

She knew she had a problem when she looked at this picture and thought, "He has great hair."



When Your Sex Drive Is Stuck in Neutral

Even though you love tearing up the sheets, you may go through phases where you're just not craving it as much, which can leave you worried that something's wrong. Find out why it happens and if you need to go searching for your missing horndog.

BY JESSICA KNOLL

▶ When you're an unattached woman, you might assume your sex drive should be in high gear. Makes sense: You're on the prowl yet not getting regular action to satisfy you. And shows like *Jersey Shore*—where Snooki complains that it's been *forever* since she's "gotten it in"—only serve to reinforce the idea that flying solo means you're always up for it. If you're not feeling extra frisky, you may be worried—but you're not alone.

"The stereotype is that single people have high libidos," says Ian Kerner, PhD, author of *She Comes First*. "While that is true for men, women may actually find that theirs hibernates." For those of you who are currently sans a partner and your sex drive is MIA, here's why you're part of the majority, not the minority.

The Libido Lowdown

Experts have long thought that female sex drive followed the same model that a man's did: Arousal hits like a freight train, either out of the blue or because he spotted a hot girl in a bandage dress, and then he seeks someone to fulfill his horny urges. "Women's libidos are different in that they need to be prompted by someone specific first," explains Kerner. And a sexy, shirtless guy isn't

enough to jump-start libido—we need someone we feel emotionally connected to to incite attraction. "A woman who doesn't have a romantic interest is less likely to experience intense sexual desire," confirms Bill Cloke, PhD, author of *Happy Together*.

A Vicious Cycle

Another explanation for neutral libido involves the old adage "Use it or lose it." "What they say is true: The more you have sex, the more you want sex," says Kerner. When you're not getting it on frequently, your testosterone levels dip, making you less likely to crave *any* sort of intimacy.

Getting Your Groove Back

Rest assured that when you find someone special to lust after, your libido will spring to life, says Kerner. In fact, it'll probably do so with a vengeance. "In those first six months or so of dating a guy, most women's urges go into overdrive, and they want sex frequently," says Cloke. In the meantime, remember, libido is a self-fueling machine, so if you're concerned, do what you can to keep it humming: Fantasize, talk about sex with your friends, and give yourself some solo action. ■

CHRIS CLINTON: Fashion editor: Charles Manning; Hair: Yoichi Tomizawa at See Management; Makeup: Courtney Perkins using MAC Cosmetics; Manicure: Kim Chiu for Mark Edward Inc.; Prop stylist: Adam de Croix; (On her) coat: Express; bag: Nancy Gonzalez; (On him) brief: 2xist; Location: courtesy of Boston Properties.