

The mainstay of tackling this type of problem is **communication**.

Gray (1992 [\[1\]](#)) noted a paradox in intimate relationships: the safer one feels, the more one's deepest fears and insecurities emerge.

The essence of success is to devote time and effort to nurture the relationship as a whole and acknowledgement on both sides of sexual activity as a continuing and important aspect of that relationship.

It is useful to obtain information about chronic illness and sexuality, develop a comfortable sexual vocabulary and obtain if necessary, professional counselling in order to further the attainment of an active and enjoyable sex life.

### **USEFUL ADDRESS:**

**SPOD: Association to Aid the Sexual & Personal Relationships of People with a Disability)**

286, Camden Road, London N7 0BJ

Tel: 0207 607 8851

Information, advice and support.

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[\[1\]](#) Gray J Men are from Mars, Women are from Venus Harper Collins New York 1992.