

Navigating mismatched needs

Guest: Janel Vitale

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Meagen Gibson - [00:00:10]

Hello and welcome to this interview, I'm Meagen Gibson, co-host of the Relationship Super Conference.

Today I'm speaking with Janel Vitale, a certified sex and relationship coach, content creator and relationship design expert who specializes in empowering partners with differing needs and desires to design a win win intimate life. Her couples coaching programs focus on healing sexual mismatch and on designing a more open relationship. Janel is based in the San Francisco Bay area, and her work has reached an international audience through her Tik Tok channel [@lovewithjanel](https://www.tiktok.com/@lovewithjanel).

Janel, thank you so much for being with me today.

Janel Vitale

Thanks, Megan. I'm really excited to be here.

Meagen Gibson

So Janel, what does it look like when a couple is mismatched in their needs and desires and their sex life?

Janel Vitale

Oh, yeah, a lot of the couples I work with really love each other and want to be together. But there is just some kind of difference in how they are approaching sexuality or how they want their relationship structure to look.

So my particular passion is couples who want to be together, who are committed to being together, but they have different kinds of sex that they want. Someone wants something really slow and tantric and someone else wants something kinky or BDSM.

They have different libidos. One person's experiencing a high desire and one's experiencing a low desire, or one person wants a more open relationship and the other person has hesitations or limitations around that.

So these very tender subjects that there's a lot of shame and mythology around, like there's a cultural belief that if any of those things are happening, then your relationship is doomed. And I just don't find that to be the case. I find that with a lot of vulnerability and sharing and just being able to openly talk about these mismatches that couples can create a win-win intimate life together through some compromise and sitting with disappointment. And I mean, it's definitely not easy, but those couples can find a solution to their differences.

Meagen Gibson - [00:02:16]

I love that description and also what came to mind when we were speaking was that there can be so many different reasons for those mismatches too, like even on desire alone there can be emotional differences, there could be physical like physicality differences or challenges, there could be, you know, hormonal issues that are causing differences in mismatch. I mean, throughout the course of a relationship, regardless of how long it is, you're going to encounter all those things that might be getting in the way, right?

Janel Vitale

Yeah, absolutely. And there's, you know, going back to mythology, I work a lot around cultural myths around what sex is, around what sex should be. And there's a myth that sex needs to be like we orgasm every time we have, if we're a hetero couple, there's penis in vagina sex is the only kind of sex.

But how do you create an erotic, intimate experience with your partner that's really based on being present in your body sensation, on creating an emotional experience together that feels connective for each of you because we all want a different kind of emotional experience when we have sex. Some people want to feel adored or some people want to feel taken or some people want to feel powerful. So how do you co-create an erotic emotional experience? Forget about what you thought sex was supposed to be. Let's create something that's really about a co-created emotional experience.

Meagen Gibson

It almost feels like if you look at like driving right, it's like you memorize these like rules of the road and you get in the car and you start driving, but nobody talks about the other drivers might be on their phones or what kind of traffic snafus you might encounter or weather or like all the things that you're not actually, all the much bigger picture in the responsibility of driving, right?

In a relationship we just think about, especially because in a lot of cultures or religions sex can be this thing that's like put off or delayed or can only happen in certain circumstances. It's just an act instead of a relationship and kind of a more a fuller picture and experience, or at least we've grown up in those systems or heard all of those stories. So I can imagine that there's a lot when you get into a room with a couple that there's a lot to unpack just to begin with.

Janel Vitale

Oh, yeah. Oh, yeah. We do so much work around assumptions and expectation because unspoken expectations just become resentments. And to really unpack, but what are implicit expectations and assumptions that have been drilled into us by culture, by the society we grew up in, and how do we really consciously change our narratives to what we find more empowering and so that our narratives more closely aligned with what our partners, expectations, assumptions, narratives are? And that takes a lot of vulnerability and really looking at shame.

Meagen Gibson

I'm going to put a pin in that, because I definitely want to ask you about shame later, right.

So if somebody is not lucky enough to have you as the mediator and as the practitioner in the middle of that conversation with their partner, how does somebody begin to feel to have those conversations with their partner if they feel intimately disconnected and they want to rekindle their sex life?

Janel Vitale - [00:05:44]

I always recommend starting with a place of expressing that you miss the person, that you miss each other and to be very vulnerable. So it's not like you never do this anymore. We never connect anymore. It's like, wow, I always set the stage with a partner by saying, hey, can I talk to you about something that feels vulnerable for me? So it's like really creating a container, like I'm about to talk to you about something that's important and then saying, I've been noticing that I feel like I miss you. I feel a little disconnection. And I remember the days when we were feeling really connected to each other and I want that back with you. And I'm wondering if you would like to explore how to get that back with me?

So it's really from a place of, like, I love you and I miss you. And there's a vulnerability to that because they might not feel the same way if you've been very disconnected, if you've been growing apart. So it's a risk, but it's so much better than saying, you never do this anymore because that's just a blame. And we do that because we're scared of being vulnerable. We're scared of getting rejected. But it's so important to put your heart out, especially with your person that you want to connect with them. So how do you really challenge yourself to be in that vulnerable place?

Meagen Gibson

Yeah, I love that framing, too, because so much of how our partners receive what we're about to say is about setting it up for success, right? And really saying, because so many of our conversations, and I don't know how many people watching this are in the same situation that I'm in, but I've got two small kids and my husband and I joked that we cannot even complete a sentence to one another without getting interrupted. Like one of my children has, like Spidey sense and the moment we start a sentence he's interrupting. Our attention is elsewhere.

And so being able to say something like, I feel really vulnerable, but there's something that I need to speak with you about. Tells them I need to clear my energy. I need to close the door. I need to put my phone down. I need to pay attention and respect what you're about to say and really receive it.

Janel Vitale

Totally. And I recommend to a lot of couples, especially parents or really busy, high achieving couples who have busy careers it's really important to schedule relationship check ins, to schedule times, to be like, hey, let's drop in, how are things going? How can I support you more? How could our sex life be better? Was there a moment of misconnection this past week that we can learn from or a moment when we did feel really connected and why?

So I do think scheduling can be really powerful for some people, but some people really hate that idea and that's fine. You know, I like to help people figure out what's best for them, but I do think, especially for parents, scheduling check-ins is really important.

Meagen Gibson

Yeah, and it's interesting. I was just listening to a podcast where a couple were reflecting kind of this process of having a regular meeting where they check in about different things. And in their sex and intimacy category, and they modelled it live, and they were surprised to hear that, like actually live, that one person had rated their sex and intimacy at like a 9 and the other one had said it was like a 6.

And, you know, they had been having sex and connecting and lots of intimacy. But it was about initiation. It was just about like, you know, I feel like I've been carrying the weight of initiation in our sexual relationship. And part of my intimate life is that I want you to be initiating a little bit more. What do you think you could commit to? Like even when things look like they're in sync or that we're collaborating or we're both on the same page, there can be a lot of disconnect. And I know that those kinds of meetings can really serve as that check in.

Janel Vitale - [00:09:25]

Yeah, and it's so important to remember that when we hear our partners say, I would really love it if you would initiate more, oftentimes we have a strong emotional reaction of guilt. I did something wrong. And sometimes that can come out as shaming or blaming our partner because we feel ashamed, guilty.

And so it's really important to remember when having these conversations to take a deep breath and say, OK, I notice this is uncomfortable, I'm feeling some discomfort, but ultimately my partner is sharing with me to be closer to me, to be more intimate and authentic.

And so, so much of the work that I do is really around communication and around feeling discomfort around these edgy subjects so that the conversation goes as smoothly and is as connective as possible.

Meagen Gibson

And it's, I'm sure you would say, fine for you to have a reaction to your partner's words and feelings, but not to get hijacked by it, right or not to allow that to overtake your receiving of your partner. It's like, OK, I've heard what you say and I'm also feeling like I've been doing a lot of initiating or the last time I initiated you rejected me and I felt rejected. And so I hear that you want that more and I will do X, Y, Z, or how can you give me a clue that my initiations are not unwelcome or even if you're not in the mood or like those kinds of things, right? So both things are true.

Janel Vitale

Yeah. Yeah. It's about balancing your somatic reaction that's uncomfortable with being able to have a bigger picture lens of like, oh, I'm having a reaction. Of course I am, because I am an animal in an animal body and we have fight, flight or freeze reactions when we get triggered and that's OK. So how do I self regulate but still be able to stay in the high level conversation of like, OK, well, I'm noticing this is happening and I think that my needs or boundaries are this.

So that's really the most important place to start. And so when people think of, you know, creating a better sex life, they think it's about trying new positions. And it's like, wow, it's really about self-awareness, attuning to yourself, being able to attune to your partner and to converse in a vulnerable way. I mean, that's so much the foundation.

Meagen Gibson

Yeah, and I know from experience in relationships and things, it's so often we are just not in tune with those somatic reactions because it's so largely out of our control, that animal brain, as you said, and to allow it and not, because, you know, on the one hand, I feel like at the beginning, when you become aware of the somatic reactions, you kind of dissociate really like you're like, oh, I'm just going to have to repress this, right. Since it's out of my control, I'm going to have to deny it in order to be present for this person.

Meagen Gibson

And there's that kind of graduated level where you're like, OK, I'm noticing my reaction. I'm going to allow it. I'm not going to be taken over by it. It's a ton of work. It feels exhausting sometimes.

Janel Vitale

And it's just not something we have a lot of cultural training around. It's only really recently become something we're thinking a lot about is like self awareness, self regulation. There's more and more talk about trauma and activation responses. I mean, that is a very new thing in our culture. So we're all learning it together for the first time.

And one thing I want everyone to know is we have so much judgment about having any uncomfortable feelings. We have so much judgment about that, and especially with couples who are exploring an open relationship or non monogamy, they think that the end all, be all is to never have any discomfort around it. And that's just not the goal. That is not the goal.

The goal is to notice the discomfort and speak to it for the sake of vulnerability and growing deeper intimacy through examining and excavating your discomfort together. That is the goal. You learn so much about yourself through doing that. And there's no way to create a relationship where there's no discomfort and in fact, there's no intimacy in a relationship where there's no discomfort because there's nothing to excavate together.

Meagen Gibson - [00:13:30]

And there's that old phrase, "wherever I go, there I am", right? And I definitely did this in my 20s and it was this relationship, and many of them I was good to exit those relationships. That was the right choice.

But there comes a time where, like, I'm in a partnership right now that I want to be in for the rest of my life, all things considered. And if we're lucky enough to experience that, but that flight tendency or that flight desire is still there, like when all of those trauma responses or discomforts or mismatches come up and that practice of just like, OK, I'm uncomfortable and there's no need to like, I'm not going to die, literally I'm not going to experience a death here I am OK, I'm safe. Not allowing that to get in the way of the intimacy is a ton of work.

And I do see that. And those were the practicing open relationships that I saw 20 years ago, aging myself, but were of the type that felt, and I'm speculating about other people's relationships, but we're of the type that felt like this other thing or this other party will fix or this is where I can go and I won't experience any discomfort.

Janel Vitale

That's why I always start with, let's really go as deep as possible with your relationship with each other before we even consider that. Way before.

Meagen Gibson

Yeah, I love that. So let's say, you know, the couple is extraordinarily in tune with their their reactions and they're able to have these difficult conversations. Let's say they've got some edgy desires or not even edgy. I don't want to label them, but as out of mainstream, out of convention for their history or the way that they grew up or their culture and they're feeling shame about having them. Their partner is feeling rejection about their desires.

Like you've mentioned shame a lot. I love that. But let's kind of piece apart what that process is where these are really kind of polarizing desires or mismatches.

Janel Vitale

Yeah. So where I would start with that is we have to remember that we do not choose our desires. They are not something that we just invent just the same way as you don't choose to be gay or not. It's just something that happens to you.

And it can feel really comforting and empowering to know about both yourself or your partner if they're the one having these unconventional desires that are making you uncomfortable. It's important to remember that those desires often come from your brain trying to heal or make sense of something that has happened in your environment or in your life.

Not always, but oftentimes the things that our mind will fantasize about are in reaction. So let's say, for example, in the pandemic, there was a huge increase in people watching porn where people are wearing masks.

Why is that? It's because our brain will eroticize something uncomfortable or scary as a way to balance out or to make sense of it. And so it's really important and empowering to remember, oh, the things that I fantasize about or desire are my brain's way of trying to psychologically heal or make sense of something.

So an example might be, a lot of women have a lot of guilt and shame about having rape fantasies. And obviously we don't want to be raped in real life, of course. But when you dial, when you go deep into the why of like, why is this happening? It's like, well, wow, we grew up in a culture where we were not allowed to be in control of our sexuality only until very recently. And so to imagine surrendering to someone who's, sex is happening to you, pleasure is happening to you. You did not have to choose it. Therefore, you're not a slut. So think about how empowering that is.

Or as a woman, if you were raised to believe you need to take care of everyone else, to have someone else taking care of you, which is really what BDSM and power play is all about is surrendering to being cared for by another. Wow, that's powerful to imagine that you don't have to take care of anyone, that you get to be fully surrendered to care.

So what I really do, what I really am passionate about is helping couples unpack, OK, what's at the root of this desire and how can I say see how this is healing and helpful?

And also you don't have to do your desires. So like even a woman who has, let's say, a rape fantasy, if we stay with that metaphor, she does not, she doesn't have to enact that rape fantasy with her partner. They can add a little bit of elements into their play, perhaps with consensual non consent once they've really talked about it up front and they have a lot of trust built, but even that's just something that she can imagine in her mind during a sexual encounter, and it's not the same thing as not being present with your partner. Our brain is our biggest sex organ.

So how can you just accept an embrace like, oh, this is just something that turns me on. I didn't choose this. This is psychologically healing. I don't actually even need to have this in real life.

And there's so much pressure like, oh, no, if you have a desire, we're going to have to do it in real life. That's a big myth. And I actually made a Tik Tok about that went super viral because it's such an ingrained myth.

It's like, no, just being able to talk about the fact that there is that fantasy or desire is so huge and it ameliorates all the pressure of like, oh my God, this is like staying deep inside me. It's going to explode out of me. If I don't, if I don't do something, it's like, no, you don't need to do something that's just there and that's OK.

Meagen Gibson - [00:19:27]

And I love that you talked about the person with the desire that might be unconventional and making sense of that and helping their partner understand what that is and what that isn't, right?

Now, I want to talk about it maybe from the other partner's perspective, because I've known people and I've had people disclose to me that what they need is for their partner to be completely committed, faithful, honorable, and even in their dreams and their desires and their wants.

And it's such an impossible, it feels like such an impossible place to operate from and also such an impossible thing to put on someone the restrictions, right?

I mean, not to humble brag or anything, but my partner and I tell each other about our dreams and we high-five each other like, way to go. It feels awesome. Congratulations.

Janel Vitale - [00:20:19]

I just don't think it's, I don't think it's realistic to say if you have any fantasies or find anyone else attractive then it's cheating, then it's wrong. I mean, that's just that's just not correct. That's not how the human brain works. If that's something that you believe you need and you're not willing to examine that belief, I can't work with you.

Not saying that, I'm like, OK, everyone go fantasize about other people. That's not what I'm saying. I'm just saying, if someone's not willing to really understand the root of desire and how desire operates in the human mind, then I'm not really sure I can help you.

Meagen Gibson

Right, right. That's not a person that's in a position of trying to understand something.

Janel Vitale

Yeah, exactly. It's just someone who is exerting control over curiosity and understanding and openness.

Meagen Gibson

I like how you said that.

All right. So what if somebody is at the very, very beginning and they're disconnected from their partner or there's no intimacy, but they're also so much at the beginning that they're disconnected from themselves.

Janel Vitale

Yeah. So there's a lot of places to start. Where I would say to start is you need to do some kind of self awareness practices. What's it like to even just take some slow, deep breaths and imagine that you're breathing all the way down into your genitals? I know it's an unusual request, but taking deep breaths in and squeezing your pelvic floor muscle as you breathe in and then releasing as you breathe out to just engage your sexual energy very lightly in a non sexual context.

What's it like to have a journal where you write down fantasies or desires and just keep it private to yourself, but just notice the themes? What's your core erotic theme? How do these fantasies all, what do they all have in common? Are you feeling cherished? Are you feeling connected? Do these fantasies make you feel desired? Do they make you feel gorgeous? Do they make you feel taken or do you feel powerful?

So really noticing the emotional themes in your fantasies through just writing them down and reflecting on them daily, like a dream journal, I would say do like seven days of a desire journal and just notice what that's like.

And it doesn't even have to be sexual. It could be like, wow, I felt a deep longing to just lie in nature and have water running over me. So what's it like to just connect to your wanting to connect to like what makes you feel alive?

How can you connect to your sensuality on the daily in a nonsexual context? So like noticing the hot soapy water as you do the dishes instead of just rushing through that act. What's it like to feel the wind on your face and just stop and close your eyes and listen to the birds?

So lots of just really baseline ways to tap into sensuality and self-awareness and noticing what's true about yourself in terms of owning your wanting.

Meagen Gibson - [00:23:21]

I love that and so much of intimacy isn't necessarily actions with others, it's that presence of self and really getting in tune with your body and sensations and everything that you described. I was like, oh, I'm going to do that later. I'm going to do that later. That all sounded great.

And you mentioned kind of core erotic theme. Does this look different in men vs women? And you mentioned a few ways that somebody could show or could figure that out.

Most of them I related to as a woman. I don't know if they're different for men. I mean, I assume that there's a lot of overlap, but are there some specifics that apply to men more?

Janel Vitale

Well, what the research is finding is that men and women are actually very, more similar than different in a lot of ways. But of course, gender socialization is a real thing. And so people who are socialized as women, like the example we had earlier, they are socialized to take care of everyone else and they're socialized to feel like, oh, I better not be a slut. At least up until pretty recently in human history, that was really on lockdown.

And so how do the ways that gender socialization affect how then your brain makes sense of eroticism?

Men are socialized to not be super sensual and emotional. So really helping men understand, like what is sensuality and how do you tap into that as a man? You know? So when I lead people through self touch exercises I have a workshop in my program, "Desire by Design", which is really helping couples overcome whatever's in the way of having this win-win sex life.

I lead a workshop on sensual self touch, and inevitably, there's always someone who was raised as a man who has a strong emotional reaction because they're like, oh, like, I can't touch myself that way. Like sensually. That's, you know, there's something like too feminine about that or there's something that threatens their masculinity that they have to unpack. And that's really tough. That's why patriarchal society hurts everyone, men and women.

I mean, the fact that they don't feel like they can be invited into their sensuality. But what's true is that even men have strong emotional experiences with sex. They want to feel really desired. They want to feel passion. They want to feel powerful.

There's a lot of men who also want to feel taken or to submit for various reasons, too. So, yeah, it's not only women that are having an emotional experience, we're all emotional creatures. It's just that men have been socialized to not be very connected to that, unfortunately.

Meagen Gibson

Thank you. OK, so every couple is going to have their own individual desires and needs. So how do you compromise in your sex life in a way that won't leave you or your partner feeling coerced or repressed?

Janel Vitale

Great question. Well, first of all, it's about understanding what each of your core erotic themes are, as we were talking about earlier. And so if you find out, OK, my core erotic theme is around feeling special and around feeling really desired and for my special uniqueness. And your partner is like, OK, well, my core erotic theme is really about feeling powerful, let's say.

OK, so how do you create experiences where both of these emotions can be present?

So, in this example, what if the person who wants to feel special, you create some kind of a scene where the powerful person is like choosing you, you know, and this could be through a roleplay or it could even just be through like, how do you touch each other in a way that makes this person feel special while this person feels powerful.

What kind of props do you use, what kind of touch do you use or grabbing?

So in my program, we do a lot of breaking down of how do you do hair pulling? How do you do choking if you want to try that? What are all the different kinds of touching, from feather light touch to grabbing, what are different kinds of spanking?

So we really help couples explore. How do you create an emotional experience with all these different kinds of physical experiences that aren't just, you know, penis and vagina sex for hetero couples?

And and if a couple finds like, OK, well, our themes are very different and I'm not sure we can actually interconnect them into some kind of a scene, then we might do something like, OK, what if one person spins a fantasy like says they're fantasy while they're touching themselves and you're like caressing them if it's not your boundary to participate in that emotion. Are you willing to do that?

So we find lots of ways to make sure that there is an emotional experience without it feeling coercive or repressive for anybody.

Meagen Gibson - [00:28:29]

Very, very good.

All right, so nobody is feeling coerced or repressed, but that doesn't mean everybody is getting what they want right? So how do you decide what is critical to your relationship and your sex life and what you can accept living without?

Janel Vitale

Totally. One of the most important things that I have learned as a sex and relationship coach is that sitting with disappointment and holding space for disappointment is one of the most important things we need to do in a relationship, especially in an immediate gratification culture where we're trained to believe that we can have everything we want if we work hard enough or if we have enough money. I mean, this is the mythology of global capitalism, right? For people upper middle class.

So that mythology runs really deep and it has affected our sex and relationships. And so we think that there's a perfect person for us and that we should just be able to have everything we want.

So I do a lot of work with couples around OK, let's really sit with grief and disappointment that your partner, their libidos really shut down, let's say, because of medical reasons right now, they just had a baby. So, how do we really be present with the grief and the disappointment of that so that you can move through it into a place of acceptance?

Which doesn't mean giving up, but from a place of acceptance. You can say, OK, what really feels important? How can I get my needs met in a way that's actually realistic and healthy and honest to the situation.

And so, you know, it's really important for people to not be approaching this from a place of desperation, from a place of like, well, I just need to get all my needs met. It's like, yeah, well, we want you to get your core needs met, but all of your desires are not going to be fulfilled exactly as is.

And that's really hard. And that's a new framing for a lot of people, because, again, that's not our cultural narrative.

Meagen Gibson - [00:30:36]

I imagine. And it's somewhere between that desperation and apathy. Because what you don't want is for somebody to just cut that part of themselves off or just say, like, this is it forever. I'm just going to let that die.

There's grieving and then there's shutting yourself off. You can grieve this is something that's really important to me. This is something that really matters to me. I'm not getting it and that I have feelings about that but to just, like, surrender and give up that you will never have that again or that you will ever connect that way with someone intimately again, that's kind of, in my experience anyway, a relationship doomer.

Janel Vitale

Yeah. So I do a mix of one on one with people of really feeling those feelings. And then it's also important for those feelings to be present with your partner in a, you know, you don't want to overload your partner. You want to do a lot of that processing first with with your specialist professional person and on your own, but really being able to sit with grief and disappointment together to be vulnerable, not to say I'm blaming you, but just like I'm just feeling my feelings so that we can stay in this place of connectedness and intimacy and for the other person to validate you like, yeah, I know this is hard. I know this is tough.

And then from there you can have conversations with each other about like, OK, I really see the impact of this. I see how important this is. How can we help you within my boundaries, get some of your needs met.

So, I've worked with a couple where because of this sense of feeling into their vulnerability and opening up their communication, they decided that he should see a professional, a sex worker once a month to really feel connected and get his needs met. And it's not as good as having, he wanted to do something else, he wanted to have sex with his wife more, connect with her like have other girlfriends that wasn't on the table for her. She didn't feel comfortable, but she was willing to push herself into her discomfort in a safe way. It wasn't so uncomfortable it was traumatizing.

And that was a compromise they met. So he met with the same sex worker every month for like years and developed a relationship with her, but in a safe, contained context. And that ended up feeling really good for her too, the wife because then she didn't feel all this pressure that she was feeling before from his sense of like, oh, my God, I'm not getting my needs met, you know?

So both parties have to be willing to push themselves into their discomfort and into their disappointment a little bit, but without it being so much so that it's traumatizing.

Meagen Gibson

And let's talk for a minute about just that open communication and consent, right, because a lot of people think of consent as like on the base level where we learned of this is what's OK for me and my boundaries, but really that extends to decisions that you make about your own autonomy that affect other people, right?

So it's a perfect situation where, and I think that this is often the way it goes when there's repressed needs or socially learned acceptable behaviors where somebody says, OK, well, I can't get what I need here. I'm going to go get it in this other place. But the difference is, is that there's not that clear communication, that open consent between the couple, of yes, this is a permissible act outside of our marriage.

Janel Vitale - [00:34:12]

And what's true is that millions of people are unethically outsourcing intimacy by not communicating with their partner. That is a thing that many people do. And obviously, as a professional, I don't recommend that. I've been in that situation where I have been outside of my integrity and been connecting with people outside of the boundaries that was discussed openly within my other partnership.

And it just eat you up. It feels bad for me. I know there are some people who have found ways to make, to do some mental gymnastics to feel OK about it.

But I would really like to live in a world where we can actually all be vulnerable and sit with our disappointment and discomfort and grow together and be honest and authentic and then from there create agreements that really help us to get our needs met as much as possible so that we can stay together.

And staying together is not just physically staying together. It's also staying emotionally together, staying emotionally connected. So that's the goal that I have for my clients.

Meagen Gibson

I love all of that. Now that I know that everybody's heard you and everybody wants to work with you. Tell me, I know you mentioned a couple of your programs and offerings, but tell me what those are and where people can find out more about that?

Janel Vitale

Yeah. So my signature program is called "Desire by Design", and it's a 12 month all inclusive program for couples who are experiencing some kind of sexual mismatch or desire differences. And it helps them to overcome whatever is in the way to design that win-win sex life.

And that is available on my website. You can go check it out. It's lovewithjanel.com.

And I'm also on Tik Tok [@lovewithjanel](https://www.tiktok.com/@lovewithjanel).

That's my primary social media platform, but I'm also on [Instagram](https://www.instagram.com/lovewithjanel), [YouTube](https://www.youtube.com/lovewithjanel). I don't really use Facebook, but all of my handles are @lovewithJanel.

Meagen Gibson

All right, fantastic, Janel, thank you so much for being with me today.

Janel Vitale

Thank you so much. It was wonderful to talk to you and to be here.