## How Long Sexual High Experienced Should Last in a Couple

Sex is good at creating intimacy between a couple and is physically beneficial. It is a better stress reliever and an excellent way to keep fit by eliminating cardiac illnesses. Despite that, not many couples have a sexual high experience throughout their life which in return births divorce (Ref-DJ49KL). Psychological and physical hindrances to a longer and sustainable sexual high experience. However, in my opinion, through faithfulness and respect for one another, the sexual high experience by some couples when they first meet or start going out should last to their old ages.

Lack of trust and disrespect are things that keep couples apart. According to Cutrer and colleagues (Ref-IJ5KL6), marriage works when the couples retain their standards of royalty to one another- when they only have their lover’s feelings and when they retain their respect. However, when one of them starts developing an external affair, they create a disrespectful attitude and a lower affection towards their lovers by comparing other relationships with theirs. They develop a feeling of hatred and even lack time for sexual high experiences they once had, which catalysis divorce (Ref-AB1CD2). Communication is also a key element to retaining the high sexual experience. However, that does not mean just superficial communication but also emotional sharing where couples share their sexual expectations and desires. That builds and maintain marital satisfaction (Ref-EF3GH4)

Even though sex plays a significant role in marriage, Cutrer et al. stipulate that most married couples still stay together (Ref-J7X8A2). Cutrer and colleagues argue that low libido and sickness situations are natural, and no one can control them. He, therefore, claims that deciding whether sex is the deal-breaker, being kind in a sexy manner like taking walks and outings together to have fun, being honest with each other in a marriage, and seeking help together are ways that create love and intimacy in a sexless marriage.

Therefore, in summary, one can boldly say that sex is not a significant factor for consideration in marriage. There are big factors that create intimacy. However, in a couple that is not ailing or where a natural course does not cut down sex life, the family should keep having it without letting the sexual high experience come to an end as it is an excellent way to keep them strong in love. Even though nature might cut it off and make people live sexless lives, that should not mean divorce or unfaithfulness. It should bring couples even closer and make their bond stronger.