

**Tackling  
Common Sex  
Myths &  
Misconceptions**

# INTRODUCTION

- **Olawunmi Esan - trained Psychotherapist, Sex therapist and Coach.**
- **I help Couples and Individuals enjoy Fulfilling and Passionate Sexual Intimacy.**
- **My work centers around SEXUAL HEALING, SEXUAL FREEDOM, SEXUAL PLEASURE AND FULFILLMENT.**
  - **I also work with individuals who have issues with Sexual dysfunction, Sexual addiction, Sexual trauma and Abuse.**



# INTRODUCTION

**I am a MUTUAL PLEASURE ADVOCATE**

**Sex was not created for ONE PERSON to be a sole beneficiary.**

**It was not created for the Man OR the Woman.**

**It was created for mutual pleasure of both the Man AND the Woman.**



# TACKLING COMMON SEX MYTHS

## **SEXUAL BELIEFS ARE IMPORTANT**

**Whether we like it or not, our sexual Beliefs affect how we approach Sex.**

**BELIEFS , VALUES AND EXPERIENCES shape our we approach SEX.**

**Our sexual beliefs, however, can be a problem, when those beliefs are detrimental to our sex lives.**

**As we talk about common Sex Myths, think about where these beliefs came from and if they currently help you or are detrimental to your sexual relationship.**

## MYTH NO. 1

Sex Is Intercourse

## MYTH NO. 2

Sex is only complete  
when you have an  
orgasm

## MYTH NO. 3

For Sex to be  
satisfying, it must go  
beyond one round



## MYTH NO. 4

If a couple love each other, Sex will automatically be great

## MYTH NO. 5

Only Men should  
initiate Sex

## MYTH NO. 6

Sex is a one size fits all  
and everyone should  
enjoy Sex the same way.

## MYTH NO. 7

Sex is solely for the  
man's pleasure

## MYTH NO. 8

Sex begins when a man is erect and ends when he ejaculates

## MYTH NO. 9

A woman can only enjoy  
sex through vaginal  
penetration

## MYTH NO. 10

Sex has to be Mind-  
blowing every time

## MYTH NO. 11

Pornography is Sex  
Education



## MYTH NO. 12

The Bigger The Penis,  
The more pleasurable  
Sex is for the woman

## MYTH NO. 13

Too much Sex causes  
women to have a loose  
vagina

## MYTH NO. 14

Only Vaginal orgasms  
count as REAL orgasms

## MYTH NO. 15

Using lubricants during  
Sex is unnatural

## **SEXUAL BELIEFS**

**CORRECTING YOUR SEXUAL  
BELIEFS CHANGES HOW YOU  
APPROACH SEX**

**THANK YOU**

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