

# EXCESSIVE TALKING IN FOREPLAY

## SEERSGATE IS LEADING:

Have you ever met someone who feels the only way to make the environment comfortable is to talk? But what if it is part of a plan to ease into something that makes them uncomfortable? What if people use talking to avoid going into 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 text messages to avoid offending the recipient. But why is there a need to share more than what is needed? Sometimes, talking can mask the pain associated with the task. This reaction often happens with those 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? Those who were once in the sex industry may use sexual actions as a means and not necessarily for intimacy, based on whatever level of trauma they 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 has 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 talk excessively. The woman is expected to carry the conversation, and if not, more talkative men are looked down 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 you can relive to show them they mean a lot to you? Say what means something special, and then consider the real reason for coming together: to focus on 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.