



Write a Blog +

Search...



Shamontiel

Chicago, IL, United States

All Stories | About

16



Stories

Psychotherapist says 36-hour wait long enough for couples to have sex



Shamontiel

Write a Blog +

Search...

Psychotherapist says 36-hour wait long enough for couples to have sex



Shamontiel

June 9th 2016

★ SCIENCE HEALTH & FITNESS LOVE & RELATIONSHIPS

While fans of "Girlfriends" and Steve Harvey's book "Act Like a Lady, Think Like a Man" are still holding strong to that 90-day rule, one psychotherapist disagrees with that timeframe. His take on the amount of time to wait to be intimate is a total of 36 hours together.



Write a Blog +

Search...



(Photo credit: Pixabay)

According to a recent [Business Insider post](#), California psychotherapist Barton Goldsmith believes that "the strong desire to have sex may have already subsided" after the "honeymoon period" of a relationship ends.

Toni Coleman, a Washington DC therapist, disagrees with Goldsmith and co-signs the three-month rule. Her rationale for that 90-day timespan is "couples who waited until that level fared a lot better than people who had sex on the first, second, or third date."



Write a Blog +

☰ Search...



(Photo credit: Pixabay)

To be fair, Goldsmith does point out that the 36-hour timeframe can be broken up over time. Say, for example, a couple goes out on a date from about 7 p.m. to 10 p.m. That three-hour date estimate for 11 additional dates would add up to Goldsmith's 36-hour results.

Regardless of which end of the coin that couples (or singles) are on with the waiting game, keep these health tips in mind now that "[cuddling season](#)" is over, along with the other 364 days of the year.



Write a Blog +

Search...



(Photo credit: Pixabay)

According to [NBC](#), the average age that a male loses his virginity is almost 17 (16.9). Females are closer to the age of 17 (17.4). Approximately 50 percent of people, of all ages, will have human papillomavirus (HPV) at some point in their lives.

For all of the major [sexually transmitted diseases \(STDs\)](#) that the Centers for Disease Control and Prevention broke down, higher risks of STIs and STDs came from:

- * Having multiple sex partners
- * Having anonymous sex partners

While it may take a few trial runs to find a match, being safe certainly helps avoid the risks of major STDs during the dating process. Those STDs include:

- * Bacterial Vaginosis
- * Chancroid
- * Chlamydia

Write a Blog +

Search...



- * Chlamydia
- * Gonorrhea
- * Hepatitis
- * Herpes
- * HIV/AIDS
- * HPV Infection
- * Pelvic Inflammatory Disease (PID)
- * Scabies
- * Syphilis
- * Trichomoniasis

That's not factoring in accidental pregnancies.





(Photo credit: Pixabay)

CDC reports that accidental pregnancies from girls ages 15 to 17 declined from 89 percent to 79 percent in their most recent report. For teens ages 18 to 19, that number increased from 79 percent to 83 percent. Women ages 20 to 24 also had an increase from 59 percent to 64 percent.

Outside of abstinence, the most successful way to prevent unintended pregnancies are by using [Intrauterine Device \(IUDs\)](#). Pills, patches and female/male condoms were less effective at preventing pregnancies than IUDs, according to the CDC report.

To avoid STDs, the most successful contraception is [condoms](#). However, CDC also points out that being in a "long-term mutually monogamous relationship with an uninfected partner" is far more effective, which means regular testing is a necessity.

All images

