

What To Do If There Is No Chemistry In a Relationship – A Relationship Expert Reveals Exactly What To Do

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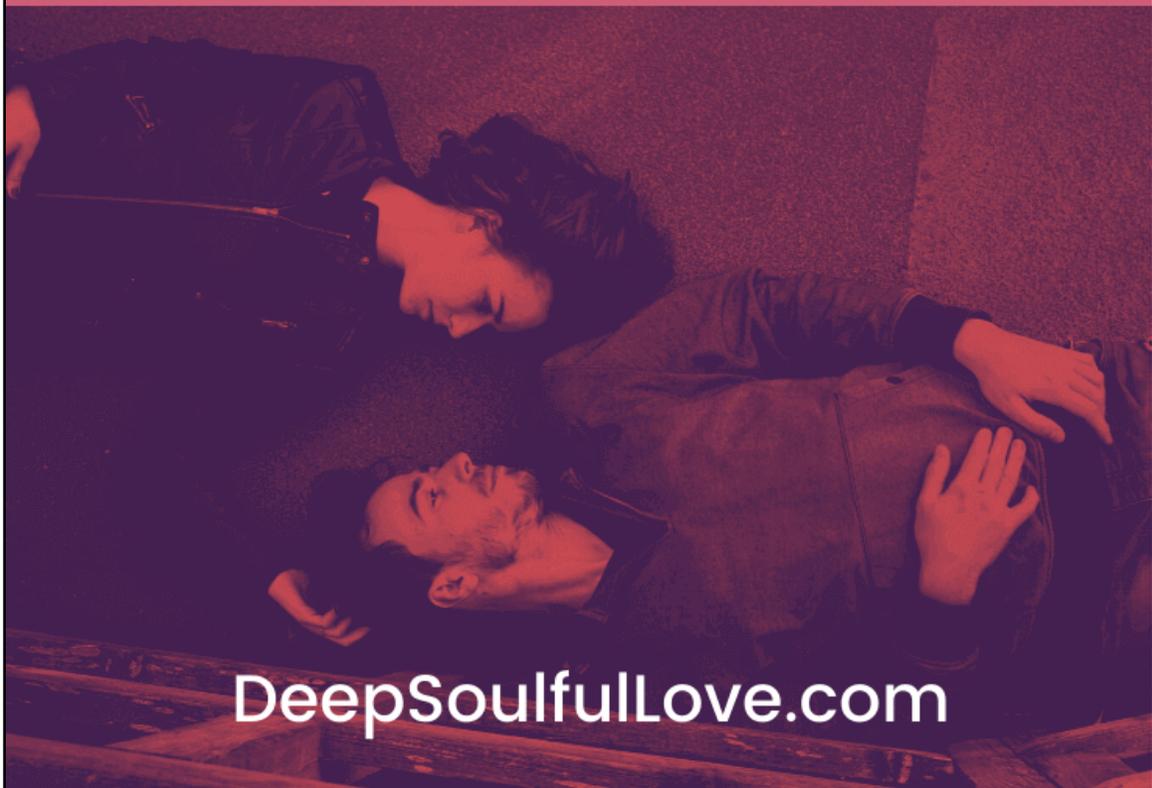


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Emotional chemistry can develop over time but sexual chemistry can be complicated



What do you do when there is no chemistry in your relationship?

Most people think about chemistry only in terms of physical chemistry, but there are different types of chemistry, and different ways of looking at this situation.

First of all, there is emotional chemistry.

When you have emotional chemistry, you are intuitively able to understand one another emotionally, and at levels that go beyond words. You speak the same language and feel understood and supported by one another.

Emotional chemistry is not always present at the beginning of a relationship, but can develop over time as a couple moves from the infatuation stage towards mature love.

Many couples who have a long history together have developed a relationship based on partnership and solid friendship. They often consider each other their best friend. They have been through many stages of development in their relationship, resolved their power struggles and conflicts, and have a deep and solid bond.

When it comes to sexual chemistry, things can be more complicated.

It is difficult to either create or extinguish sexual chemistry. It tends to just be there and have a life of it's own, and both people know it. In some unfortunate cases, one person may feel it and the other one does not. That can be a very painful situation.

If there is no sexual chemistry on either side, you may or may not be able create it.

Most couples need some time to learn one another's sexual preferences, and this can happen gradually as they explore their sexual relationship. You can teach one another about yourselves, and a certain amount of honest and clear communication is necessary to do this.

If you don't have the communication skills to be open about your sexual needs, try to develop your ability to communicate in this area.

People cannot read your mind and automatically know exactly how your body works, and no two people are exactly the same.

If you have tried to work things out in your physical relationship, and there is still no chemistry, then you have to make a decision about whether or not the rest of the relationship makes it worth staying.

There are many couples who have a very deep and intimate relationship, yet never had sexual chemistry. There are couples who have celibate relationships, but share many other aspects of life and are true and lifelong partners.

If having sexual chemistry with your partner is important to you, and you don't have it and feel that there is nothing more you can do, then you have some decisions to make.

These are not easy decisions, and I would recommend getting some help. Speak to a professional and sort out your true values and priorities, the issues in your life, and then decide what will work best for you.

People have many different types of relationships, make all kinds of compromises and arrangements.

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