

## EXCESSIVE TALKING IN FOREPLAY

Have you ever met someone who feels the only way to make the environment comfortable is to talk? But what if it is out of a plan to ease going into something that makes them uncomfortable? What if people use talking to avoid going into a sexual activity?

Talking is used to mend or comfort the one who engages in the activity that causes mental pain. It's similar to how people over-communicate in a text message to ensure the person is not offended by what is said. But why the need to share more than what is needed? Sometimes, talking will mask whatever pain is associated with the task involved. This reaction often happens with the ones who participate in uncomfortable activities that cause trauma.

Sex is a way of great intimacy in the marriage bed, but what happens when sex becomes an activity as common as a handshake? For those who were once in the sex industry, they may use sexual actions as a way to a means and not necessarily for intimacy based on whatever level of trauma endured in previous actions.

Previous sexual trauma is why some people use drugs or excessive alcohol just to cope with the mental pain of natural sex. They need a precursor to deal with the trauma of former sexual actions.

And here, some people talk to make it seem they are more engaged when instead, all the talking may drain the hearer. A traumatized person who dealt with sexual abuse fears reverting to that emotional state and has to coax their way into partaking in natural engagement with their spouse.

Even if the trauma-causing event happened decades ago, there may still be a residue that hinders free touching and exploring within the marriage bed. A scent, a word, or

specific colors may draw that person back, and they may have to explore ways to feel safe.

Generally, men expect their women to talk; they think something's wrong when women don't excessively talk. The woman is expected to carry the conversation, and if not, more talkative men are looked poorly upon. Can there be a compromise of equal sharing or an opportunity for the woman to be at peace and ponder or process her day without seeming distant?

How would a person break away from needing to talk to be comfortable with their spouse before having sex with them? It takes a reconditioning of the mental state so that what once represented a despised action is now a fun time with the one you long to be near.

Instead of speaking, think of those happy feelings in your married way. Is there a moment to relive to show them they mean a lot to you? Say what means something dear, and then consider the real reason to come together and focus on doing the end goal: intimate contact.

And when a painful emotion comes up, pray under your breath and petition Yahweh to change your perspective. The old way may be painful, but the new way is without any shame.