs and Ayurveda. Your discovery and solution to sex problems is 2000 times better than all other pills and suggestions combined."

DR VIJAY RAGHAVAN – Award-winning Diabetes & Metabolic Specialist for Incurable Diseases



In my programs I explain how to get the balance right to fix intimacy issues in a relationship.

This means that as a male you're able to get a hard erection and then maintain it during foreplay, penetration, and intercourse - and without ejaculating until you both decide it's the right time.

As a female, this knowledge with application of my specific technique enables you to get turned on, stay turned on and more [easily reach an orgasm](#). It also enables you to self-lubricate your inner vaginal walls to ensure easy penetration and enjoyable sex regardless of your age.

Imagine being able to get hard on demand, penetrate without any problems, and only ejaculate when your partner wants you to? Or to easily feel turned on and orgasm without any problems?

When you have the correct sexual procedures that your brain requires leading up to and including foreplay, penetration, and intercourse, sex becomes enjoyable and fun.

If a happy and satisfying sex life are important to you then act now, so you too, can stride forward and succeed with the correct knowledge and techniques.

Just like the many others I have helped:

I Had My First Orgasm At 76 Years Old!

"I have been married for over 40 years. I enjoyed the intimacy and closeness of sex but had never been able to achieve an orgasm. Over the years, we went to many doctors and specialists and tried many treatments.

Nothing worked until we found you. Now I "hit gold" nearly every time we have sex! (intercourse) Sex has now become more enjoyable for both of us." Jean G – New Zealand

Helped My Confidence

"I spent this last weekend with my girlfriend, and everything went great. I was able to get hard and last for 15-20 minutes on 5 different occasions!

I still think I have work to do but it helped my confidence greatly to know that these techniques are working. Thank you again for your help." Patrick G, USA

The majority of my clients solve their sexual function and emotional connection issues within 1-3 sessions without drugs because I provide real answers to end the real problems!



Whether you choose to work 1/1 with me or purchase my prerecorded programs, I have total confidence in my ability to restore your sexual ability so you can regain your sexual confidence and enjoy a happy and satisfying sex life in the years to come.

[Please use this link](#) to view pricing or to book a 20-minute complimentary strategy session with me to help you decide on the best option to move forward with confidence.

Otherwise, [click to purchase the Sex Mastery: Hard AND in Control](#) prerecorded program for men which includes email support.

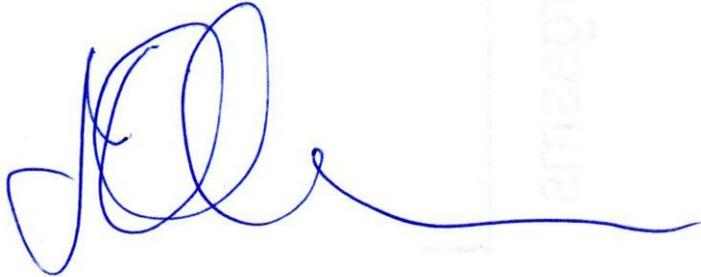
Or click to purchase the [Sex Mastery: Enjoyable Sex and Orgasms](#) prerecorded program for women which includes email support.

(Option on order pages to purchase both Male and Female Sex Mastery pre-recorded programs together at a heavily discounted rate.)

The most important thing for you to do now is take action to end the problem.

I am confident I have the answers you need to restore a satisfying sex life today.

Warm regards,



Jacqui Olliver
Psychosexual Relationship Specialist at End the Problem

Recommended and Approved by Doctors

