

Were you aware there are different types of desire?

What type of desire do you believe you see most in yourself? In your spouse?

Note: I didn't mention it in the videos, but some in the field of sexuality/sex therapy and in pop writing on sex refer to "spontaneous" desire. I strongly reject that language as desire is not spontaneous – it always has something that prompts it. However, in general, "spontaneous" desire is referencing the same basic type of sexual desire as "initiating". – *Dr. Sytsma*