

Is lack of sex the main reason for divorce?

Sex is very important in any marriage, in any country at any time. There is no denial that marriage without sex is meaningless. Does sexless marriage always hint a [divorce](#)? People are working longer hours and harder than ever before. This does not limit to men only, more and more women have full time employment, even after marriages. When both husband and wife work long hours, the work stress and work schedule make it hard to have meaningful and loving sex. Often than not, work schedule for both husband and wife are not parallel, both do not have the same deadline or the same workload. When there is lack of contact or lack of spending time alone, sexual frustration tends to build up. When sexual needs are not met, either one will feel frustrated. Another common scenario is when the husband works and the wife stays at home. The wife gets frustrated with husband who stays out late after office hour and suspicion sets in. being at home all the time is boring and frustrating. The wife might long to socialize like she used to, before the marriage. Feeling lonely and victimized, the wife punishes the husband by not having sex with him, even when he requested. Lack of understanding from both sides and no action taken will worsen the case. Another reason is boredom; with so much going on at work and with the kids, there is no way sex will be fun if accomplished in such short, scheduled time span. After a few routines, it became a task, similar with house chores. And laziness soon set in. Both no longer make efforts. Sexless marriage doesn't always end in a [divorce](#). It could be just a phase. Things can be improved. Try talking things through with your spouse. Try sleeping in on Sundays, have fun in bed cuddling. Remind each other how much you love each other. Take a holiday, go for a trip. Many couples renew their love and feelings for each other after a trip away. There are hundreds of ways to improve your marriages and it only take a few minutes in a day if you really take the effort. The point is not the method, it's the thought that counts.

About the Author

In United States, one of two marriages is failing. Read more from Divorce Self Help at www.SeparationDivorce.com

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