



# THINK TANK

## Sexy is a state of mind, but do men or women have the monopoly?

Who thinks about sex more?

Most people will tell you the answer is obvious – blokes.

But one online study found that men think about sex about 150 minutes a day, and women 180. How does anyone get anything done?

Does this reflect sexuality, or is it more a measure of how bored you are at work?

And what constitutes thinking about sex? Does it count if you think “he looks nice” when a well-muscled cyclist rides by? Or do you have to imagine the whole act with him?

Dr Louann Brizendine, University of California neuropsychiatrist and author of *The Female Brain*, determined that men think about sex a lot more than women do.

“Women have an eight-lane superhighway for processing emotion, while men have a small country road,” she said.

“Men, however, have O’Hare Airport (in Chicago) as a hub for processing thoughts about sex, whereas women have the airfield nearby that lands small and private planes.”

While there have been several studies on sexual thoughts, it’s hard to make direct comparisons because men and

women tend to think about sex differently.

“The honest scientific thing to say is, on average, males have visual thoughts and fantasies more times a day,” Brizendine said.

And they’re more likely to pursue a partner based on nothing but a sighting. But scientists often focus on something more straightforward – sex drive, which is controlled by the hormone testosterone.

Men have between 10 and 50 times as much testosterone as women, but the relationship to sex drive isn’t that linear because it takes much less testosterone to trigger a woman’s circuits.

Several studies show that, on average, men want sex more than women.

Recent German research shows that both men and women desire sex at the start of a long-term relationship, but after 20 years, up to 80 per cent of men still report wanting sex regularly, while only 20 per cent of women still do.

Brizendine said another interesting aspect is how men and women approach sex and love.

Men feel secure in a relationship if they’re having sex. As a general rule, if they’re getting sex, they assume they’re wanted and loved. But women need verbal reassurance and pillow talk.

“Women read emotion in words,” Brizendine said.

If this difference indeed exists, it could have less to do

with wiring than with rationality. For a woman, it’s important for practical reasons to know whether a partner is committed.

Sex for men is often a game, but for women the stakes get higher.

A man who doesn’t love a woman can get her pregnant and abandon her, he can boast to others and hurt her reputation, he can give her a disease (most STDs are more harmful to women), or he can eat up her precious time as her biological clock ticks away.

Being careful to check a man’s emotional commitment isn’t mushy girly stuff – it’s common sense.

Other studies show men are more likely to want casual sex.

So the only way you can answer who thinks about sex more is to define the question more sharply.

If “thinking” entails more than just idle fantasy, but instead implies an active, critical weighing of risks and benefits, then women, on average, probably do it more – though maybe not for 180 minutes a day.



● Source: KRT

## HOW WAS IT FOR YOU?



## “At what point does someone decide that they’ll no longer pursue relationships and romance?”

I have this friend named Adrian. Adrian’s mum married her high school sweetheart and stayed with him for many years until his untimely death (Cancer, of course). Having his father die at an early age built a super close bond between Adrian and his mum. They talk on the phone all the time and she relies on him in an emotional sense.

But 10 years have passed since his dad died, and Adrian thought it was high time for his mum to return to the wily universe of love and romance. He didn’t like seeing her on her own.

Isn’t there someone in your life who you know who is full of vitality and humour and life, but never meets anybody and has resigned themselves to perpetual singlehood? Is your mother like this? Your aunt? Uncle Mick? Have they loved and lost due to the greater forces of D&D: death and divorce?

Adrian decided that he would take an active role in getting his mumma some loving. So, he put her in a place one out of 20 Australians also frequent: a particular internet dating site. And, low and behold, just days after her picture was up, Adrian’s mum received numerous “smileys” (indications of male interest). And, within weeks she was going out on a first date. Her last “first date” was when she was 17!

Question: why do people give up? At what point does someone decide that they’ll no longer pursue relationships and romance? And what’s our role, in loving these people who have no time for love? Should we step in like Adrian and push them out of their home-alone-Friday-night comfort zone?

And, after all the rigmarole of love already had, after being set in their ways and not driven biologically to reproduce, do older people even want a partner?

Older people tell me that there is an enormous difference between sex, love and companionship, and that I’ll never really be able to understand this until I am older. They tell me that what they’re really looking for is someone to travel with, or see movies; not something as fickle as romance. (Is this true? Please write in and share your thoughts.)

Cowboys, thrown off from their horse, know what to do: get back up on that saddle. (Apply same analogy to surfers/wave). Life is, after all, a very short ride. And, at least in my opinion, life is better when you have someone who supports you through the ups and downs, can make you laugh and, most importantly, provides regular sex.

– DR BELLA

**BTW** Questions, thoughts, sexual tips? Email me at [dearbella@mxnet.com.au](mailto:dearbella@mxnet.com.au)