Love Without Sex

We all want to be close to someone, to be understood, to love and be loved. We long for a “soul mate” – someone who knows the good, the bad, the in between . . . and loves us anyway. Having sex is no shortcut to intimacy. Sexual desire is energy, and you can release that energy in many nonsexual ways. Mature love is something to train and learn about. The idea that you are preparing yourself now to be an amazing partner later should make you feel good about yourself and the process of delaying gratification.

With this in mind, develop a list of creative and meaningful ways to express love and/or affection without having sex. Be as original/crazy/silly as possible . . . have fun!!!

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