**Taboo topics**

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I have been practicing as a couple therapist for some time now and there are many issues that cause relational difficulties. It can vary from external triggers like lack of healthy communication, abuse of any kind, fighting about money, and extended family issues primarily in laws in our society or a different attitude towards life.

Very rarely will a couple bring up sexual intimacy issues in their relationship which doesn’t surprise me as the minute you say or hear the word sex, nervous laughter follows to compensate for the shame around it.

I always ask my couples, when it comes to three very important building blocks of marriage that include their sexual relationship, emotional intimacy and caregiving, where do they stand? This question is inspired by Dr Sue Johnson who is the founder of Emotionally Focused Therapy (EFT), which I practice in my work and find it to produce transformative dynamics between couples.

Most couples completely avoid the sexual intimacy question. And then when I meet them separately for a one off individual session, men easily come around to it but wives find it very hard to share how their husbands are not interested in having healthy sexual relations with them. I see women struggling with admitting to it or expressing how frustrating it is for them or how unwanted and rejected they feel. And even when I try to bring it up in the joint space, there is resistance to talking about such an important part of a marriage and more importantly, something so integral to human existence.

[PIA operating special flights to bring home Pakistanis stranded abroad](https://nation.com.pk/09-Jul-2021/pia-operating-special-flights-to-bring-home-pakistanis-stranded-abroad)

Why do women find it so hard to express their need for a healthy sexual relationship? Why is it that a man can not only demand it but if the wife doesn’t reciprocate, it gives him the justification to either have an extra marital affair or even get married again?

Are men only entitled to this very basic and important human need? Why is a Pakistani woman’s morality questioned if she expresses her need or considers it a dealbreaker for a relationship? Why is she disciplined and harassed into believing that as long as she was able to procreate, beyond that she should be grateful for whatever comes her way.

‘Stop being so forward! How you can question your husband and demand to have sex with him? Good girls don’t take that initiative.’ I won’t be surprised if some are questioning my morality for writing on this topic!

Some women spend decades after decades in marriages without even wondering why their husbands are not sexually interested in them. Why are they rejected anytime they dare ask for their needs to be met? Why are they considered brazen and unabashed if they express their desire, which is as valid as eating and sleeping and other primal needs? And more importantly, why do they keep this a secret?

[Pakistan rejects India's denial, says there is irrefutable evidence of India’s involvement in Lahore blast](https://nation.com.pk/09-Jul-2021/pakistan-rejects-india-s-denial-says-there-is-irrefutable-evidence-of-india-s-involvement-in-lahore-blast)

Why are they the secret bearers of their husband’s inadequacies and have to not only suffer but also take responsibility for not sharing the pain they go through. Here I have all the empathy for men who have genuine sexual difficulties and choose to seek help for them. These difficulties can be physical or psychological and as long as there is appreciation by the man in how it affects their partner, they deserve all the support and empathy. I would never endorse that they should be shamed for their limitations and they should definitely be fully supported if they do something about it.

I have a serious issue with holier than thou, entitled men who think they are God’s gift on earth and only they and they alone have sexual rights in a relationship. A good wife should just suck it up and deal with her frustration with a smile on her face and it is immoral for her to discuss the topic of sex. In their mind the need for sex belongs to a man only and women need to be grateful if and when that need is met.

[Norway creates global climate investment fund to cut emissions in developing countries](https://nation.com.pk/09-Jul-2021/norway-creates-global-climate-investment-fund-to-cut-emissions-in-developing-countries)

It’s like when couples face infertility, it’s a natural response to assume that a woman is at fault and she needs to be examined and tested first and it’s pretty offensive to consider that it’s the man’s issue which might be why they cannot have children.

Let’s start speaking about these taboo topics, which aren’t and should not be considered taboo. Lets normalise these conversations and not force morality conveniently where it doesn’t belong just because it is self-serving. Be less selfish and treat women as human beings and not robots just because of their gender and unfortunately how that gender is treated in our patriarchal society.