



ASK THE *Doctor:*

27 QUESTIONS
NIGERIAN WOMEN
ARE TOO AFRAID TO ASK
ANSWERED HONESTLY



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ThePleasureDoctor

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Introduction: No Shame Here, Sis

I know you have asked those questions before. Maybe not out loud. Maybe not to your friend. Maybe not even to yourself for too long. But you have typed them into Google at night when everything is quiet.

You read the answers fast, then close the page like nothing happened. And you tell yourself, "It is nothing." But inside you still wonder. Why do I feel this way? Why does my body react like this? Why do I feel far from my partner even when we are together?

You are not the only one.

Many Nigerian women are living with the same quiet confusion. In marriage, in relationships, even in silence after childbirth or stress. They smile outside but carry questions inside.

Like a woman who just had a baby and wonders why her body does not feel the same again. Or a married woman who still loves her husband but feels no desire anymore and cannot explain it. Or someone who feels pain or discomfort but is too shy to say anything because she does not want to be judged.

So she stays quiet. She keeps it inside. She thinks maybe something is wrong with her. This PDF is for you.

It is not here to shame you. It is not here to judge you. It is here to answer the questions you were too afraid to ask.

Each answer is honest. Just take it like a doctor talking to you face to face. You deserve answers without fear or shame. So as you read, relax. You are safe here.

Section 1: Is this Normal?

You are not strange for asking this. Let's talk about it one by one.

Question 1: Why do I feel nothing during intimacy?

Sometimes you are there, but your mind is not there.

Maybe you are tired from work. Maybe your head is full of bills, children, family stress, you feel he doesn't love you, you feel it's a duty you have to fulfill or you even have arguments from earlier that day still stuck in your head.

When your mind is not relaxed, your body can also feel "off".

There are also times when you are just not emotionally connected in that moment. So your body does not respond much.

It does not mean something is broken. It often means your mind and body are not in the same place.

Question 2: Is it normal if I don't always want sex?

Yes, it is normal. Desire is not the same every day. It can change. Some days you feel it. Some days you do not. Stress, tiredness, sickness, or even just life pressure can reduce interest.

Even in marriage, you are still a human being. Not a machine that must always be "on". What matters is understanding your body, not forcing yourself to feel something that is not there.

Question 3: Why does it sometimes hurt even when I'm ready?

This can happen for many simple reasons.

If the body is not fully relaxed, it can feel uncomfortable. If there is dryness, it can also cause pain. Sometimes fear or worry can make the body tense without you even knowing.

Also, if pain keeps happening, it is important not to ignore it. The body is trying to tell you something. You are not expected to just "endure" pain.

Question 4: Is my body too loose or is that just a myth?

This is a very common fear, but it is mostly not true the way people say it. The body does not just become “loose” like that from normal intimacy.

What changes more is comfort, confidence, and how relaxed you feel with your partner.

Things like childbirth can also change how your body feels for a while, but that is not the same as being “spoiled” or “too loose”. A lot of what people say about this is based on myths, not real medical truth.

Take your time with these answers. Nothing here is to scare you. It is just to help you understand that many of the things you worry about are more common than you think.

Section 2: What Is Happening to My Desire?

Sometimes you wake up and notice something has changed. You are still you, but your desire is not the same again. That can feel confusing, so let's answer the questions you have surrounding them.

Question 5: Why did my sexual desire suddenly drop?

This can happen without warning. One period you feel interested, then another time you feel nothing. It can come from tiredness, emotional stress, health changes, or even long periods of routine in a relationship.

Some women also notice changes after childbirth or during certain phases of their cycle.

It is not always a sign that something is wrong with you. Sometimes your body is just responding to what it is going through.

Question 6: Can stress really kill my libido?

Yes, it can. When your mind is full, your body listens.

If you are thinking about money, children, work, or family pressure, your body goes into "survival mode".

In that mode, desire is usually not a priority.

For example, a woman who just closed from a stressful day in Lagos traffic may feel too drained to even think about intimacy. It is not rejection. It is exhaustion.

Question 7: Why do I feel disconnected during intimacy?

This can feel like your body is there but your mind is far away.

It often happens when you are emotionally tired or not fully present with your partner.

Sometimes it also happens when there are unspoken issues in the relationship, even small ones like unresolved arguments or feeling unheard.

Your body can respond differently when your emotions are not settled.

It is your mind trying to protect you in its own quiet way.

Question 8: Is it normal to fantasize about someone else?

Yes, it can happen.

Fantasies do not always mean you want to act on them.

The mind can think of different things for many reasons, like curiosity, stress, or even routine in a long relationship.

What matters more is what you do in real life, not every thought that passes through your mind.

Having a fantasy does not automatically make you a bad partner or a bad person.

It just means you are human.

Section 3: What Is Going On in My Relationship?

Most times, the questions are not about your body anymore. They are about your partner. And that can feel heavier.

Let's talk through it clearly.

Question 9: What if my husband/boyfriend no longer desires me?

This can feel painful and personal, but it is not always simple. Desire in men can also change with stress, health, money pressure, or emotional distance.

Sometimes he is dealing with things he has not even said out loud.

Other times, the relationship has slowly moved into routine, where both of you are more like "partners in life" than "romantic partners". It does not always mean you are not enough.

But it does mean something; that the connection needs attention.

Question 10: Can I fix intimacy problems alone?

You can try, but you cannot fully fix it alone.

A relationship is like a two-person table. If only one person is working, it becomes hard to balance.

You can improve how you communicate, how you respond, and how you take care of yourself. But if your partner is not involved at all, real change becomes limited.

You may start the change, but it needs both people to continue it.

Question 11: Why does he avoid emotional closeness but still want sex?

This confuses many women. Some men are comfortable with physical connection but struggle with emotional expression.

So they may avoid deep talks, but still want physical intimacy.

It does not always mean he does not care. It may mean he does not know how to show care in words or emotions. But if you feel emotionally empty, that feeling is still valid. You should not ignore it.

Question 12: What should I do if I suspect cheating but have no proof?

This is one of the hardest places to be in. Because your mind keeps thinking, but you have nothing solid to hold.

In this situation, do not rush into accusations. Start by looking at patterns, not panic. Has communication changed? Has behavior changed over time?

Sometimes suspicion comes from real changes, and sometimes it comes from fear or past experiences. If the feeling continues strongly, honest communication is important. Not shouting, but calm questions.

What you need most here is clarity, not silence in your mind.

Section 4: Why Does My Body Feel Different?

There are times you look at yourself and feel like something has shifted. Your body does not feel the same again, and that can be worrying.

Question 13: Why is intimacy painful sometimes?

Pain can happen when the body is not fully relaxed or ready.

Sometimes there is dryness, sometimes tension, sometimes stress in your mind that shows up in your body. If you are not feeling safe, calm, or comfortable, your body can respond with pain.

It is not something you should ignore or “just manage”. Your body is communicating.

Question 14: Can childbirth permanently change my sexual feelings?

Childbirth can change many things in the body.

After delivery, the body needs time to heal and adjust. Some women notice changes in comfort, sensitivity, or desire for a while. For many women, things improve with time, rest, and recovery.

But if changes feel strong or long-lasting, it is important to pay attention to both physical healing and emotional wellbeing.

Nothing about this means you are “damaged”. It means your body went through a big experience.

Question 15: What happens to desire after menopause?

During and after menopause, hormone levels change. Because of this, some women notice changes in desire, comfort, or natural lubrication.

Some women feel less interest, while others still feel desire but in a different way.

It is not the end of intimacy. It is a new stage where understanding your body becomes even more important.

Question 16: Are hormones the reason I feel different now?

Sometimes, yes. Hormones can affect mood, energy, and sexual feelings. But hormones are not the only factor.

Stress, relationship issues, sleep, and overall health also play a role. So when you feel “different”, it is usually a mix of things, not just one single cause.

Understanding this helps you stop blaming yourself and start paying attention to what your body actually needs.

Section 5: Why Do I Feel This Way Emotionally?

Now, the hardest part may not necessarily be the body. It could be the feelings that come after. The thoughts in your head and the questions you do not say out loud.

Question 17: Why do I feel guilty after enjoying intimacy?

This can happen when your mind has learned to connect intimacy with shame, fear, or strict beliefs. So even when the moment is fine, your emotions may still feel heavy after.

It does not mean you did something wrong. It means your mind is carrying old feelings that have not been unlearned yet.

Question 18: Is it wrong to want more than my partner gives me?

No, it is not wrong. Wanting more connection, attention, more sex, or more care is normal in a relationship.

For example, you may want more talking, more closeness, or more effort, while your partner feels things are “okay” already. That difference does not make you bad or ungrateful.

It only means your needs and expectations are not fully met yet.

Question 19: Why do I feel “dirty” even when nothing is wrong?

This feeling often comes from internal beliefs, not from reality. You may have grown up hearing things that made intimacy feel shameful or secret. So even when everything is healthy, your mind still sends guilt signals.

But in truth, your body is not “dirty” for normal human connection. The feeling is emotional, not factual.

Question 20: How do I stop overthinking everything after intimacy?

Overthinking usually comes from fear, confusion, or lack of emotional security.

Your mind starts replaying moments and asking “Did I do something wrong?” or “Does he still see me the same?” One simple way to calm it is to remind yourself of what is real, not what you are imagining.

Stay in the present. Focus on how you actually feel, not every thought that comes after.

Over time, with understanding and reassurance, the overthinking reduces.

Section 6: What Happens When Things Are Not Working?

There are times when you try, but things still feel off. Not everything in a relationship works the way you planned and that can be very tiring.

Question 21: Can a dead bedroom be revived?

Yes, it can be revived in some cases. But it does not happen by magic or by one person trying alone.

It usually starts with small changes. Talking more. Reducing pressure. Understanding what caused the distance in the first place.

For example, a couple who stopped talking because of constant arguments may slowly reconnect when they start having calm conversations again.

But both people must be willing.

Question 22: What if I love him but I'm not satisfied?

This is more common than people say.

You can love someone and still feel unfulfilled emotionally or physically. Love is not always equal to satisfaction. It can feel confusing because your heart is still attached, but your needs are not fully met.

In this situation, honesty with yourself is important. Not hiding your feelings.

Question 23: Is staying for the children a good idea when intimacy is gone?

Many women ask this silently. Staying for children is a serious decision, but it does not remove the problem.

Children can still feel tension in a home even when parents stay together. A peaceful home matters more than just staying together physically.

What matters most is what kind of environment the children are growing in, not just the fact that both parents are under one roof.

Question 24: When do I stop trying in my relationship?

This is a hard question, and there is no quick answer. But one clear sign is when only one person is carrying all the effort for a long time.

If you are the only one talking, fixing, adjusting, and hoping, and nothing is changing, then something needs to be reviewed.

Trying is healthy, but suffering alone is not. At some point, you need honesty, not just patience. Not every situation improves just by waiting.

Section 7: What Do I Need to Understand About All This?

After all the questions, one thing becomes clear. Most women are not confused because something is wrong with them. They are confused because nobody explained these things simply before.

Let's clear a few final things.

Question 25: What do most women never understand about desire?

Desire is not fixed. It does not stay the same every day or every year. It can change with stress, health, emotions, and life stages.

For example, a woman may feel very connected and interested during a peaceful period, but feel distant during a stressful one. Nothing is wrong with her body in that moment. It is just life affecting her response.

Question 26: What is the real definition of “normal” in relationships?

“Normal” is not one fixed thing.

What is normal for one couple may not be normal for another.

Some couples talk a lot, some are quiet. Some have high desire, some have low desire.

What matters more is not comparing yourself, but asking: “Is this working for both of us?”

If something is causing pain, sadness, or constant confusion, then it needs attention, even if others call it normal.

Question 27: What should I do when nothing I try is working anymore?

When you feel like you have tried everything and nothing is changing, it can feel very heavy.

At that point, the most important thing is not to keep suffering in silence.

You may need outside help, like honest communication with your partner, or speaking to a qualified professional who can guide you properly.

You are not meant to carry everything alone. Trying is good. But knowing when to pause and reassess is also wisdom. And sometimes, the answer is not more effort. It is clearer understanding and better support.

At the end of all these questions, you may still sit quietly and ask yourself one thing.

“Why am I still feeling like this alone?”

Why do I understand the answers, but still feel the weight in my chest?

Why does it feel like I am the only one trying to make sense of everything?

Why is it so hard to just feel okay?

These are real questions too.

Because knowing the answers is one thing. But living through the feelings is another.

Sometimes what you need is not more information. It is more support. More honesty. More space to speak without fear.

You are not strange for feeling this way. You are not weak for still having questions. And you are not the only one sitting in silence, trying to figure things out on your own.

So maybe the real question is not just “What is wrong with me?” Maybe it is this.

“What do I need right now, and can I safely talk to my partner about it?”

Take your time with that answer.

No rush.

You are allowed to want clarity. You are allowed to want peace.

Feel free to send me an email if you need more clarity.