



Experience, Meaning, and Identity in Sexuality: A Psychosocial Theory of Sexual Stability and Change

James Horley, Jan Clarke

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This book takes the head-scratching out of human sexuality. Personal construct theory provides the foundation for a psychosocial explanation of sexuality that views everyday social interaction as key to the development of sexual identity and desires. The theory developed here accounts for stability and change in sexual identity through an understanding of the importance of experience and the importance of meaning in everyday life. The potential impact of erotica and pornography on sexual desire is discussed, as is the role of social power on sexual behaviour. The variation of sexual expression among individuals—everything from asexuality and sado-masochism to sexual assault—is examined and explained. Formal techniques for changing sexual desires are also presented.

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