

Chapter 1 : Origins of the Sexual Impulse: Colin Wilson: calendrierdelascience.com: Books

Colin Wilson Origins of the Sexual Impulse (London, UK: Arthur Barker Limited,) pages An original book of observations about sex, especially 'perversions' and criminal sexual behavior.

Quotes[edit] No art can be judged by purely aesthetic standards, although a painting or a piece of music may appear to give a purely aesthetic pleasure. Aesthetic enjoyment is an intensification of the vital response, and this response forms the basis of all value judgements. The existentialist contends that all values are connected with the problems of human existence, the stature of man, the purpose of life. These values are inherent in all works of art, in addition to their aesthetic values, and are closely connected with them. What can characterize the Outsider is a sense of strangeness , or unreality. In fact, I could earn a living in America just by lecturing. One of my brightest audiences, incidentally, were the prisoners in a Philadelphia gaol â€” brighter than my students at university. Interview with Paul Newman in Abraxas Unbound 7 No art can be judged by purely aesthetic standards, although a painting or a piece of music may appear to give a purely aesthetic pleasure. The Chicago Review Volume 13, no. All men and women have these dangerous, unnamable impulses, yet they keep up a pretense, to themselves, to others; their respectability, their philosophy, their religion, are all attempts to gloss over, to make civilized and rational something that is savage, unorganized, irrational. He is an Outsider because he stands for truth. Chapter one, The Country of the Blind There certainly is self division. The man who watches a woman undressing has the red eyes of an ape; yet the man who sees two young lovers, really alone for the first time, who brings out all the pathos, the tenderness and uncertainty when he tells about it, is no brute; he is very much human. Chapter one, The Country of the Blind What can characterize the Outsider is a sense of strangeness, or unreality. Chapter one, The Country of the Blind Barbusse has shown us that the Outsider is a man who cannot live in the comfortable, insulated world of the bourgeois, accepting what he sees and touches as reality. Chapter one, The Country of the Blind Art is thought, and thought only gives the world an appearance of order to anyone weak enough to be convinced by its show. Chapter one, The Country of the Blind He alone is aware of the truth, and if all men were aware of it, there would be an end of life. In the country of the blind, the one-eyed man is king. But his kingship is kingship over nothing. It brings no powers and privileges, only loss of faith and exhaustion of the power to act. Its world is a world without values. Man is as much a slave to his immediate surroundings now as he was when he lived in tree-huts. He is bound by pettiness. Chapter Three, The Romantic Outsider In refusing to face evil, Sinclair has gained nothing and lost a great deal; the Buddhist scripture expenses it: Chapter Three, The Romantic Outsider It is not enough to accept a concept of order and live by it; that is cowardice, and such cowardice cannot result from freedom. Chaos must be faced. Real order must be preceded by a descent into chaos. Chapter Three, The Romantic Outsider The outsider, Haller says, is a self-divided man; being self-divided, his chief desire is to be unified. He is selfish as a man with a lifelong raging toothache. Chapter Three, The Romantic Outsider It is still a question of self-expression. He retreats into his room, like a spider in a dark corner; he lives alone, wishes to avoid people. But honesty prevents his accepting a solution that he cannot reason about. Chapter Five, The Pain Threshold These men traveling down to the City in the morning, reading their newspapers or staring at advertisements above the opposite seats, they have no doubt of who they are. We are the hollow men We are the stuffed men Leaning together and they woad read it with the same mild interest with which they read the rhymed advertisement for razor blades, wondering what on earth the manufacturers will be up to next. Some of them even carry identity cards -force of habit- that would tell you precisely who they are and where they live. They have aims, these men, some of them very distant aims: They are not play-actors. They change their shirts every day, but never their conception of themselves These men are in prison: They are quite contented in prison- caged animals who have never known freedom; but it is a prison all the same. He is in prison too: His desire is to escape. He never asks himself: In a sense, he is like a man who has a fortune is the bank, who never asks himself, How much money have I got, but only, Have I enough for a pound of cheese, a new tie, etc. Chapter Six, The Question of Identity Behind man lies the abyss, nothingness; the Outsider knows this; it is his business to sink claws of iron into life to grasp it tighter than the

indifferent bourgeois, to build, to Will, in spite of the abyss. Chapter Seven, The Great Synthesis The unbeliever walks for a quadrillion miles, yet one moments of reality makes up for it. Barbusse and Mitya Karamazov He would like to escape triviality forever. Above all, he would like to know how to express himself because that is the means by which he can get to know himself and hi unknown possibilities. Self-expression is impossible in relation with other men; their self-expression interferes with it. The greatest heights of self-expression in poetry, music, painting " are achieved by men who are supremely alone. Chapter Eight, The Outsider as a Visionary Most men have nothing in their heads but their physical needs; put them on a desert island with nothing to occupy their minds and they would go insane. They lack real motive. The curse of civilization is boredom. Chapter Eight, The Outsider as a Visionary The real issue is not whether two and two make four or whether two and two make five, but whether life advances by men who love words or men who love living. Chapter Nine, Breaking the Circuit In most men, the conscious and the unconscious being hardly ever make contact; consequently the conscious aim is to make himself as comfortable as possible with as little effort as possible. Chapter Nine, Breaking the Circuit The individual begins that long effort as an Outsider; he may finish it as a saint. Hesse has little imagination in the sense that Shakespeare or Tolstoy can be said to have imagination, but his ideas have a vitality that more than makes up for it. Before all, he is a novelist who used the novel to explore the problem: What should we do with our lives? The man who is interested to know how he should live instead of merely taking life as it comes, is automatically an Outsider. There are other modern works that express the same sense that civilized life is a form of living death; notably the poetry of T. Eliot and the novels of Franz Kafka ; but there is an element of prophetic denunciation in both, the attitude of healthy men rebuking their sick neighbors. Nietzsche was not an atheist , any more than the Buddha was. Anyone who reads the Night Song and the Dance Song in Zarathustra will recognize that they spring out of the same emotion as the Vedic or Gathic hymns or the Psalms of David. Nietzsche, in short, was a religious mystic. Augustine as religious thinkers. Their view is saved from pessimism only by its mystical recognition of the possibilities of pure Will, freed from the entanglements of automatism. Existentialism means the recognition that life is a tiny corner of casual order in a universe of chaos. All men are aware of that chaos; but some insulate themselves from it and refuse to face it. These are the Insiders, and they make up the overwhelming majority of the human race. The Outsider is the man who has faced chaos. If he is an abstract philosopher " like Hegel " he will try to demonstrate that chaos is not really chaos, but that underlying it is an order of which we are unaware. If he is an existentialist, he acknowledges that chaos is chaos, a denial of life " or rather, of the conditions under which life are possible. If there is nothing but life and chaos, then life is permanently helpless " as Sartre and Camus think it is. But if a rational relation can somehow exist between them, ultimate pessimism is avoided, as it must be avoided if the Outsider is to live at all. It is this contribution which makes Shaw the key figure of existentialist thought. In our case, the scientific progress that has brought us closer than ever before to conquering the problems of civilisation, has also robbed us of spiritual drive; and the Outsider is doubly a rebel: Yet for all this, he is the real spiritual heir of the prophets, of Jesus and St. Augustine and Peter Waldo. The purest religion of any age lies in the hands of its spiritual rebels. The twentieth century is no exception. Shaw says somewhere that all intelligent men must be preoccupied with either religion, politics, or sex. He seems to attribute T. It is hard to see how an artist could hope to achieve any degree of self-knowledge without being deeply concerned with at least one of the three. The result, I contend, is that art in the twentieth century " literary art in particular " has ceased to take itself seriously as the primary instrument of existential philosophy. It has ceased to regard itself as an instrument for probing questions of human significance. Art is the science of human destiny. Science is the attempt to discern the order that underlies the chaos of nature; art is the attempt to discern the order that underlies the chaos of man. At its best, it evokes unifying emotions; it makes the reader see the world momentarily as a unity. And yet both are the outcome of a sexual mysticism that strives to transcend the everyday world. At the same time it cannot be separated from the idea of defeat. A sadist is a man, who, in some sense, has his back to the wall. Nothing is further from sadism, for example, than the cheerful, optimistic mentality of a Shaw or Wells. It is the enemy of subjectivity, which is why Stephen Dedalus called it "a nightmare from which I am trying to awake". They are spotlighted by their intensity, and the background is all

darkness. They intersect history, but are not a part of it. There is something anti-history about such men; they are not subject to time , accident and death , but their intensity is a protest against it.

Origins of the Sexual Impulse by Wilson, Colin and a great selection of similar Used, New and Collectible Books available now at calendrierdelascience.com

His father worked in a shoe factory. By the age of 14 he had compiled a multi-volume work of essays covering many aspects of science entitled *A Manual of General Science*. But by the time he left school at sixteen, his interests were already switching to literature. In the autumn of 1934, he was drafted into the Royal Air Force but soon found himself clashing with authority, eventually feigning homosexuality in order to be dismissed. Upon leaving he took up a succession of menial jobs, spent some time wandering around Europe, and finally returned to Leicester in 1937. There he married his first wife, Dorothy Betty Troop, and moved to London, where a son was born. But the marriage rapidly disintegrated as he drifted in and out of several jobs. During this traumatic period, Wilson was continually working and reworking the novel that was eventually published as *Ritual in the Dark*. Returning to Leicester again, he met Joy Stewart who later to become his second wife and mother of their three children who accompanied him to London. He described his feelings as follows: It struck me that I was in the position of so many of my favourite characters in fiction: It was not a position I relished. Yet an inner compulsion had forced me into this position of isolation. I began writing about it in my journal, trying to pin it down. And then, quite suddenly, I saw that I had the makings of a book. I turned to the back of my journal and wrote at the head of the page: The book became a best-seller and helped popularise existentialism in Britain. The back cover of the paperback edition reads: Through the works of various artists Nothing has happened in the past four decades that has made *The Outsider* any less relevant Non-fiction writing[edit] Wilson became associated with the "angry young men" of British literature. He contributed to *Declaration*, an anthology of manifestos by writers associated with the movement, and was also anthologised in a popular paperback sampler, *Protest: While "The Outsider" was focused on documenting the subject of mental strain and near-insanity, Religion and the Rebel was focused on how to expand our consciousness and transform us into visionaries. Time magazine published a review, headlined "Scrambled Egghead", that pilloried the book. These books were summarised by Introduction to the New Existentialism*. When the book was re-printed in as *The New Existentialism*, Wilson wrote: I am willing to stand or fall by it. It was this theory that encouraged celebrated American psychologist Abraham Maslow to contact him in *Maslow and the Post-Freudian Revolution*, based on audiotapes that Maslow had provided, which was published in *Maslow*, however, was convinced that peak experiences could not be induced; Colin Wilson thought otherwise and, indeed, in later books like *Access to Inner Worlds* and *Super Consciousness*, suggested how they could be induced at will. Wilson was also known for what he termed "Existential Criticism", which suggested that a work of art should not just be judged by the principles of literary criticism or theory alone but also by what it has to say, in particular about the meaning and purpose of existence. In his pioneering essay for *Chicago Review* Volume 13, no. No art can be judged by purely aesthetic standards, although a painting or a piece of music may appear to give a purely aesthetic pleasure. Aesthetic enjoyment is an intensification of the vital response, and this response forms the basis of all value judgements. The existentialist contends that all values are connected with the problems of human existence, the stature of man, the purpose of life. These values are inherent in all works of art, in addition to their aesthetic values, and are closely connected with them. He went on to write several more essays and books on the subject. Some of these were gathered together in a book entitled *Existential Criticism: By the late s Wilson had become increasingly interested in metaphysical and occult themes. In , he published The Occult: He also wrote a markedly unsympathetic biography of Crowley, Aleister Crowley: Originally, Wilson focused on the cultivation of what he called "Faculty X", which he saw as leading to an increased sense of meaning , and on abilities such as telepathy and the awareness of other energies. In his later work he suggests the possibility of life after death and the existence of spirits , which he personally analyses as an active member of the Ghost Club. He also wrote non-fiction books on crime, ranging from encyclopedias to studies of serial killing. He had an ongoing interest in the life and times of Jack the Ripper and in sex crime in general. Fiction[edit] Wilson explored his ideas on human potential and*

consciousness in fiction, mostly detective fiction or science fiction, including several Cthulhu Mythos pieces; often writing a non-fiction work and a novel concurrently "as a way of putting his ideas into action. For me [fiction] is a manner of philosophizing Philosophy may be only a shadow of the reality it tries to grasp, but the novel is altogether more satisfactory. I am almost tempted to say that no philosopher is qualified to do his job unless he is also a novelist The Tower , Spider World: The Magician and Spider World: Shadowland ; novels described by one critic as "an artistic achievement of the highest order And he would have given free rein to his love of curious and remote erudition, so that his work would have been, in some respect, closer to that of Anatole France or the contemporary Argentinian writer Jorge Luis Borges ". Wilson told Fowles there was now a worse one. Illness and death[edit] After a major spinal operation in , [22] Wilson suffered a stroke and lost his ability to speak. He died on 5 December and is buried in the churchyard at Gorran Churchtown. Reception[edit] Howard F. It seems most likely that critics analysing his work in the middle of the twenty-first century, will be puzzled that his contemporaries paid such inadequate attention to him. But it is not merely for their sake that he should be examined. Critics who turn to him will find themselves involved in the central questions of our age and will be in touch with a mind that has disclosed an extraordinary resilience in addressing them. He once commented that "Colin bought it all. With unparalleled egotism and scientific ignorance he believed almost everything he read about the paranormal, no matter how outrageous. Gardner concluded that Wilson had decayed into an "occult eccentric" writing books for the "lunatic fringe".

Chapter 3 : Colin Wilson - Wikipedia

*First published in , and called "the Sex Classic of the Century" by reviewer Paul Newman, *Origins of the Sexual Impulse* is an existential study of sexual health and perversion. Wilson offers an insightful "theory of symbolic response" which explores our use of intentionality to create our sexual identity and reality.*

This article has been cited by other articles in PMC. Abstract Compulsive sexual behavior, otherwise known as sexual addiction, is an emerging psychiatric disorder that has significant medical and psychiatric consequences. Until recently, very little empirical data existed to explain the biological, psychological, and social risk factors that contribute to this condition. In addition, clinical issues, such as the natural course and best practices on treating sexual addictions, have not been formalized. Despite this absence, the number of patients and communities requesting assistance with this problem remains significant. This article will review the clinical features of compulsive sexual behavior and will summarize the current evidence for psychological and pharmacological treatment. Compulsive sexual behaviors, sexual addiction Introduction Sexuality in the United States has never been more socially acceptable. Sex has become part of mainstream culture as reflected through the explicit coverage of sexual behaviors in the media, movies, newspapers, and magazines. In many ways, sexual expression has become a form of accepted entertainment similar to gambling, attending sporting events, or watching movies. Internet pornography has become a billion-dollar industry, stretching the limits of the imagination. Digital media offers portability, access, and visually explicit depictions of sexual acts in high-definition that leave nothing to the imagination. Sales and rental of adult movies through DVDs and pay-per-view services allow access to sex anywhere and at any time. Strip clubs have evolved from backroom cabarets into large multimillion dollar nightclubs and are present in virtually every state in the US. Inside them, the degree of physical contact has also increased, as compared to a generation ago, to the point where the boundaries of what constitutes sexual intercourse are blurred. Escort services, massage parlors, and street prostitution continue to be available in every major city in the US. Strengthening their presence and availability is the internet, which has created an information portal for these services through online dating services, classified ads, and discussion boards for those in pursuit of sexual gratification. Together, these cultural changes have increased the acceptability and availability of sexual rewards. For some, though, this increase in availability has uncovered an inability to control sexual impulses resulting in continued engagement in these behaviors despite the creation of negative consequences—otherwise known as sexual addiction. This term has been used synonymously with others, such as compulsive sexual behaviors, hypersexuality, and excessive sexual desire disorder. Does it merit enough empirical evidence to stand alone as a separate disorder? Finally, what are the boundaries and limits that distinguish disease patterns, at-risk behaviors, and socially appropriate expression? Compulsive sexual behavior has not yet received extensive attention from researchers and clinicians. To date, there have been very few formalized studies of compulsive sexual behaviors. Funding agencies, such as the National Institutes of Health NIH , and pharmaceutical companies have not supported research into the etiology and mechanisms of compulsive sexual behavior and, as a result, evidenced-based treatments are limited. Despite the paucity of research, a significant number of patients with sexual addictions do present for treatment. This is evidenced by the number of treatment centers dedicated to the treatment of sexual addictions in both residential and intensive outpatient settings. Mental health professionals in any setting are likely to encounter patients with this hidden addiction and require better tools to diagnose and manage them. This article will review the terminology, the epidemiology, and the existing treatments that are currently available for compulsive sexual behaviors. There are 12 listed sexual disorders and they are divided into disorders of sexual dysfunction, paraphilias, and gender identity disorder. In fact, the only place where compulsive sexual behaviors might be included is within the context of sexual disorder, not otherwise specified NOS or as part of a manic episode. In other words, hypersexuality, sexual addiction, or compulsive sexual behaviors are terms that are not found within the DSM-IV. Some of the reasons for why there is a lack of formalized criteria include the lack of research as well as an agreed-upon terminology. This is due, in part, to the heterogeneous presentation of compulsive sexual behaviors. Others

will demonstrate elements of an impulse control disorder, namely reporting irresistible urges and impulses, both physically and mentally, to act out sexually without regard to the consequences. Finally, there are patients who demonstrate sexual obsessions and compulsions to act out sexually in a way that resembles obsessive compulsive disorders. They do so to quell anxiety and to minimize fears of harm. For these patients, the thoughts and urges to act out sexually are ego-dystonic, whereas other types of patients describe ego-syntonic feelings about their sexual behaviors. One important feature to note is that hypersexuality is not necessarily symbolic or diagnostic of compulsive sexual behaviors. Libido and sexual drive can be seen as similar to other biological drives, such as sleep and appetite. States of hypersexuality induced by substances of abuse, mania, medications e. Clinical Features Compulsive sexual behaviors can present in a variety of forms and degrees of severity, much like that of substance use disorders, mood disorders, or impulse-control disorders. Often, it may not be the primary reason for seeking treatment and the symptoms are not revealed unless inquired about. Despite the lack of formalized criteria, there are common clinical features that are typically seen in compulsive sexual behaviors. One of the fundamental hallmarks of compulsive sexual behavior is continued engagement in sexual activities despite the negative consequences created by these activities. This is the same phenomenon seen in substance use and impulse control disorders. Psychologically, sexual behaviors serve to escape emotional or physical pain or are a way of dealing with life stressors. Compulsive sexual behavior can be divided into paraphilic and non-paraphilic subtypes. Paraphilic behaviors refer to behaviors that are considered to be outside of the conventional range of sexual behaviors. Exhibitionism, voyeurism, pedophilia, sexual masochism, sexual sadism, transvestic fetishism, fetishism, and frotterurism. In other words, with the noted exceptions, engagement in these behaviors leads to sexual gratification but does not cause distress or impairment and do not represent clinical disorders. Paraphilias begin in late adolescence and peak in the mids. The onset, clinical course, and male predominance are fairly similar to paraphilic disorders. This has the potential to confuse and cloud clinicians. In addition, a clinician that screens only for some but not all of the potentially problematic sexual behaviors is likely to miss important clinical information. Thus, asking about both paraphilic and non-paraphilic behaviors is critical in screening. In addition, it is important to assess the consequences as well as the nature of the behavior. Identifying a compulsive sexual disorder is a challenge because of its sensitive and personal nature. Unless patients present specifically for treatment of this disorder, they are not likely to discuss it. Even signs of excessive sexual behaviors such as physical injury to the genital area or the presence of sexually transmitted diseases does not necessarily indicate compulsive sexual activity. Their presence does signal the need to screen for those behaviors but one cannot assume a compulsive sexual disorder exists based on physical examination alone. Consequences of compulsive sexual behaviors can vary with some being similar to that seen in other addictive disorders while others are unique. Medically, patients are at a higher risk for sexually transmitted diseases STDs and for physical injuries due to repetitive sexual practices. Human immunodeficiency virus HIV , Hepatitis B and C, syphilis, and gonorrhea are particularly concerning consequences. Another significant consequence is the loss of time and productivity. It is not uncommon for patients to spend large amounts of time viewing pornography or cruising also called mongering for sexual gratification. Financial losses can mount quickly, and patients can accumulate several thousands of dollars of debt in a short amount of time. In addition, there is a long list of legal consequences, including arrest for solicitation and engaging in paraphilic acts that are illegal. The psychological consequences are numerous. Effects on the family and interpersonal relationships can be profound. Compulsive sexual behaviors can establish unhealthy and unrealistic expectations of what a satisfying sexual relationship should be. At the same time, the deception, secrecy, and violations of trust that occur with compulsive sexual behaviors may shatter intimacy and personal connections. The result is a warped view of intimacy that often leads to separation and divorce and, in turn, puts any future healthy relationship in doubt. Finally, the shame and guilt that those with compulsive sexual behaviors experience is different from those with other addictive disorders. There are no substances of abuse to explain seemingly irrational behaviors. The stigma of not being able to control sexual impulses carries with it a connotation of depravity and moral selfishness. As a result, access to care and seeking care, even when one recognizes that sexual behaviors are out of control, is a decision faced with

barriers and limitations. **Epidemiology** There have been no national studies documenting the past-year or lifetime prevalence of compulsive sexual behaviors in the general population. Regional and local surveys suggest that approximately five percent of the general population may meet criteria for a compulsive sexual disorder using criteria that are similar to substance use disorders. One of the reasons why reliable epidemiological data are lacking is the inconsistency in defining criteria for compulsive sexual behaviors, lack of funding, and the lack of researchers committed to documenting the extent of this problem. Most of what is known about the epidemiological nature of this disorder comes from clinical treatment programs that focus on sexual addictions. Men appear to outnumber women with compulsive sexual behaviors. **Etiology** As with impulse control and substance use disorders, no single biological cause has yet been identified to explain the origins and maintenance of compulsive sexual behaviors. **Neuroscience** research, which would be an excellent approach to understand basic brain differences between those with and without compulsive sexual behaviors, has rarely been applied to this population. In particular, neuroimaging studies in patients with compulsive sexual behaviors would be interesting to compare with those involved in substance abuse and other behavioral addictions. To date though, most of the neuroimaging work has been done with nonclinical populations and has examined the biology of sexual arousal in healthy subjects. **Neurotransmitter** studies in compulsive sexual behaviors have focused on the monoamines, namely serotonin, dopamine, and norepinephrine. Normal sexual functioning involves all of these monoamines as evidenced by selective serotonin reuptake inhibitor SSRI-induced sexual dysfunction and the increased sexuality observed among those on stimulants. In addition to neurotransmitters, the sex hormones are obviously a critical component to sexual functioning. Testosterone levels have been correlated to sexual functioning but curiously, levels do not necessarily correlate to libido and sexual desires. It may be that regions of reward and pleasure are modulated by these hormones through facilitating or enhancing the response to sex and the desire for sex. Although this is true of all psychiatric screening instruments, revealing sexual practices is probably the most humbling because of its private nature. Questions about time spent on sexual activities and impact of functioning are important clinically, but also rely on self-report. Patrick Carnes, one of the pioneers in the field of compulsive sexual behavior research, developed the Sexual Addiction Screening Test, which is a item, self-report symptom checklist that can be used to identify those at risk to develop compulsive sexual behaviors. Kafka has suggested a behavioral screening test i. **Psychosocial** Various types of psychosocial treatments are available for individuals suffering from compulsive sexual behaviors. There is almost no data evaluating their efficacy or effectiveness. Nevertheless, participation in these groups is usually recommended because they provide a place for fellowship, support, structure, and accountability, and they are free of charge. Inpatient and intensive outpatient treatment programs for compulsive sexual behaviors usually focus on helping to identify core triggers and beliefs about sexual addiction and to develop healthier choices and coping skills to minimize urges and deal with the preoccupation of sexual addiction. Individual psychotherapy for compulsive sexual behaviors is varied but the two most common approaches are cognitive behavioral therapy CBT and psychodynamic psychotherapy.

Chapter 4 : Sexual Impulse () - IMDb

*Yet with so much literary razzle dazzle, double talk and a wow of a title, how sad to report *The Origins of the Sexual Impulse* scarcely arouses. As everyone knows Master Wilson is given to fanfare statements with himself as the forerunner of a new approach to this or to that; right now the this or that is existential psychology.*

Elevation of the cervix and uterus Tenting , i. Physical or psychological stimulation, or both, leads to vasodilation and the increased blood flow engorges the three spongy areas that run along the length of the penis the two corpora cavernosa and the corpus spongiosum. The penis grows enlarged and firm, the skin of the scrotum is pulled tighter, and the testes are pulled up against the body. After their mid-forties, some men report that they do not always have an erection when they are sexually aroused. Once erect, his penis may gain enough stimulation from contact with the inside of his clothing to maintain and encourage it for some time. As the testicles continue to rise, a feeling of warmth may develop around them and the perineum. With further sexual stimulation, the heart rate increases, blood pressure rises and breathing becomes quicker. Once this has started, it is likely that the man will continue to ejaculate and orgasm fully, with or without further stimulation. Equally, if sexual stimulation stops before orgasm, the physical effects of the stimulation, including the vasocongestion , will subside in a short time. Repeated or prolonged stimulation without orgasm and ejaculation can lead to discomfort in the testes corresponding to the slang term " blue balls " [9]. After orgasm and ejaculation, men usually experience a refractory period characterised by loss of erection, a subsidence in any sex flush, less interest in sex, and a feeling of relaxation that can be attributed to the neurohormones oxytocin and prolactin. It can be as long as a few hours or days in mid-life and older men. Further changes to the internal organs also occur including to the internal shape of the vagina and to the position of the uterus within the pelvis. If sexual stimulation continues, then sexual arousal may peak into orgasm. After orgasm, some women do not want any further stimulation and the sexual arousal quickly dissipates. Suggestions have been published for continuing the sexual excitement and moving from one orgasm into further stimulation and maintaining or regaining a state of sexual arousal that can lead to second and subsequent orgasms. Older women produce less vaginal lubrication and studies have investigated changes to degrees of satisfaction, frequency of sexual activity, to desire, sexual thoughts and fantasies , sexual arousal, beliefs about and attitudes to sex, pain, and the ability to reach orgasm in women in their 40s and after menopause. In older women, decreased pelvic muscle tone may mean that it takes longer for arousal to lead to orgasm, may diminish the intensity of orgasms, and then cause more rapid resolution. The uterus typically contracts during orgasm and, with advancing age, those contractions may actually become painful. Libido Psychological sexual arousal involves appraisal and evaluation of a stimulus, categorization of a stimulus as sexual, and an affective response. The cognitive aspects of sexual arousal in men are not completely known, but it does involve the appraisal and evaluation of the stimulus, categorization of the stimulus as sexual, and an affective response. Specifically, while watching heterosexual erotic videos , men are more influenced by the sex of the actors portrayed in the stimulus, and men may be more likely than women to objectify the actors. This suggests the amygdala plays a critical role in the processing of sexually arousing visual stimuli in men. Psychological sexual arousal also has an effect on physiological mechanisms; Goldey and van Anders [27] showed that sexual cognitions impact hormone levels in women, such that sexual thoughts result in a rapid increase in testosterone in women who were not using hormonal contraception. In terms of brain activation, researchers have suggested that amygdala responses are not solely determined by level of self-reported sexual arousal; Hamann and colleagues [24] found that women self-reported higher sexual arousal than men, but experienced lower levels of amygdala responses. Models of human sexual response[edit] Human sexual response cycle[edit] Main article: Human sexual response cycle During the late s and early s, William H. Masters and Virginia E. Johnson conducted many important studies into human sexuality. In , they released *Human Sexual Response* , detailing four stages of physiological changes in humans during sexual stimulation: The first stage, aesthetic response, is an emotional reaction to noticing an attractive face or figure. This emotional reaction produces an increase in attention toward the object of attraction, typically involving head and eye movements

toward the attractive object. The second stage, approach response, progresses from the first and involves bodily movements towards the object. The final genital response stage recognizes that with both attention and closer proximity, physical reactions result in genital tumescence. Singer also stated that there is an array of other autonomic responses, but acknowledges that the research literature suggests that the genital response is the most reliable and convenient to measure in males. The cycle results in an enhanced feeling of intimacy. Basson emphasizes the idea that a lack of spontaneous desire should not be taken as an indication of female sexual dysfunction ; many women experience sexual arousal and responsive desire simultaneously when they are engaged in sexual activity. The basic incentive-motivation model of sex suggests that incentive cues in the environment invade the nervous system, which results in sexual motivation. Positive sexual experiences enhance motivation, while negative experiences reduce it. Motivation and behaviour are organized hierarchically ; each are controlled by a combination direct external stimuli and indirect internal cognitions factors. Excitation and inhibition of behavior act at various levels of this hierarchical structure. For instance, an external stimulus may directly excite sexual arousal and motivation below a conscious level of awareness, while an internal cognition can elicit the same effects indirectly, through the conscious representation of a sexual image. In the case of inhibition, sexual behavior can be active or conscious e. Toates emphasizes the importance considering cognitive representations in addition to external stimuli; he suggests that mental representations of incentives are interchangeable with excitatory external stimuli for eliciting sexual arousal and motivation. These inhibition factors were interpreted as SIS1 inhibition due to the threat of performance failure and SIS2 inhibition due to the threat of performance consequences. A factor analysis of this questionnaire revealed only two factors: One lower order factor in the SESII-W labeled Arousal Contingency was particularly relevant; this factor explains the easy disruption of sexual arousal. On average, males score higher on sexual excitation and lower than females on both facets of sexual inhibition. As of yet, the differences in scores between genders have not been explained beyond the theoretical level. The source of individual variability on the sexual excitation and inhibition systems is not known definitively. Even less is known about how these systems develop in individuals. Age of first masturbation has been used as a measure to assess sexual development. Age of masturbatory onset is much more variable in girls than boys, whose tend to be close to puberty. One twin-study has found evidence for the heritability of both factors of SIS, but research suggests that SES variability is down to environmental factors. Assessment of genital arousal[edit] See also: Psychophysiology One way to study sexual arousal in women and men is to conduct sexual psychophysiological research in a laboratory setting. This field of research looks at physical sexual responses in addition to mental and emotional experiences of sexual arousal. Ivan Tarkhanov showed, in experiments on cutting and artificial emptying of the seminal vesicles , that the latter played the crucial role in the generation of sexual excitement in frogs. Proceeding from these experimental results, Tarkhanov put forward a hypothesis that filling and evacuation of the seminal vesicles were the main biological cause which led to sexual arousal and its disappearance in mammals and humans. No generalisation has yet appeared, however. Unambiguous experimental evidence for the existence of the Tarkhanov regularity in human sexual behaviour has never been obtained. If the level of this tension reaches threshold, sexual arousal occurs as the expression of necessity to let off steam. Kelly Clarkson University describes this model as follows: For centuries, the assumption was made that the longing for sexual interaction was innate, and an inner drive model was used to explain it. It has been suggested that this model was much like a metaphor for a steam boiler. This view also assumed that there was some adverse physical consequence of not releasing the pressure. The instinct causes tensions within the central nervous system which spread out over the whole being; it is urgent and irresistible in nature and constantly repeats itself. An erection, for example, is pleasurable and painful at the same time. With an increase of sexual excitation, the tension increases and becomes wholly unpleasurable. This condition becomes so unbearable that the individual is forced to seek release from these tensions and liberation from the painful feelings. The pain of tension which accompanies the increase in the intensity of the instinctual drives changes, with the discharge, into the pleasure of relaxation. Such an approach assumes sexual arousal to be a spontaneous desire that appears periodically like sensations of hunger and thirst. Drawing a parallel between these sensations and sexual excitation is widely accepted now: In this sense sex is a necessity of life, just as

air, food, and warmth. Sensations of hunger and thirst occur due to certain states of physiological insufficiency. The feeling of hunger results from the lack of glucose, fats and amino acids in blood. The feeling of thirst occurs in response to reduction of the water content of tissues. None of similar states of physiological deficiency responsible for the periodical appearance of sexual arousal has been revealed in human sexuality. Penile plethysmograph and Thermography medical The most obvious response involved with sexual behaviour in males is penile erection. The use of the volume or circumference change during penile erection as a convenient measure of sexual arousal was first developed by Kurt Freund. This is commonly measured using a strain gauge, a simple mercury strain gauge encompassed in a ring of rubber. The ring surrounds the penis , but does not constrict or cause discomfort. Studies have found temperature change specific to the genitals during sexual arousal, which supports the validity of this measure. Vaginal photoplethysmograph Sexual arousal in women is characterized by vasocongestion of the genital tissues, including internal and external areas e. There are a variety of methods used to assess genital sexual arousal in women. Vaginal photoplethysmography VPG can measure changes in vaginal blood volume or phasic changes in vasocongestion associated with each heartbeat. Clitoral photoplethysmography functions in a similar way to VPG, but measures changes in clitoral blood volume, rather than vaginal vasocongestion. Thermography provides a direct measure of genital sexual arousal by measuring changes in temperature associated with increased blood flow to the external genital tissues. Similarly, labial thermistor clips measure changes in temperature associated with genital engorgement; this method directly measures changes in temperature of the labia. More recently, laser doppler imaging LDI has been used as a direct measure of genital sexual arousal in women. LDI functions by measuring superficial changes in blood flow in the vulvar tissues. Category-specificity[edit] Category-specificity refers to a person showing sexual arousal to the categories of people they prefer to have sex with. Sexual arousal studies involving category-specificity look at genital responses physiological changes , as well as subjective responses what people report their arousal levels to be. Category-specific sexual arousal is more commonly found amongst men than women. This pattern is reversed for homosexual men. This hypothesis suggests that, provided there is enough of an increase in vaginal blood flow for vaginal lubrication to occur in a sexual context, the magnitude of arousal need not be consistent. That is, the hypothesis is that vaginal lubrication can take place as a protective mechanism even in a non-preferred sexual situation, such as when sexual activity is non-consensual. There researchers also argue that the assumption that men are always sexually interested in what causes genital arousal removes its own falsifiability by explaining all contradictory data away as "denial", making the theory untestable. For instance, men and women alike are capable of classifying sex acts as sexual no matter if they find them appealing or not, making a genital response to unappealing erotic stimuli a single mechanism step.

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Origins of the Sexual Impulse 3 Historical context notes are intended to give basic and preliminary information on a topic. In some cases they will be expanded into longer entries as the Literary Encyclopedia evolves.