

## Sexual Fantasies: Physiological Phenomena

The phrase sexual fantasy is itself explanatory: it reveals the attitude a person has toward sex. It is a natural, psychological phenomenon similar to dreaming. How often one gets influenced to have sex and how he gets excited about it. Men and women have almost the same desires but the means to acquire it are different. The sexual fantasy of a person comes from within, but how he fulfills it depends entirely on the individual. We can better call sexual fantasies as Private Thoughts.

Each individual has different levels of sexual desire. Some are easily aroused and would like to have sex more; others less. People also attribute different meanings to sexual thoughts, feelings, and behavior. Mostly people get excited by just reading messages, stories which explain the personal experience of somebody indulged with their partner, some might feel excited only with their partner, and some by watching videos.

Indulging in a sexual fantasy enables us to explore things internally that we may decide not to act upon. A sexual fantasy serves as a purpose of exploration; it helps us to escape out of our daily frustrations. It can also enhance an intimate relationship, and can boost up our self confidence. The fantasy is considered as our powerful imagination, which most of the times gives pleasure to the individual involved in that thought.

It depends solely on how you perceive your sexual desires and what you do with them! Fantasies do not belong to the physical world; they live in the realm of thoughts. They can be shared or remain alone. Actually men's and women's fantasies are more alike than different. Both sexes fantasize most often, for instance, about being intimate with their current partner. Men's fantasies are more visual and they get to the sex acts more quickly. Women's desire more foreplay and more tactile stimulation.

If fantasies are classified into those that are 'active' (taking the initiative in some sexual activity) and those that are 'passive' (having something done to oneself), then it becomes clear that men are much more likely to have active fantasies overall. Men also report slightly more passive fantasies than woman. The ratio of active to passive fantasies is much higher for men than for women.

It's also observed that those men who reported a great deal of sex fantasy had no partners or were in some sense sexually unfulfilled. Women who engaged in a great deal of fantasy were usually also having an active and satisfying sex life with a loved partner. Thus it seems that men's fantasies often signify sexual frustration, while women's fantasies are awakened or liberated by sexual activity.

Reference:-

[http://www.viagracures.com/articles/sexual\\_fantasies/sexual\\_fantasies.html](http://www.viagracures.com/articles/sexual_fantasies/sexual_fantasies.html)