

Let's Talk about Sex and Intimacy with Zoë Kors

Zoë Kors: [00:00:00] if we feel that we can't touch a topic that is so essential to our nature as human beings, how can we possibly, , be truly intimate with ourselves and then each other?

Because the fact is we can, we can only meet each other to the extent that we can meet ourselves. So if we're running from this topic and we feel some degree of, of like unresolved feelings, then how do we have a healthy sex life engaging with a partner?

That was Zoë Kors on psychologists off the clock. We are three clinical psychologists here to bring you cutting edge and science-based ideas from psychology to help you flourish in your relationships, work, and health.

Debbie Sorensen: I'm Dr. Debbie Sorensen, [00:01:00] practicing in mile high, Denver, Colorado, and coauthor of ACT Daily Journal.

Yael Schonbrun: I'm Dr. Yael Schonbrun, a Boston based clinical psychologist, assistant professor at Brown University, and author of the upcoming book Work, Parent, Thrive.

Jill Stoddard: And from sunny San Diego, I'm Dr. Jill Stoddard author of be mighty and the big book of act metaphors.

Debbie Sorensen: We hope you take what you learn here to build a rich and meaningful life.

Jill Stoddard: you for listening to Psychologists Off the Clock.

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Yael Schonbrun: You can go to our website and get a coupon for the live trainings, by going to our offers page at off the clock, psych.com/sponsors. And we'll hope to see you.

Yael Schonbrun: this is Yael. I'm here with Debbie to introduce a new episode. , I got to interview a sex and intimacy coach by the name of Zoë Kors who has a brand new book out called radical intimacy, . Sex and intimacy are topics that I explore regularly in a couples therapy context, but we actually have had [00:03:00] zero episodes thus far on this topic so far on the podcast.

Debbie Sorensen: Yeah. I mean, it's kind of funny if you think about it, because one of the things you talk about in the episode is stigma and how it can be hard to talk about sex and intimacy. And we floated the idea of having an episode like this for years, you know, for me, I was like, it would be so good to have a conversation that's open about it. But then I got a little embarrassed, like, I mean, my mom sometimes listens to the podcast. Hi mom, by the way. Um, if you're listening, maybe she won't to this topic, but you know, it feels.

Interesting how it's can feel uncomfortable. And in the meantime, I have two kids that I'm trying to teach about sex and puberty and all these things. And so it's like on the one hand you're trying to be open. And on the other hand, there is absolutely can be stigma, attached to this topic.

Yael Schonbrun: And so, you know, this is sort of a, a listener call, but, but we do want to just let you know that there is some fairly [00:04:00] Frank conversation about sex and intimacy in this episode. So if you are around people who you'd prefer not to hear that, like Debbie's mom and you can save this episode for another time.

, but it was a really great conversation. I got a chance to ask. The sex and intimacy expert, all the kinds of questions that come up with my peers and many of the kinds of challenges that I see in the clinical room. And what's amazing is I do think that, you know, because it's a topic that's so few of us talk about that.

So many people have so much shame around and it's hard to talk about even with your partner, let alone with people outside of your intimate relationships. Many of the answers that Zoë gave about, you know, how to navigate some of these complexities and intimacy life are ones that can be helpful for a whole range of, of people.

Like, so even if you think, oh, I don't have, you know, specific sexual problems that you might learn a [00:05:00] lot about opening up and really flourishing in your intimacy life. and I even had a chance to have her walk me through a really cool exercise for building intimacy at the very end.

So stay tuned all the way to the end for that awesome exercise.

Debbie Sorensen: Yeah, I think it's interesting because on the one hand there's no one size fits all model to any of this, right? Like we're all. Different when it comes to, you know, how we feel about sex and our values around sex and relationships and where it fits in. And I used to talk a lot about sex with some of my clients who had physical disabilities and chronic health conditions.

Back when I worked in rehab psychology, because often people, you know, experienced. A change in that area. And they were trying to navigate things and th they had to sometimes be creative and things were really different than they were before. And you realize that there truly is so much diversity but there also is such a common humanity element to [00:06:00] it that so many of us, you know, might feel. Self-critical or we might struggle with some of the same things, you know? Yeah. I'll you talked about your couples work and how you'll hear these themes and couples or individuals within a partnership might feel like they're alone with it, but there is such common humanity to it that, that you see often themes emerge over time with your practice and.

I went to a conference one time for mental health professionals. And there was a sex therapist who gave a workshop and she had us all take a note card and write down something. We feel shame about related to sex. And it was anonymous. No one put their name on it and she mixed them all up. So nobody could tell whose was whose and, and lay them out.

And then we walked around and looked at them. It was so powerful. I'll never forget that exercise because I think what really struck me is that. You know, no one's alone in feeling shame. And in some of the situations that have been, people have [00:07:00] been through that they might keep to themselves and, and not want to talk about, but actually it's through opening it up to it that people can start to have a conversation and can start to, you know, heal or to move forward in their lives.

Yael Schonbrun: Yeah. So let's talk more about sex on this podcast with our partners, with our therapists. I mean, that, that is really one of the take home messages that Zoë left me with is to bring it out into the open. . So take advantage of the opportunity to listen to Zoë, to get more comfortable with conversations around sex and intimacy, and then bring it home to your partner or, to whoever you think could benefit from it.

Because this is something that we need to have less shame around so that we can grow and flourish more in our relationships.

I'm here with Zoë cores, who's a sex and intimacy coach contributor to the sexual wellness app, coral host of the radical intimacy podcast and the author of the recently released book, radical intimacy, cultivate the [00:08:00] deeply connected relationships you desire and deserve.

Welcome Zoë.

Zoë Kors: Hi Yael how are you?

Yael Schonbrun: I'm good. I'm so excited to talk about sex and intimacy. I had mentioned this to you before, but I specialize in couples therapy. And so in my therapy work, I talk a lot about sex, but we rarely talk about it on the podcast. So I'm really excited to dig in with you today.

Zoë Kors: I'm so happy to be here.

Yael Schonbrun: So first of all, how did you take the journey to becoming a sex and intimacy coach? I will say growing up, I always, you know, Dr. Ruth was sort of like the sex coach, the sex therapist that everybody talked about. And I always thought how cool it would be to be in her line of work. How interesting, but how did you travel down that road and land in this professional line of work?

Zoë Kors: Yeah, it's really interesting. And I think it's a combination of, um, my own path, my own experiences, in my relationships. and in the book I talk about, uh, my ten-year sexless marriage [00:09:00] when I was in my twenties. and, and then, you know, having that inspire, uh, just a personal inquiry into sexuality, the nature of sexuality, how we relate to each other, what things affect libido and sex drive And sort of finding a doorway into that through yoga and meditation, and, and sort of a deep dive into the practice of tantra, which is sort of an, an Eastern and Indian specifically, sort of philosophy of, you know, human experience. it's people mistake it to be a religion, but it's really sort of a whole perspective of the world.

and so that, informed my sort of perspective on sexuality at the same time. Um, I was working in graphic design. I had my own studio. I was a single mom, um, for like ever, [00:10:00] and, uh, You know, I was burned out. I just was, I was, you know, I live in a pretty affluent area at the beach in Los Angeles and, um, one of my best clients, he's wonderful.

Um, he owns a bunch of hotels and restaurants in this area, and I just felt, I remember saying I'm tired of selling \$18 martinis to rich white people. And I just felt incredibly burned out. Um, and I just made the switch. I thought for a little while about becoming, um, a licensed therapist and getting an MFT and my own therapist at the time, said, you know what?

I know what you're about. And I think your work is. More boundless than that. I think you need the freedom to not be beholden to a licensing board and to really just sort of deliver what you've got. Um, [00:11:00] so she suggested I become a life coach and I said, I could never call myself a life coach, but I found my way, I found a path.

I found some training, um, and I am in fact, a certified life coach. Um, I don't know how much I, I sort of practice those skills. It's now taken on a life of its own.

Yael Schonbrun: Yeah. well, and your focus is so important. Many people are dissatisfied with their sex lives.

And I think what's so cool about the way that you approach it is it's so open and accessible, but for most people it's really hard to talk about sex, at least in ways that feel helpful, right. We can sort of do it in these pejorative ways or joking ways, but it's hard to talk about it in a more vulnerable way.

So whether it's initiating a conversation with our partner, with our friends, or even with our therapist, it's so anxiety provoking that many people just avoid even raising the topic. So I'm curious what your advice is to encourage people to start the conversation with a partner or even to ask help from a [00:12:00] therapist or a sex and intimacy coach.

Zoë Kors: Yeah. you know, I'm asked this question, not infrequently and, there are two things. First is just sort of recognizing that we are products of cultural conditioning. For anyone who's struggling with talking about sex or thinking about sex or their relationship with their own body or the energy that we run, or, any facet of sexuality.

just knowing that you are not alone, this is not your fault, your awkwardness, your, uh, your discomfort. that is all because we are put in this context where there's a lot of shame. There's a lot of, we don't talk about that. And there's a lot of hyper-sexualization. So we are, we, what ends up happening is like, [00:13:00] especially with women, but men have their own set of conditioning and issues around this as well.

nobody really escapes it, but we, we end up feeling as though. We have no context, no acceptable, healthy context for the things that we're feeling either physically or emotionally about sex. So, so just recognizing that before you sort of broach the topic with your partner or a therapist or a friend even, and, and knowing that everybody feels the same way, everyone in this culture feels some degree of, anxiety around the topic.

so just, you know, saying, I want to be more comfortable start the conversation with just saying, like, I feel awkward. I don't know how to talk about this, but I want to talk about it and feel more comfortable exploring it

Yael Schonbrun: I love that language. Cause it's kind of like naming it to [00:14:00] tame it. And guess what? Probably whoever you're raising it with will say me too. I feel awkward too. I'm so glad you brought it up.

Zoë Kors: Yes. Exactly.

Yael Schonbrun: That's often the way that I bring it up in couples therapy, I try to normalize it. When I ask, I say many couples come in and they don't mention sex as an issue, but it's commonly an issue. Right. So, and, and it often gets sort of a double-sided response, which is, you know, many people are kind of like, I don't want to talk about that.

It's so uncomfortable, but also, yeah, it's an issue and I'm glad and relieved that you raised it because I didn't want to.

Zoë Kors: Yeah. Yeah. Um, I love that you bring it up and so many therapists don't and don't, don't feel qualified to, and don't even want to recognize it. I mean, I think that therapists. Benefit from a little bit more training. Um, I think everybody would benefit from a little more exposure to this [00:15:00] conversation, you know?

So, I mean, I think that that's part of, Hey, you know, how to saddle this horse that I think that that's part and parcel of this idea of radical intimacy is like the idea that. You know, if we are resisting something, if we feel that we can't touch a topic that is so essential to our nature as human beings, how can we possibly, uh, be truly intimate with ourselves and then each other?

Because the fact is we can, we can only meet each other to the extent that we can meet ourselves. So if we're running from this topic and we feel some degree of, of like unresolved feelings, then how do we have a healthy sex life engaging with a partner?

Yael Schonbrun: Yeah. So let's back up a little bit. [00:16:00] And actually, if you would define what is radical intimacy and why should intimacy be rather.

Zoë Kors: Yeah. So radical intimacy essentially is my model of intimacy that I've developed organically over the years. Um, and piece of it, pieces of it kind of came together, , in, in various situations, you know, exploring in my own relationships and with the relationships of my clients. , and so I define three.

Kinds of intimacy, emotional, physical, and what I call energetic. And we can talk a little more about that. , those are the three kinds of intimacy, and then there are three levels of intimacy, self other, and world. And so when you grid these out, almost like a bingo card, and I, I draw that in the book. I have what I call the radical intimacy matrix with the three kinds across the top, and the three levels up the left [00:17:00] side and grid out, you end up with nine areas of opportunity to cultivate deep connection and intimacy.

And so that looks something like physical intimacy with self physical intimacy, with other physical intimacy with world, and then the same for the other two kinds of intimacy. And so. These areas, some of them are sort of, you know, for each of us, some of those have areas where we are more comfortable, it's just sort of, you know, it feels native to us.

, you know, physical intimacy with another might be an area that you're very comfortable with. You're a touchy-feely person you're comfortable with sex, your, you know, to some extent, um, but maybe emotionally, , emotional intimacy with yourself or with someone else, maybe that's a little bit uncomfortable for you.

Right? So the, the idea is, is that we [00:18:00] as individuals have much more fulfilling lives, balanced lives, connected lives. If we intentionally nurture all nine areas of intimacy, So throughout the book, I talk about like the nuances of all these different levels and kinds, and then provide exercises, which will sort of nourish those areas.

Yael Schonbrun: Yeah, and the exercises are so great. And what I'll say is, you know, we had a conversation, um, a couple of weeks ago where I said, you know, I tend to be very science backed and a lot of your, , exercises and your approach is more organically formed through your own experience, but it really maps onto what the science says.

So it's, it's really nice because one of the really common. Science, uh, scientifically backed treatments for sexual problems is something called sensate focus therapy. And a lot of your exercises are really aligned with that and have to do with [00:19:00] really connecting with yourself physically and emotionally, connecting with your partner physically and emotionally.

And we'll talk, uh, I hope a bit about some of those exercises that people can actually try out to build more of those kinds of connections. One thing that, uh, came to my mind as you were talking about this matrix is the idea that, you know, many people are more comfortable in one area.

So for example, one partner might be more comfortable with physical sexual intimacy while another is really more comfortable with the emotional intimacy and that I think it can line up to differences in sexual desire or, or drives. And so I'm curious how you advise couples with mis-match. Sex drives and or mismatched, um, areas of comfort to negotiate their needs. That's a big question. I realize.

Zoë Kors: yeah, it, well, it's a great question. And it's really at the crux of so much of my couples work. So I, um, [00:20:00] I work with couples to really identify their individual strengths right. In, in this area, their sort of intimacy strengths and, and what I, what I like to do. I'm, I'm hesitant to do, to define, to, to strongly define intimacy types, but.

I'm I'm sort of playing around with, , with really flushing that out a little more for now, , in a, in a looser way. , I help couples help individuals. The two partners identify where they are comfortable, right? So like for someone who is really in touch with their emotions and they're really emotionally driven, , they're in emotional intimacy.

That's how they feel connected. And really often, you know, I'll ask couples, , you know, when do you feel most connected? What makes you feel connected to your partner? Sometimes that's a deep soul dive conversation [00:21:00] about, you know, a topic that has come up in, you know, in their lives or, , you know, relationships with family, but they feel connected when they can actually voice their emotions and feel seen and received, um, and supported.

, and that happens a lot. When I see, , couples who will say like, I, I don't have a sex drive. I don't have desire for you to have sex unless I feel emotionally connected. And the other one will often say, I need to have sex in order to feel safe enough to be vulnerable and, and show you my emotions and connect that way, recognizing and naming our different styles and what we need allows a couple to be able to consciously fill each other up, you know, and it may be a practice of, you know, for a physical intimacy type.

It doesn't [00:22:00] necessarily need to be sex, but they need to feel that physical affection, they need to feel physically held. So a hugging practice, , you know, holding hands, having a, , a time where they know that they will connect in a way that the emotional intimacy type feels, like they're not being pushed beyond their limits.

Right. They meet each other halfway. , and then they also schedule in a time where they are, , connecting emotionally. How was your day? How are you feeling? You know, and for the person who is more of a physical type and less in tune, less emotionally driven often, they don't know how they feel good or not good, but I give tools in the book as well, the, the wheel of emotions and, and so that you can kind of look at the nuances of, you know, I'm angry because I feel abandoned or I'm angry because I feel rejected or I'm angry because, I feel [00:23:00] like my values are being pushed on, you know? So, , yeah.

Yael Schonbrun: I love what you're saying. And it really fits in with Gary Chapman's five love languages, and that's sometimes how I talk about it. That some people feel the love through the verbal affirmation, , and then others feel more the receipt or the giving of love through physical connection, whether that's sexual intimacy or as you're saying another kind of physical contact.

And if there's a mismatch there, it can really be frustrating for both people because. You want to give love and receive love, and yet you're on you're speaking different languages. And so exactly as you're saying, if you can sort of figure out how to communicate in the other person's language, even if it's not your primary languages and you'll have your grammar will be off and you'll have a heavy accent, but hopefully your partner can appreciate the effort and vice versa and meet each other part way.

The other thing that comes up as you're saying that is the difference between desire and arousal that I think is common. And this is a little bit stereotype, but [00:24:00] there's often a gender difference there so I wonder if you can speak to the difference between desire and arousal and again, how, how people can meet each other in the middle of.

Zoë Kors: Yeah. Um, it's a great question. And, um, and I do want to normalize there, you know, there are sort of, I mean, gender stereotypes exist for a reason. You know, whether it's nature or nurture or, you know, organic or, , conditioned into us. I do want to normalize men who are really emotional and really crave.

I'm married to one of them, you know, I I'm, uh, you know, he wants deep, deep connection and that's what really turns him on. And I, I just sort of want him to smack my ass, you know, and we'll talk later. Um, so there are, I mean, there are in, in many of my clients, um, the, the men are, are really deeply emotional and craving that kind of a connection.

Um, so it goes both [00:25:00] ways. Um, and you know, I think that. You know, so desire and arousal and many people don't even, haven't really drawn the distinction for themselves. Desire is the, the drive to have sex. Like the, it it's sort of, um, I mean, you might have more science behind this, but it's the, it's the wanting to have sex.

Yael Schonbrun: It's more the cognitive piece.

Zoë Kors: Yes. And the arousal is more the somatic piece. Like it's actually, there are four stages of arousal and you are aroused when your genitals are engorged with blood and your, you know, all the things, your heart, you know, rate increases and, , rate of respiration increases. And, you know, eventually if you have a penis, you have an erection, and if you have a vagina you're lubricating and like, those are the that's arousal, the physical component.

You know, the way [00:26:00] I look at desire and arousal, it is so much more complex than, than just whether or not your physical or emotional. There's also

this energetic piece that I've defined that it sort of gets in the mix here. , but the way I look at it is that, there's a mind body connection.

And in sexuality, I sort of call it the, the mind body double helix. And if you imagine, you know, a strand of DNA is the sort of, , famous, you know, example of that structure of a double helix. Those two pieces are so intertwined that, that beyond, you know, sort of intimacy types and all of that, I think that it's mostly.

Helpful to think of. What's two things, the way I think about sex and the way I feel when I'm having sex and to start to pull those strands [00:27:00] separately. And I will often have, particularly with people who have experienced trauma and are healing from trauma and having, you know, a trauma response or intrusive thoughts, and they're really trying to sort out what's happening in their mind and in their body and how those sort of communication channels between those two parts of ourselves get chaotic, and so that's a lot of like really knowing yourself, you know, what turns beyond giving permission for a sort of erotic world. , and, and then noticing how your thoughts affect what you're feeling. Back and forth. And then when you add a partner to that, right, then there's a sort of, uh, sharing, uh, you know, if you bring curiosity to it and you consider this an intimacy lab, then there's no battle.

It's not a zero sum game [00:28:00] here. We're just experimenting together with what, you know, what context we want to set for our sex. And, , and what activities will, you know, keep us connected and, and get our bodies and minds all on board together.

Yael Schonbrun: I love the idea of establishing sort of an intimacy lab and bringing curiosity, because it doesn't require any given outcome. It's just a process that you're engaging in together with your partner. And the other part that I just want to sort of emphasize, because I think it's so important is that there is a mind piece and a body piece.

So the desire piece and the arousal piece, and either one can impact the other. So you can mentally kind of get in the mood and have a fantasy and sort of allow that to pave the way to arousal. Or being aroused by your partner being massaged by them can get your mind in a place of being open to, to engaging in intimacy.

It can happen either way. And I think sometimes we kind of put ourselves in a box and say, well, I've got to be in the [00:29:00] mood or my body has to feel a particular way. But as you're saying, if you kind of have more openness now allow your mind to impact your body, your body, to impact your mind. And just

to sort of come to the intimacy lab with open curiosity, there are a lot more opportunities than you might initially expect.

Zoë Kors: Well, and what you're speaking to, or desire, types, responsive desire, and spontaneous desire. And so some people feel a spontaneous desire. They see somebody they find is attractive, walk in the room, or they have a thought or a memory or something triggers, the, desire for sex. And for some people, they really have to be involved in some level of activity for them to feel the physical response.

So, and both are normal. And, and you'll often see a couple with different desire types where the spontaneous desire person is always initiating and wondering [00:30:00] why they're responsive, desire type partner isn't initiating, and that they must not feel the same way. , and. That's often a real point of contention and, and hurt feelings in a couple with mismatched desire types, which is, you know, like I just also want to say that the vast majority of couples experienced some degree of desire discrepancy.

It just is like the, the, that that a couple will always want the very same amount of sex all the time for their entire long-term monogamous relationship is completely unrealistic. So, you know, every one of us, there's no shame behind it. Every one of us has to have that conversation with our partner, you know,

Yael Schonbrun: Yeah, I think it's so important to bust that myth, that we are supposed to have the same desire type, [00:31:00] or even that there's such a thing as sexual compatibility or sexual in compatibility. These are things it's sort of like moving from a fixed mindset to growth mindset. Those are skills that you can build together with your partner, if it's of interest to do that.

And so I think, you know, we have a lot of myths and I want to talk a little bit about that. , I'm gonna pause, put a pin in that for a moment, but I think that there are a lot of myths that we've just absorbed in our culture that make it that much harder to think that there are there's potential, in our sex life with our partner.

One thing, one other important method I think, is, is something that is really so much woven into the fabric of how we think about sex is that the goal of sex should be to have orgasm. And, you know, because I do couples therapy, this is something that I talk about a lot with couples, because it's something that puts so much pressure on intimate encounters.

And you talk a lot about it in your book. So talk to me about why it's a problem to be so focused on Oregon.[00:32:00]

Zoë Kors: Yeah, well, , because if we make orgasm the goal of sex, we miss all kinds of opportunity along the way to, for, for pleasure, for different kinds of pleasure and for different experiences and sensations, , there is great, great value, and I believe, , healing properties in the extended state of arousal.

Right? So, , so as we. As we enter into a state of arousal, right? We are, it's almost like a form of meditation. Some people will say it's like a form of prayer. , we are connecting with something outside of ourselves. It's an altered state of consciousness. And so that has, you know, neurological benefits.

There are all kinds of hormones being, you know, neurotransmitters being released in the brain during that period. , [00:33:00] and what I mean, there are two things, you know, the, the, the physical experience of sex and sexual activity and sexual arousal, when you are not figuring out how to get from point a to point B, , in and of itself makes the.

The experience of sex so much richer, so much more pleasurable, but then the other piece of it is that the more you focus on orgasm, the less likely it is to happen. It's just one of those things that you can't, , you can't chase it or it, or it goes away. Right? So for people who are, and listen, orgasm is great.

I mean, orgasm, I'm not, you know, there's a lot of there's, you know, there's a whole conversation about the orgasm gap and, you know, how, how women aren't, we aren't taking care of women in a way sexually, , in which orgasm is important.[00:34:00] And the there's a whole conversation there and I'm, I'm definitely an advocate of orgasm, but, but there's so much more, you know, there's so much more in the intimacy lab to experience than an Oregon.

Yael Schonbrun: Yeah.

So it's, it's sort of like the double whammy. I mean, one is you miss out on the process, if you're too focused on the outcome, and this is something we talk a lot about and the kind of therapy that I in my co-host practice, which is acceptance and commitment therapy that, um, we want to focus on the journey and hold the outcome lightly because life is a journey, right. And we want to be present for life. If we're only focused on where we're going to, we're going to miss out on the vast majority of life. And not only that. But it makes it much harder to get to whatever outcome you desire if you're holding on too tightly, it's, it's paradoxical, but the harder we try to get to some outcome, at least from

a psychological point of view, that, and this is true with all sorts of psychological phenomenon, whether it's happiness [00:35:00] or, really good performance.

And certainly that's true for orgasms as well. , and so I think that is a critically important myth to bust that, you know, if we just try hard enough that we can get to orgasm or not even that we should.

Zoë Kors: Well, yes. And, and I think that it's like, I try to get my clients away from referring to orgasm is finishing, right? Because there's a sort of, there's a judgment involved in that. And if I didn't have an orgasm, then I failed or it wasn't good sex or it, or I didn't finish, I was left hanging.

Well, there are plenty of ways to have a really incredible sexual experience without, and most women know this because women, you know, women often will not have an orgasm when their partner does and still have a really enjoyable experience. So it's like, um, to, to sort of make orgasm, the goal also means that it's the [00:36:00] measure of success of any sexual encounter.

And that's just really unforced.

Yael Schonbrun: It's so unfortunate. So that brings me to my next question, which is, you know, how important is sex to a relationship? Okay. This is a big question and I kind of want to break it down to a very specific example that comes up a lot in the therapy room and also among my middle aged peer group. So what do you do when there's zero sexual interest in your partner, but you otherwise have a happy life together?

Do you leave your partner or do you stay because you know, sex is one part of a relationship, but it's certainly not all of it. And for example, you know, if you have a happy home life, how much does it matter if you're just not interested in your partner sexually? What, what are your thoughts on.

Zoë Kors: I think that there are couples who are sort of mutually, not that interested in sex that, that, you know, they have, what would normally be categorized as [00:37:00] a sexless marriage, which is essentially you have sex, you know, once a month or less. Um, and I think that's fine if that is, if, if both cup, both partners in the, in the couple are legitimately, um, okay.

With that, then that's absolutely fine. Um, I, if one partner is wanting sex and the other is not, um, I don't think that's. I think that it's not, I mean, and you can, whether you should leave or not, not for me to say, you know, you work that out

with your therapist, but I do believe strongly that, um, that it needs to be looked at and there needs to be a conversation about whether or not, first of all, there are many, many reasons why one partner may not want sex.

There are physiological reasons. There are psychological reasons. There's all kinds of stuff. There could be relational [00:38:00] reasons. And I think that all of that needs to be articulated and, you know, like explored and discovered and articulated and understood between the partners, because it may be that, , you know, when everything else is there, the love and the respect and the, the, the, you know, intimacy and other areas, um, there are ways to.

Channel that into a physical connection that works for both people. And that might be a compromise, you know, um, I've also had clients who agree to open up the marriage and that's fine too, with a lot of, of sort of communication and a lot of sort of relational skill behind that. It's a, it's a totally legitimate possibility.

, it takes a lot of work though. I don't want to, I mean, that's not something that you can do casually, you know,

Yael Schonbrun: I see a lot of couples who have opened up their marriage and it just seems like they, they're sort of on the hook for a [00:39:00] lot of communication and sort of, you know, really deepening their understanding. And I think that that works for some people, but I think you're right, that it is absolutely a viable option, but it's not kind of for free you there.

It takes some effort.

Zoë Kors: So much more effort in some ways than a monogamous relationship. I don't have that in me. I, I just it's too. I don't want to talk about everybody's feelings that much. Um, but what, and I, I run into this all the time with one partner, the sort of low desire partner who, who just doesn't want to have sex and feels like they don't, they shouldn't have to have sex.

And then, so my question for them is always, what is your vision for your partner? Is it that you don't want to have sex? So now you have decided that your partner. Doesn't get to express themselves sexually [00:40:00] for the rest of their lives. Like how does that work and what do you think their experience of that is?

And it's, you know, it's unanswerable, it's sort of, once you start to, to, to ask the questions and probe a little bit, , it becomes really clear that that something needs to give in that situation.

Yael Schonbrun: And another common manifestation of that, or another common situation that I see clinically and again with my peer group is that, you know, one partner is interested sexually in the other. And then the second partner has sexual desire, just not for their, their marital partner. Like they have interest in people that they're not married to, but the interest in their partner has sort of gone out the window.

And so it is a complicated situation because one partner is really committed and wants to explore that side of their relationship. And the other is just really disinterested.

Zoë Kors: Yeah. And [00:41:00] you know, I also think that there's maybe beyond the sort of parameters of this particular episode of your show, but I do think that, , it's acceptable to talk about dissolving the partnership in that way or, or making, you know, transmuting this partnership to a different kind of partnership, I just, you know, look for me, it's really important. Sexual expression and sexual exploration is extremely important to me. , if it it's part of my personal values, it's part of who I am. And if I can't have that, for whatever reason, with a partner, then we're going to talk about being friends, or we're going to talk about being co-parents or we're going to talk about, you know, maybe like, thank you so much for this time together.

And I've learned a lot and it's time to move on. , I, you know, we [00:42:00] hang on to these relationships and situations and you know, when kids are involved, it gets complicated and there are a lot of, you know, that's really the priority. I also don't believe that you, that, that the default or the only way is to stay together for the kids there.

That's a whole. It's much more complex than that also, but I just want to sort of nod to the fact that parenthood isn't is an extra dynamic that is, you know, the priority. , but I do feel like there are so many ways to be in partnership with people that it doesn't necessarily, you know, need to be like, I'm gonna, I'm gonna hang on to this until there's claw marks in it.

And make it work because, you know, three out of four areas of this partnership work, but that one area, know, I don't want to live without anymore.

Yael Schonbrun: Yeah,yeah. It's a question of [00:43:00] values. But related to that, and I think this is like a broader experience for a lot of couples who are in long-term committed marriages, is that you may have some initial attraction and want to nurture that part of your relationship. But, but over time, there's lack of mystery.

You're too busy, tired, stressed, we grow bored. And so what's your recommendation for, if you do want to work on that part of your marriage, but you've been together so long and, and your parents and you work and you now go to the bathroom with the door open. So how do you bring some spark back in.

Zoë Kors: yeah. Close the bathroom door.

Yael Schonbrun: That's

Zoë Kors: I think that, um, I think that with, uh, you know, with some intention and practice and focus, it, there, you can have an incredible sexual Renaissance in a, in a long-term, partnership, after a long dry spell, I think that there, it can be fun. I mean, it can be really [00:44:00] fun to kind of like make that your project and, , You know, there, there are too many dynamics to really sum up, , Esther Perel is awesome at, you know.

Yael Schonbrun: Yeah. She's a great, a great read. If you're in the situation that I just described.

Zoë Kors: Yeah, for sure. Um, and she really has her sort of handle on the nature of desire in a committed long-term relationship. Um, But I, you know, I will say, and this is going to be good news for some people that are listening and not as good news for some people who are listening, but when a couple comes in and they, and they have sort of a, hit a really long dry spell and they really want to get the spark back, , I will always ask them, how was it at the beginning, because for a couple who had that kind of connection and chemistry, it's much easier to get it back.

, there's [00:45:00] something to refer back to. There was an initial, um, attraction there and, , you know, what people call chemistry. And so. It's much easier to sort of like spark that and fan those flames and reconnect and play for a couple. I have a lot of, for whatever reason, I have, , a preponderance of heterosexual couples where the woman will come to me individually and say, I love my husband.

I he's the greatest guy. He's the greatest dad. And I've never particularly been attracted to him. I married the nice guy. I married the safe guy after I dated a lot of super hot assholes. And I thought I was doing the right thing, but I just, I'm not attracted. That's a hard situation. That's a really, that's a tough, and, and [00:46:00] it takes a lot more soul searching and work to change the way you're

thinking and therefore the way you're feeling, in the relationship and, and it's, it's often not successful.

Yael Schonbrun: Yeah. I think that is kind of the situation that I was referring to. And I guess, you know, I think it, it may not always be successful, but the optimist in me wants to believe that, there are ways to build that even if you haven't had it in the past, but it is, it is work. Um, and it requires some creativity and a lot of resources directed to, to really cultivate that.

But it can feel like an uphill battle.

Zoë Kors: Yeah. And I think that, you know, I think that both partners have to be willing to show up differently in the dynamic, you know, and [00:47:00] that's the thing is like, if you start from the place of like, uh, you need to accept me the way I am. Um, and there's, and I'm not really willing to do anything differently. It's not going to go anywhere. Like you really need two partners who can see this as, you know, again, climb into a laboratory and start to really co-create something different.

And, you know, we are just not given skills or, or context or instruction to be able to do that. I will often tell people, listen, You know, that it takes in, in very many areas of your life, you need to work on something, you need to build something, you need to create something you need to enlist the support of professionals like financial fitness, building a house or buying a house and [00:48:00] maintaining a house. I mean, there are all of these areas of our lives, where we put in the work and reap the rewards and sex and intimacy is just exactly the same.

Yael Schonbrun: Yeah. And I love the idea of approaching it as a shared project. Right. If it's not going as you'd like, or, or, or as one of you would like, why not take it on as a shared project and. Really see where you can take it. You have this quote in your book that I love, which is quote, we can hardly demand that our partner want to have sex with us, but we can intentionally create the conditions in which their natural desire can flourish.

And if you do that together, it can be really enjoyable work.

Zoë Kors: right.

Yael Schonbrun: Hey psychologist off the clock listeners. I'm going to guess that if you are listening to this episode, that you love to geek out about books in psychology.

Katy Rothfelder: So if you are a fellow book, nerd like Yael and [00:49:00] I, and all of the people around you are tired of you talking about books. Then you can join us once a month to really take a deep dive into the books that we're going to be reading to you.

Yael Schonbrun: And even though books themselves are not therapy. many books offer huge therapeutic value. So join Katie and I with our background in acceptance and commitment therapy and other evidence-based psychotherapies. to explore together how we can apply some of these ideas from great books in psychology to our everyday lives.

Bring your questions, bring your insights and join us for deep conversations. Once a month, starting May 5th at 12:00 PM Eastern standard time in the U S and if you're interested in joining us and we hope you are . Just send us an email at, off the clock, psych@gmail.com and we'll send you the zoom link.

You do provide a nice segue into talking about sort of the way that our culture sets us up to not have these tools. [00:50:00] And even more than not have these tools, we have these really unrealistic ideals of what it's supposed to be like. So there's like erotic imagery and ideals everywhere. And I'm not even thinking about the pornography industry exclusively, but like Bridger tin rate, which actually had intimacy coordinators on set to try to craft these seamless, intimate encounters, which are just not the reality for most of us.

I mean, these ideals are really unrealistic. Um, but so many of us have the assumption that That's how it's supposed to be, that all other people are having better sex than we are more often than we are. So I guess my question to you is , how do you help people get out of their self-critical minds when it comes to sex and just enjoy what is without getting too hooked on what they feel it should be.

Zoë Kors: Yeah. Um, so one of the things it's not the sexiest work of all of this, but one of the things that I, that I do at the [00:51:00] beginning of a journey of awakening and discovery is to really understand our influences. So, um, I define seven areas of major areas of influence and, . I think that we are not accustomed to really sort of understanding all of the things that lead us to think about sex, the way we think about it.

You know, I can point myself one of the, one of the most defining, I mean, this is going to sound sad. Um, but it's the truth. Um, and I'm okay with it now because I name it and recognize it. And I've metabolized what the, what effect this had on me. What I'm, what I'm speaking to is the sports illustrated swimsuit edition that started to be on newsstands.

And actually when it first came out, it was in every, I don't think they do this anymore. But it was in every supermarket, newsstand, the [00:52:00] magazines at the checkout and, and that started happening right around my adolescence. I was, I think a teenager when I, when that first hit.

I can remember thinking to myself, wow, this is like, I will never look like that. You know? I mean, it doesn't matter how thin I am or how, you know, I'm five foot two. I am busty. I'm never going to look like these women. And that's the pinnacle and for a sports magazine that focuses on athletes, these women are much more celebrated than the women athletes, right?

So there's so much in that. So I can sort of deconstruct that and understand that that caused a and some people will [00:53:00] call this like a trauma, a form of trauma. It caused a separation between, uh, Between how I am organically and how I thought I should be or what, how people were going to see me receive me, you know, and, and deem me undesirable.

So yeah, so I think that looking back at all these things and, and look, so family, your family culture, how was nudity treated? How was affection treated? How, I mean, there are. Explicit and implicit messages and sometimes the total lack of acknowledgement of any kind of sexuality at all is the loudest message.

You know? So, family culture, , the culture in which you were raised, were you raised in like a religious household? , were you in a community of people who were religious [00:54:00] and, and, you know, had a particular viewpoint of sex one way or the other, whatever that was, you know, did you grow up in Minnesota?

Did you grow up in Alabama? Did you grow up in, you know, Italy or wherever Abu Dhabi? He, you know, like it's all that cultural context affects the way we see gender sexuality, masturbation bodies, all of it. So really when you're at the beginning of this journey, of, of self exploration and your relationship with yourself and sex, you know, you can, you, it really is essential to understand whose messages you have internalized as truths and what the possibilities are for you to hold it all differently,

Yael Schonbrun: Yes. [00:55:00]

Zoë Kors: not sexy work, but important work. And, you know, so if for listeners who are wanting to do that work, one of the beginning stages of that, which is sort of easy to do is I have my clients write down everything, everything that they can point to that has influenced their relationship with sex

or their bodies. And. And write it all down. You can write it on different pieces of paper.

You can write it on one big piece of paper. , you know, the, the, I can tell you, you know, the way what boyfriends said about my body, good or bad. I can tell you, you know, about the, the, the magazine cover. I can tell you about trying on a bikini when I was 16 and never putting a bikini back on my body. I can tell you, you know, all the different things.

I mean, there are a million different ways. It can be, it can be something that happened on a [00:56:00] playground where, you know, you had a. A moment of recognition of like how boys play in how girls play, , and how they interact. It can be anything, but there's a good, like spend a week of, of inquiry into things that affected you and could be connected in some way to the way you feel about sex right now, and put it all down by a really or buy or create or find, , a special box and put it all in that box and put that box on a high shelf in the back of the closet, out of the.

You can return to that box later to take an inventory. I often have people take down that box and sort through it and like keep the things that are still unresolved or, you know, bury or burn the things that have gotten resolved through their work with themselves. But, but just taking all of that stuff and symbolically [00:57:00] locking it away, putting it out of sight clears almost as space of possibility.

Yael Schonbrun: I love that. I mean that, that's sort of a really nice practice of recognizing what the thoughts are and unhooking from them. And there's this whole body of research. , the lead researcher is James Pennebaker who talks about writing things down as a, as a way to process, you know, internal content that's that's in your mind and get it out and, and really how helpful that is in so many different ways.

And I love the idea of like putting all those thoughts related to sex and body image and, gender identity down and locking them away, and then deciding what you want to sort of continue to hold close and what you might want to edit, or just let go of. Related to that. In many of the, uh, media portrayals in the way that come to integrate ideas of sex into our life. We often think about [00:58:00] sex as an avenue to power and often in pretty pernicious ways that sex can be used to demean women. You know, like in the me too movement, this has really become forefront, but at the same time, intimacy really requires a letting go and a willingness not to be in control.

And you sort of talked about how in your own sex life, you know, being over, not overpowered, but, but sort of like having your husband engage with you in a way that can be a little bit assertive, for lack of a better word can be really gratifying. So the role of power in sex is clearly very complicated. , and so I'm curious, you know, how do you see the role of power in intimacy and what happens and how do you counsel couples where. One person really doesn't want to let go of control and is sort of, um, feeling too vulnerable, but, and that's interfering with intimacy.

Zoë Kors: [00:59:00] Yeah, it's a complex question. , my, my first. Reaction to, to what you're saying is that power happens outside the bedroom. That it's actually not a sexual issue for, for people who are, you know, the me too movement or, or women. I know plenty of women who , use their sexuality powerfully to sort of gain what they want in a, in a particular relationship or a circumstance, and, and none of that actually has to do with sex. It has to do with sort of systems and relational dynamics. And, particularly like in the workplace, the power in the bedroom, you know, the answer to everything is transparency, consent, , and acknowledgement, you know, The entire kink world BDSM world runs on,[01:00:00] , powerplay, you know, and, , and there's consent to that.

So when, when you're talking about like power in the bedroom in that way, it's, it's consensual it's. Hmm.

Yael Schonbrun: I think. You're you're spot on. And I'm glad that you're saying that, you know, it's not exactly power when you're talking about consent. It's, it's really sort of a mutual decision to engage in intimacy in a particular way. There are common examples that I see clinically where, you know, and, and I know that you work with . Compulsive sexual behaviors. You know, sometimes those kinds of behaviors can really cause hurt and make the other partner feel very vulnerable. And so maybe taking the word of power out and just thinking about The vulnerability. Like if you have a partner who's been hurt by somebody you know, whether the partner had an affair or engaged in, [01:01:00] inappropriate sexual behavior, or even, you know, did something hurtful that had nothing to do with sex, but because sex can be such a vulnerable place to be, how do you help that vulnerable partner lean into intimacy and . How do you help the partner who transgressed to, support their more vulnerable partner in feeling safe?

Zoë Kors: Yeah, I think that this is, this is exactly the crux of it is that there is no, if there is a power differential in someone who's wielding power in the bedroom in sex, it's not okay. Right. You always want to have an, and safety is

of the utmost, um, trust and safety are two essential ingredients to a healthy sexual experience and connection and interaction.

So, when I do work with, um, with people who are dealing with, , compulsive sexual [01:02:00] behaviors and, , their partners who are dealing with betrayal trauma, , when it comes time and my, my sort of role on those teams, , R is to help couples then re-introduce sex, healthy sex. And there has often never really been a healthy dynamic there.

, so yeah, I mean, it's so interesting because the, the trust and safety, I often say this to my couples is that the safety is established and trust is restored outside the bedroom. There's there like that. Isn't something that happens during sex. You actually have to do all of that. And, and these couples come to me after they, they have really restored that trust.

Like they're not ready for me until they are, you know, firmly rooted in sobriety and they, you know, and they're like, they're not in crisis. There's no triage happening anymore. [01:03:00] And then it's just a matter of getting, like we said, at the beginning, getting the, the mind and the body on board and being able to have the usually incredibly remorseful, transgressing partner, you know, the, the partner who's acted out, , equipping them with the bandwidth to be able to hold their partner's discomfort and trauma response and dysregulation.

Right. And. Get triggered into a shame spiral and not feel totally guilty and not get defensive because of that guilt and shame. And, you know, so it's, it's, there's a sort of like, there, there are these steps that I lead partners through who, you know, they, they basically are just present and learn to talk, like, use their words to describe what's happening and to get curious and to, you know, [01:04:00] help co-regulate basically.

Um, but that's something, you know, that kind of safety is, is established, you know, in every minute of every day. Does that answer the question?

Yael Schonbrun: That's such a good answer. I love it. I love, I love the clarity that trust and safety is built outside of the bedroom that we can't really expect to have safe, vulnerable sex with somebody with whom we don't feel safe and that if he can't be built through sex, it needs to be built through our day to day relationship.

Zoë Kors: That's right?

Yael Schonbrun: I want it to take the chance to, ask you so, you know, I think it is clear what, emotional intimacy looks like and what sexual intimacy looks like, but what is this third realm of energetic intimacy? Can you explain what that is and why it's so important?

Zoë Kors: Yeah. Um, yes, [01:05:00] because, um, and this is where we get a little bit, uh, metaphysical, right? , There are certain things. I mean, we can kind of, and I do a little bit of this in the book where I sort of, you know, um, point to various people like Albert Einstein who got very metaphysical towards the end of his life.

There are certain things that we can, there's certain things, there's certain things that we can point to neurologically that's happening in our nervous system. , and, and in our sort of, , state of consciousness and, uh, but you know, ultimately, and this is where, you know, the sort of, , yoga practitioner and meditator comes in there.

Just things about, , energetic intimacy that sort of. Defy, , definition really, and, and to try to grok them and understand them as actually antithetical to the experience. So [01:06:00] what I'm talking about with energetic intimacy is, is actually really simple. And, and, and you know, when we're talking about intimacy types and, emotional and physical ways that you feel connected, you will see energetic intimacy with someone who wants to, , take a hike in the woods and not really necessarily talk, have a shared experience like that.

Like in developmental psychology, we often will look at that as parallel play. Right. , and, or, or like even cooking dinner together. You know, where you're focused on some activity that is sort of bonding. And, and just by the fact that you're sharing this experience together, you're not, it's not a deep dive into, you know, emotional landscape.

It's not that you are, in the physical realm, connecting physically, , it's that you are sort of breathing each other's. Right. So one of the things that I, and this goes back to, to my, , [01:07:00] my sort of tantra practice in the practice of tantra there, we, we would get together with a group of people. And I'd talk about this a little bit in more detail in the book, but we would, we would practice basically together for a long periods of time, several times a week, where we would pair up with somebody and sit for 20 minutes, I gazing and matching breath, and it. Incredibly intimate. Right? And so I had to say to myself, I'm not, this is not physical intimacy. This has gone emotional intimacy. I'm not taught. I mean, yes, emotions get stirred and yes we are, you know, often

we have like physical contact, but that's not really what, this is our closer on where this is.

There's something going on here and what I, it took me a long time actually, and a relationship [01:08:00] with this, , Individual this man who it was just an absolute whirlwind , of a relationship short, short lived, , for me to be able to pull out this piece and for awhile, I called it presence. And I think that's definitely part of it to have to be present to each other moment to moment.

But there's more of it. There's humility, there's curiosity. And it's just a way of connecting with someone beyond the utility of touch and language. , and we've had those moments, you know, eye contact is a lot like even when you sort of, you know, I was getting a coffee the other day and I, and I, and the, the, the guy at the coffee house behind the cash register was like having a hard day.

I could tell he was really. Cranky. And I said to him, how you doing and having a hard day, you having a hard morning. And he [01:09:00] looked at me and like really looked at me and said, you have no idea. And I said, I'm so sorry, it'll get better. I promise. It always does. And he like that moment now we used our words and we, but when he really looked at me in that, that moment of like, I asked him and he looked at me and there was like a connection point there.

So, , that is what I call energetic intimacy. And now when you bring it to, , a sexual relationship or a sexual encounter, To be able to connect with someone and, and particularly like, you know, your spouse who has left a, a sink full of dirty dishes or their laundry on the floor, or forgot to pay the utility bill, or is talking endlessly about their, you know, their day at work or whatever, like all the [01:10:00] things that kind of, you know, separate us or make us, you know, withdraw, when we put all of that aside and just look at each other with curiosity and wonder, , and, and appreciation for like this person on a path without all of the story and all of the meaning and all of the personality and all of the dynamics and all of that stuff. It's, it's really a sort of indelible threat.

Of connection and, and that's what I'm getting to with energetic intimacy.

Yael Schonbrun: Yeah, I love that. I love that advice to kind of drop the story and just be present and look with, wonder at this person, it could be your partner, as you're saying, it could be the barista, but that you can connect with people in the moment. Energetically in this really profound way. [01:11:00] I was actually curious if you would leave us with, a favorite exercise that you use with your clients.

And what I will say is. Your book has just chock-full of amazing, amazing exercises. , so , maybe give people a teaser of, of exercises that they can try out themselves, either alone or with their partner to build radical intimacy.

Zoë Kors: Yeah, I'm, I'm gonna, this is a, this is just about my very favorite thing to do myself and, and to introduce to, clients and friends and family members and anybody who's willing to listen. Take a piece of fruit, like, a peach peaches are my favorite because they're just so, , there's so much to enjoy about a peach, but, , it can be an apple or a pear or anything, really a great even, , and, and set aside 10, 15 minutes to do this, where you take a look I'll, I'll speak to a peach cause that's my, my home, uh, fruit,[01:12:00] and take a look at it, hold it in your hand.

Feel the weight, notice the fuzzy texture on the skin. The colors, maybe it's a, a particularly yellow peach, or maybe it's more blush and you can see red in the skin and smell it, smell the peach. Think about, take a moment and think about the, where that peach grew on the tree. And, and imagine that tree, when it was just a seed, right.

And it's just breaking through the soil and then, and then it gets thicker and the trunk gets, and finally it's like flowering. And then there are these flowers that end up becoming the fruit. Right. And. The person who picked the farmer, who, who, you know, tills the land and, and cares for the trees and then picks the fruit and then sends it [01:13:00] off, you know, in a, in a bushel, in a, in a barrel or some vessel and sends it off to the grocery store.

And then the grocer who stocks, the produce section and those little Misty things that keep all the produce moist. , and then, you know, you go and get your peach and you bring it home and you're, there it is. And smell it, see it all five senses. , and then finally take a bite of this peach and really just slow down.

Don't think about anything else. All of your awareness is on this peach, the way your front teeth feel when they break the skin, the way the sensation of the juice running over your tongue, your gums in your mouth smell. That is unleashed when you break that skin. [01:14:00] Right? All of it. The temperature of it.

Has it been in the refrigerator? Was it on the counter? All of it feel as you swallow, just sort of like micro awareness of the sensation of your body swallowing. And then how does it feel in your belly? Like, wow, just get lost in the experience of the peak. Right. Total wonder, total curiosity, totally fresh and new.

What, what Buddhists call beginner's mind as if this were the first time that you've ever encountered such a magical thing as a peach, right?

Take the time to do that. You can do it with a cup of coffee. You can do it with anything. You can do it with a glass of water, and then [01:15:00] imagine bringing that kind of awareness and curiosity and presence to your next sexual encounter.

Yael Schonbrun: I'm going to have to sort of pause and sit with that. Thanks. All right. I want to finish with one question that actually somebody wrote on Twitter that I thought was kind of brilliant and also a little bit funny, but this is a question about your personal life. What's it like for your husband to live with a sex guru? Somebody whose professional life is all about helping people optimize their sex lives and get the most out of it. How does he feel about that?

Zoë Kors: He thinks he's the luckiest man in the whole world and listen, he's got his own skills. I, I chose him and I ended up with him for a reason. So, um, Yeah.

Yael Schonbrun: Well, so we, where can people go to find out more about your [01:16:00] work connect with you, find your writing? Um, where should people go to, to get more Zoë?

Zoë Kors: The hub is ZoëKors .com and, and I love Instagram. That's my thing. But you can find like all the serious stuff about the book and the podcast and all of those things at ZoëKors.com.

Yael Schonbrun: That's right. And, and you're the resident sex and intimacy coach on coral as well.

Zoë Kors: Yes. Um, coral, you can go to get coral.app or go to the app store and search for, coral sexual intimacy or sexual wellness. , corals a great app. A lot of the exercises, that are in the book are also on coral. I'm the resident sex and intimacy coach. And I do a lot of things on the team now, , and for the app, but originally was brought on by a showrunner Walsh, the founder who, hired me to create experiential exercises, to get people more, , into and connected [01:17:00] with

Yael Schonbrun: w w that's awesome. That's such a great resource. Well, thank you, Zoë so much for taking the time and I hope people check out coral in your book. There there's so much to learn, and I really do think there's so many ways that we can. Develop our sex and intimacy lives in, in ways that are more

satisfying for us and that we aren't equipped and your resources really provide a lot of amazing guidance.

Thank you.

Zoë Kors: Thank you so much. What a pleasure to be here with you today?

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Jill Stoddard: We'd like to thank our strategic consultant, Michael Harold, our dissemination [01:18:00] coordinator, Katy Rothfelder, and our editorial coordinator, Melissa Miller.

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