

Public speaking, private consultations, self-help books & CDs covering sex therapy, parenting and self-development



DR JAN'S
ONLINE SHOP



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PASSION NEWS



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Dr Janet Hall's Passion News

Don't forget Dr Jan's general newsletter - subscribe at the bottom of this email.

Dr Jan's Hot Tip

A Hot Foreplay Move to remember is to use "Lower back kisses"! There's nothing like feeling gentle kisses from soft lips on the lower back.

Feature Article

A Special Form of Release for A Woman

I was recently asked this question:

I have fallen in love with my boyfriend of five months. Needless to say, we have incredible sex; however, sometimes after a really intense orgasm I will burst out in tears. Why does this happen to me? I never have been sexually abused, and I am very open about my sexuality.

I answered that this is not an unexpected experience. Contrary to the Harry met Sally movie scene, the responses women exhibit at the peak of orgasm are varied and can often be misleading. Women report to me that at their climax they explode with many varieties of emotional release. Those expressions can include tears, laughter, sobbing and intense crying.

The sexual response cycle works like this: First a woman feels a slight interest in having a sexual experience of some sort (the "vague stirring" phase); then she may become aroused and feel actual desire for sexual expression. Next she will experience excitement, during which many physiological changes occur, followed by heightened arousal at the plateau phase. Then comes orgasm, at which point she releases all the pent-up energy and blood engorgement that has accumulated; and, finally, she rounds out with resolution.

Throughout this process of arousal through to the "pop" of orgasm, energy is amassing and must be discharged. That energy may take the form of whatever the body is capable of releasing -- so that it may show up, as for you, as intense crying. This is nature's way of giving you a precious gift. Know that this is a perfectly wonderful means for letting out both feelings and energy. Crying, for you, may be your body's way of telling you it has completed a dance, or an intense journey, through sex.

It's terrific that you can feel, express and know that you are truly alive.

Dr Jan's Gem

'Brevity is the soul of lingerie'
Dorothy Parker

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