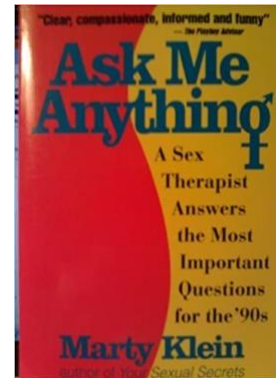


**"Ask Me Anything:
A Sex Therapist Answers
the Most Important
Questions for the '90s."**

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Question #37 from "Ask Me Anything," page 29

37. A car accident has put me in a wheelchair. Am I supposed to go without sex for the rest of my life?

Not if you don't want to. Most disabilities that limit movement do not limit libido. When desire declines after an accident or illness, the causes are typically anger, fear, guilt, depression, or misinformation.

For most people, disability does not reduce the need or ability to be affectionate, passionate, adventurous, and playful. So feel free to continue expressing those parts of yourself in whatever ways feel comfortable.

On the other hand, an illness, accident, or surgery that damages the nervous system can hamper or even eliminate orgasm and erection. Nevertheless, people with such conditions can still function sexually. A willingness to experiment and explore new definitions of sex and satisfaction is crucial.

Don't let society's belief that the disabled should be asexual control you. Rather, keep in mind the film *Coming Home*. Even though Jon Voight's character was confined to a wheelchair, he was still able to give Jane Fonda's character the best sex she'd ever had.