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## SUMMARY KEYWORDS

sexual, people, sexuality, person, sex, terms, sexual attraction, relationship, woman, lustful, attracted, understand, feel, research, interesting, studying, same sex, jealousy, bit, lack

## SPEAKERS

Edroy Odem, Tony Bogaert, Scot McKay



Edroy Odem 00:04

From the mist and shrouded mountain top fortress that is XY Communications Headquarters, you're listening to the world famous mountain top podcast and now your host Scot McKay



Scot McKay 00:18

Hello Hello once again and welcome to the world famous mountain top podcast. I'm your host Scot McKay at Scot McKay on Twitter real Scot McKay on Instagram Scot McKay on YouTube. You can find us on the web at [www.mountain-top-podcast.com](http://www.mountain-top-podcast.com) and you can join our ever growing increasing Facebook group at [mountain-top-summit](https://www.facebook.com/mountain-top-summit) on Facebook. Today we're going to shift gears just a little bit and go into a topic that has been driven by lots of you guys who I've been working with over the years. And the topic today is in the broader sense a sexuality but as you're going to find out this isn't something you've dabbled much in as a topic over the course of your years on this big, beautiful blue planet of ours. There are lots of shades of grey, that can be assigned under that common umbrella if you will have a sexuality. So what I decided to do was go get the world expert on this subject. And I gotta tell you, I'm really excited because I think I succeeded wildly at that. My guest co host name is Tony Bogart, and he is the professor of Health Sciences and psychology at Brock University, which is rather near Niagara Falls and Canada in St. Catherine's. Welcome, Tony, it's good to have you on board. Thank you. Thanks for having me. Scot. Yeah, indeed, I googled the subject of a sexuality in general. And your name just

kept coming up again. And again. What's your background on the subject of a sexuality? And what caused you to take such an interest in studying?



Tony Bogaert 01:57

Well, yeah, that's a good question. You know, I was doing research on traditional sexual orientation. So what makes a person gay? What makes a person straight? What makes a person bi? And I was working in that field, and I ended up doing some research using an existing database. And in that existing database, there was a question that asked people who they were sexually attracted to. And usually you get a response, let's say a seven point scale, one and primarily men on the other end, primarily women. And this particular database actually had an interesting alternative. It basically not only gave that option to people that are also actually gave the option of saying, you know what, I've never felt attracted to anyone at all. And it started to kind of make me think a little bit that Wait a minute. These people are asexual, these people have had an enduring lack of sexual attraction to know. And so I thought, well, this is an interesting area of research that really hasn't been studied very much. And so I ended up doing a study in 2002 2003, it ultimately was published in the Journal of sex research, in 2004. And that started me thinking a little bit more about the subject matter and made me continue to do work in that area. Ultimately, I wrote a book on it a while ago, as well, and and then it stimulated other researchers and other healthcare workers to start to think a little bit about the whole subject matter of the sexuality. And, and since that time, there's been a fair bit of research and a fair bit of talk on the subject matter of a sexuality.



Scot McKay 03:53

Now the name of your book is intuitively enough understanding a sexuality which I'll give a link to on Amazon from my site. And I can't help but think if you're one of the pioneers in research on this subject, and it was 2002 2003, when you really started getting your feet wet in this man, a lot of people must have been left in the lurch with these feelings or lack thereof over the course of history. Hmm,



Tony Bogaert 04:18

yeah, probably prior to some of the work that I've done. It's probably been subject matter. That's been under the radar. So asexual people probably have been not really seen. And it's not really been a visible minority, I would say. And it's probably also the case that many people who are asexual just never felt desired any kind of need for even self identification. And even if they did have a need for self identification, there may not have

been much knowledge that informed their self identification as an a sexual person,



Scot McKay 04:57

what percentage of the population right, would you say, falls under the heading of some sort of a sexuality,



Tony Bogaert 05:05

I would say probably, the best estimate we have is about 1%. In my 2004 paper that I've already referred to, this was a national sample. So it was representative, or least as good as you can get at the time representative of the British population, and about 1% of that particular sample said they had never felt sexual attraction to anyone at all. So I think 1% is a reasonably good working figure and some of the recent data that's come out beyond that 2004, paper, some higher, some a little lower, but I would still say 1% is a reasonable working figure, it'd be interesting to see in the next, you know, five or 10 years ago, people become more comfortable, perhaps coming out, maybe that figure will come up, or raise up a little higher. And there's some interesting evidence that people's sexual interest in some surveys, has gone down over the last 10 years or so. So maybe there's going to be an increase of people who ultimately identify or ultimately say that they lacked sexual attraction to other people.



Scot McKay 06:25

Now, that's an interesting idea. Do you think that may be due to social pressure? Or perhaps an increasing social ideal that we just don't like, the other gender anymore? Or that they're just not worth it? Or do you think it has something to do with diets? Or how we've been cultivated ourselves? What do you think that would be attributable to?



Tony Bogaert 06:45

You know, it is interesting, I'm not suggesting that the decline in in sexuality and interest and desire and sexual unnecessarily means there's definitely an increase in a sexual people per se, it may be at least partially to do with sexual people becoming a little less inclined overall themselves, as well. But yeah, it's an interesting question. What's, what's behind that? Are there social kinds of conditions? Maybe dietary things? I think it's probably, I mean, I'm speculating, but it's probably a combination of both social factors. And perhaps also some biological, maybe some dietary things, maybe there are certain chemicals in, in the air and in products that we eat, to some degree that may be

mimicking estrogen like hormones that may be reducing people's sex drive a little bit, perhaps. But I expect there's also social factors that are coming into play. But that's an interesting sort of broader context, also to understand this new emerging identity, the identity people who are in fact identifying as a sexual as well,



Scot McKay 07:59

now you just use the term Ace, to identify a sexual people. And that's a commonly use shorthand phrase for being a sexual, right, the ACE community.



Tony Bogaert 08:09

That's correct, yeah.



Scot McKay 08:11

Now, when you're talking about a sexuality as being 1% of the population, you're including in that figure, no more, and no less than people who are self reporting is not feeling any sexual attraction for anybody, correct.



Tony Bogaert 08:25

That's correct. And some level of enduring lack of sexual attraction. So it's not just a matter of, you know, the last couple of days and then tired and, you know, sleepy, you know, I haven't been feeling well, or let's say someone who maybe you know, it's really depressed over the last three months or something, and it's not felt much sexual interest in others, I think there needs to be in this definition of some level of stability, not necessarily full stability in terms of absolute lifelong, even, for example, there is some evidence that and other sexual orientation, there may be some level of flexibility, particularly for women, in terms of their orientation, but I think there needs to be some level of during this, and stability if you want to define a sexuality. So I would say, if you want to define a sexual people, I would say that they are the people who tend to have an enduring lack of lustful attraction for other people.



Scot McKay 09:29

So it is, in a sense, a sexual orientation fully in and of itself to be a sexual and you know, people who are just as curious, for lack of a better way to put it. Like, for example, I haven't felt much of a need to be attracted to anybody after that brutal breakup, I just

went through those people wouldn't be a sexual in terms of the clinical definition.



Tony Bogaert 09:49

Maybe there's others in the scientific community that might define them, as you know, temporary aces or something like that. But I would, I would tend to define a sexuality as more of an enduring lack of lustful attraction to other people. So that would be my definition. And yes, within the context of sexual orientation, I think we can understand a sexuality within that context. So you can be for example, attracted to the other sex, heterosexual straight, you can be attracted to the same sex gay, you can be attracted to both sexes, bisexual, but you can have a kind of fourth quadrant there, if you will. And those people who are not attracted to others and are women can therefore be construed as a sexual and also be understood within, at least in my perspective, within a sexual orientation framework.



Scot McKay 10:46

I'm interested in diving in a little bit into what it feels like, or indeed what it is, like, psychologically, emotionally to be a sexual. I'm sure a lot of my listeners are wondering about that, because they're not necessarily experiencing it themselves. Or maybe they are, but they're fascinated by this. So for example, you're saying they are absent of a lustful sexual attraction. So in other words, the idea of a guy seeing a woman and just wanting to get a piece of her with a visceral edge to it, is what's missing from this person's experience. Okay, granted, so how does an ace person experience romance? Do they get romantic feelings.



Tony Bogaert 11:29

And that's an important distinction. One of the interesting reasons why I'm interested in a sexuality is that it helps us to inform and allows us to really think deeply about sexuality. And one of the interesting distinctions that is important that's emerged since my work in 2004, and others have confirmed this is that you know what, a sexual people are not necessarily a romantic, that is there not necessarily without love feelings for others, in a romantic sense. And so what that means as well is that there's a kind of potential decoupling of romantic and sexual feelings that occur, or can occur in all of us. And it's certainly true that even in very sexual people, you can have a kind of different and separate feeling associated with romantic feelings. So it may be the case that you may have very lustful feelings for someone, you know, walking down the street and feeling like wow, would I love to have sex with that person. But you can also have, of course, separate

feelings in a kind of romantic way for let's say, one spouse, or even for perhaps, you know, a girlfriend boyfriend that you're just getting to know. Or you can, in fact, have different feelings, in terms of romantic connections to one another, versus for example, lustful sexual feelings to others. And so studying a sexual people, the fact that a sexual people can be a romantic also allows us to understand that romance and sex can be very different even in, for example, sexual people. And that's one of the interesting ideas that have emerged out of some of my work and some of the work that's come after my work.



Scot McKay 13:26

Now, personally, I've tended to identify romance, the working definition I've used is any experience between two people who would be sexually attracted to each other by orientation, that would feel awkward between themselves and someone who they're not sexually attracted to. So in the case of someone who's a sexual, this sort of throws a proverbial wrench into that machine, I'm not feeling the urge to have sex with this person, but I'm still getting these warm fuzzy towards someone different than that am in terms of their gender, or their polarity. So you can feel the polarity of another person, drawing you to them and making you want to have a certain kind of relationship with them that you wouldn't have with someone else. But it's just not driven by putting the round peg in the round hole. Yeah, absolutely.



Tony Bogaert 14:19

Yeah. You know, it's it's definitely the case that, you know, as a sexual people, you can, for example, still have, perhaps, at least theoretically romantic feelings even towards, you know, let's say, the same sex even if you're heterosexually inclined, sexually speaking. So, for example, kind of classic example, in the movies and books and popular media is to say things like, well, there's a brewing bromance there that I



Scot McKay 14:51

was gonna bring up.



Tony Bogaert 14:52

Yeah. And you know, what, I think there is, therefore, separate kinds of feelings and separate origins, within the brain, for example, that are linked to romantic feelings. That is sometimes definitely linked to sexual stuff, no question about it. But if they can be decoupled enough, that they're separate mechanisms and separate kinds of, of longings,

separate kind of emotions, if you will, separate kinds of inclinations, at least to some degree.



Scot McKay 15:23

I'm thinking maybe more along the lines of what people would generally define as chemistry. Yeah, sure. Yeah. Now, I have a question about how a sexual people process attractiveness, I'm assuming that someone who's a sexual can look at a human being and go, well, that person is theoretically sexually attractive or not, they can understand why this person would be that



Tony Bogaert 15:46

Yes. Is that correct? I think as there's never been any systematic research that I know of, except for sort of anecdotal kinds of responses from a sexual people sitting suggesting that definitely they can have that recognition that this person is, for example, yeah, I could see that this person is sexually attractive to, let's say, members of the opposite sex or members of the same sex if they're gay. And it's certainly also the case that even little children, for example, can have strong feelings of or sensing for example, physical attractiveness and others. So little kids can, for example, look at faces of attractive men or attractive women and actually have some preference and lean towards more physically attractive people versus people who are, let's say, more modest in terms of their attractiveness. So there's probably built in kinds of mechanisms and people that are at least separate from sexual inclinations, that can allow us to detect physical attractiveness on some form off the level,



Scot McKay 17:00

you bring up an interesting and I think, very intuitive point that we as human beings, regardless of our orientation, understand sexual polarity, we understand that boys are different than girls, and we may interact with them differently. And we know who's attractive and who isn't long before we reach puberty. Yeah. So even when we are in a sexual or latent Lee sexual stage, as young children, we understand these things. So would it be accurate to say, as crass as this is almost going to sound that a sexual people really don't process pubescent and sexual maturity into a mindset where the sex and the hormones kick in that sex drive?



Tony Bogaert 17:47

I think that's a reasonable hypothesis model. I think there's elements there that need to be tested. But I think just off the top of my head and just present it here. And now. I think that does make some sense in terms of, yeah, there's an implicit inherent level of understanding on some broad level of physical attractiveness. But once puberty kicks in, if you have a special inclination for the other sex or the same sex, then those hormones for example, in a sexual people really don't kick in for kind of extra level of lustful attraction, so that it stays on a, let's say, a more abstract level, or at least an emotional level that does not trigger sexual thoughts and sexual lowering and sexual feelings in a deep way.



Scot McKay 18:44

You know, it's fascinating to me how much research in this area is like the Wild West? I mean, there really has been very little done on it so far. I mean, it's wide open.



Tony Bogaert 18:53

It is many ways it is I agree with I mean, would



Scot McKay 18:57

it be a dangerous assumption to say that a sexual could theoretically be quote, unquote, cured by hormone therapy? I mean, is this a chemical thing? Or is it a psychological thing? Or is it both? Or is it neither?



Tony Bogaert 19:10

The research that I know of, and it's more, again, based on anecdotal evidence from a sexual people, for example, who have gone to physicians or have, for example, gone to clinics, and also some research looking at, you know, just overall testing of people's hormone levels, and so on. There's not much evidence that a sexual people have lower levels of, let's say, hormones, like testosterone, which is important in terms of sex drive, there's not much evidence for that. So in the same way that gay men, for example, don't lack testosterone in terms of circulating hormones during adulthood. A sexual people don't lack reasonable adult level of hormones as well, it's just that there's probably some level of brain mechanism that is stimulated in let's say, heterosexual or gay people that actually allows for these hormones to provide a fuel. But if, for example, that brain organization is not there in a sexual people, regardless of the fuel that you have in your body, that fuel ain't going to work, that fuel ain't going to be something that makes you charge towards other people. Because there's a kind of prenatal organization of the brain,



that's actually giving you your orientation in the first place, or helping to give you that orientation in the first place.



Scot McKay 20:45

So you've mentioned the idea of a sexual people go into the dock and saying, Hey, you know, what's going on here? In your understanding of people who are experiencing this? Do they mind it? Do they have any idea, you know, to put bluntly, what they're missing out on? And would they like to have that in their life? Or most people who are a sexual pretty comfortable with this and feel almost like hey, you know, I dodged the bullet because, you know, I don't worry about this stuff like other people



Tony Bogaert 21:12

did. I think it's a mix. I think on average, though, there's more comfort in a sexual people, particularly a sexual people who identifies and a sexual person, generally speaking, my experience is that a sexual people can be very content with who they are. And I don't think that necessarily a sexuality is a disorder that needs fixing. If someone is happy and content with who they are, if they are in a sexual person not interested in having sexual activity with others,



Scot McKay 21:46

then fine, great, okay, cool. Do some people not realize that they're experiencing a sexuality, I think



Tony Bogaert 21:54

most people who are a sexual if they've had an enduring lack of sexual abuse, traction, kind of recognize that they're different. But they wouldn't necessarily have given it a label as a sexual. And therefore, they may just feel like, well, I'm just a little different in the, you know, romantic sexual sphere. But there's lots of people who are kind of a little different in that sphere anyway. And I think there are people who are still struggling though, with who they are as individuals, and what their comfort level is, with relationships and how sexuality fits into any relationships they have. So certainly the case that there are probably some individuals that recognize they have romantic attractions for others, and are interested in forming some kinds of bonds with others. And then when perhaps if they're in a romantic relationship, or starting a romantic relationship with a partner, there might be pressure on them from the other partner do engage in sexuality. And that makes

them start to think a little bit like, wait a minute, I kind of don't really want this, but my partner does. So that may trigger for example, reflection of thoughts of being different. But I expect many people who are a sexual have an enduring lack of lustful attraction to other people probably have felt a little different, all along. And so you know, when teenage years kind of kick in, and all of a sudden, everybody is going crazy, or girl crazy, or whatever. Probably most a sexual people feel like they were different. When that started to happen in their teenage years, just like for example, gay people oftentimes recognize that they were a little different than the heterosexual majority, even from for example, a pre puberty age. And then when puberty hits, they kind of go, you know what, yeah, I kind of am really different than, you know, the majority of people, some people share my interest. But generally speaking, most people are kind of different than I am.



Scot McKay 24:07

Now, two major topics of discussion just sprang forth from what you were discussing there. Okay. And I want to handle them separately. So at the risk of maybe diverting the discussion a little bit will take them one at a time. First of all, you mentioned a sexual people in the context of a relationship, clearly, I mean, I'm thinking this is a safe assumption, of course, you know, what happens when you assume so I'm gonna let you go ahead and run this. But just because someone is a sexual doesn't mean, they want to be alone, and they don't have a need for companionship. So given the fact that they may not fully comprehend the nature of their sexual orientation relative to other people, they may simply see themselves as a little different, or I don't understand why these people are so horny for each other, it just seems like they don't have any control or something. I mean, it's just weird to them. They get into a relationship with someone, and they figure Okay, well, I guess I'm going to be in a relationship with a woman if I'm a relationship, because I guess that's what will make my parents happy. It seems like it's hetero normative still in this culture? I mean, you know, that's another tangent we could go on there is Do people who are a sexual tend to favor relationships, for companionship with someone of same sex or other sex or is it all over the highway. But that aside, let's say they get into that relationship with whom they're going to get a relationship with. And the other person in that relationship is not a sexual. How is the person who is fully heterosexual or fully homosexuals, you know, have a different orientation than the sexual person going to respond to that relationship? I'm thinking they may not necessarily pick up on the fact that this person is in fact, a sexual unless the person who is a sexual has enough of a grasp of their own orientation to make that perfectly known and conceptually, relationships succeed. I mean, is a woman, for example, who has been hurt by sexuality in the past? Maybe she's very shy about engaging in sexual activity, because of past negative experience? Is she perhaps going to welcome that opportunity to be with a man who would not require sex of her in law? and cannot be considered a functional relationship in

that context? Kind of a big question. Right. Yeah,



Tony Bogaert 26:27

that is a but it's, it's an important dynamic that might be existing in some relationship? Sure.



Scot McKay 26:35

Yeah. Just kind of understudied? I guess. Yeah,



Tony Bogaert 26:37

it is, I would say that, I think on average, it probably creates some level of tension, some level of concern within relationships. And it may be perhaps the kiss of death, if people are so divergent in terms of their sexual interests within a relationship. But I also think that, you know, there's more than just sex relationships. And in fact, you know, the relationship between sexuality and happiness in couples is not that strong, really. So I think it can work. I think people who are, for example, sexual, may find other outlets, perhaps through masturbation, or maybe they have other partners in terms of moving outside of the relationship, but they're very happy and contented with the romantic relationship with the a sexual person. So I think it can work. Or it may be the case that, you know, the a sexual person, at least I'm not well, yeah, I'm not that sexually attracted to my partner. In fact, not at all. But you know, I'll end up engaging in some level of sexual activity to satisfy my partner. And it may be something they don't find absolutely disgusting. And therefore, it's not that hard for them to engage in that sexual activity, they may find very little pleasure, or very little sexual attraction towards their partner may, but that may still engage in some level of sexual activity with their partner. So I think it's workable. Again, I don't want to give the impression that a sexuality is necessarily the kiss of death in a relationship, even if for example, that a sexual person is is connecting to a sexual person. I think it often can carry intentions. But I think it is also something that can work at times. And I think the dynamics can occur in relatively comfortable way if people are relatively flexible. And again, sexuality doesn't have to be the only thing that brings people together in terms of romantic relationships.



Scot McKay 28:47

I'm hoping you have quick rapid fire answers to three things that just came up.



28:52

Well, first of all,



Scot McKay 28:55

is there an outlet for a sexual people to find each other if they would just rather not have that complexity?



Tony Bogaert 29:01

Yeah, there's there's certainly websites for example, where Yes, find one another.



Scot McKay 29:06

Yeah. Two people who are a sexual find the idea of sexuality gross. It's like, dude, I mean, there's like mucus involved and semen. And you kidding me? I mean, do they see sex typically as a gross thing to do?



Tony Bogaert 29:19

Some do? Yeah. But not all.



Scot McKay 29:22

I can understand how they would. Yeah, yeah. Because sex is gross.



Tony Bogaert 29:26

What's interesting, I mean, and that's one of the interesting elements to to wine. You know, studying a sexualities is interesting from my perspective. And one of my chapters, for example, in my book, I talk about whether or not a sexuality is a disorder or not, and then I bring up the idea that, well, if you construe sexuality in a kind of broad way, and remove yourself, you know, taking a sort of broad perspective on it. No, sex is something that creates a lot of tension can create a lot of problems. And it is, it's, it's a hassle. And it's a hassle. Yeah. And there's a certain madness to it, that we're driven to engage in this kind of activity because of these lustful feelings and they oftentimes shut down our higher order centers, and create a lot of problems in our lives.



Scot McKay 30:19

I mean, apart from horniness, it doesn't make any sense at all. To me, I mean, I can see that I can transparently see how it wouldn't. Yeah. My other question for you is, you mentioned something that just sparked fascination in my imagination. You talked about perhaps the non a sexual partner and such a companionship going outside the relationship to find sexual pleasure and fulfillment? Is this something that an a sexual partner would be more open to? Because perhaps they're missing this link between jealousy and possession and sexuality? Like Sure, you know, you need to get off find someone to do it with, you know, even watching take notes is that something in a sexual person would be more likely to be on board with?



Tony Bogaert 31:06

I expect? It's possible? I don't think it's ever been studied. But yeah,



Scot McKay 31:10

another wild west unknown? Yeah, absolutely.



Tony Bogaert 31:13

I think, given that sexuality is this major source of jealousy that we have for our sexual romantic partners, it'd be interesting to study to what degree that emotion is less strong in a sexual people that might still be a kind of romantic jealousy that makes them want to kind of keep their partner within their own home and whatever. But I expect that the sexual jealousy aspect is much less importance and relevance to them. So it may be the case that, you know, yeah, they may say, you know, what, yeah, go out and enjoy yourself. And, you know, be comfortable when you come home, and I know you love me, and I know I love you. And as long as we're open with it, you know, I think that will work, and so on and so forth. So that's possible.



Scot McKay 32:07

I would imagine there's less say porn, jealousy, but perhaps more confusion, and even fear towards the idea of this person forsaking that relationship to go find a sexual relationship? Because the a sexual person wouldn't understand it. Perhaps they would fear it. I could see it going both directions.



Tony Bogaert 32:24

Yeah. Fascinating. It is fascinating. I think it's worthy of studying. I don't think it's ever really been looked at, in any systematic research based way.



Scot McKay 32:33

You know what, Tony, as we keep talking about this, and digging in more and more, I can't help but start thinking how much hassle a sexual people are saving themselves. I don't blame them one bit for being perfectly happy with their a sexuality. And that kind of brings me to that second major thought process that occurred to me from when you were talking before about the subject, haven't forgotten about that. It seems that if an a sexual person is a man, woman of faith, it is so much easier to adhere to your moral belief system, because sexuality isn't there to corrupt it. I mean, the vast majority of people of faith I talked to, for them, sex is the linchpin of all their guilt, all of their shame, etc, etc. I mean, most Christian folks, for example, can avoid murdering each other robbing banks. But boy, porn is really super tempting. You know, you're 22 years old, you're not married yet, you want to get your rocks off getting a little Christian church girl, and screwing each other like rabbits and private is not only something that sounds incredibly exciting, it is all the more exciting because it's taboo. So I have people in my practice all the time, who are men and women of faith, who are just carrying a tremendous amount of heavy feeling and guilt and shame, towards this dark area of their faith. They just don't have any self control. Meanwhile, I've had people come to me, many of the people who are in fact, the drivers for this discussion, me wanting to cover this subject, formally, are people who are men and women of faith who, you know, find it a lot easier to be a Christian or to be whatever faith they're practicing, because they're just not tempted by this. And they may go into priesthood. Yeah. Because it just isn't an issue for them. And it's so much easier, more seamless to be that person.



Tony Bogaert 34:29

I agree with that and talking to some clergy, for example. They also indicate that people going into the priesthood, it is a much easier sort of life for them. If they happen to be a sexual, not all of them are certainly not but it makes for an easier life. If complete abstinence of sex is something that you're very comfortable with. And yeah, and average typical people of faith who are in relationship ships in if you're not in relationships, if your religion is telling you not to be, for example, a sexual person outside of marriage, that's a hard road to travel down. So it makes it understandable that a sexuality if people have that particular part of their life, it may make a religious life a little easier. As long as that religious life is in fact prescribing for example, certain rules about sexuality. Yeah, to me,

it's kind of the very lens that makes it all makes sense, right? I mean, for many, many people at times, sexuality is just something that drives them batty and that and so within the context of you're trying to figure out is a sexuality disorder. I think you really need to put into perspective what sexuality does to people before you start saying, oh, man, that's even crazier. Well, have you looked at yourself as a sexual person?



Scot McKay 36:02

sexuality is a lot more disorderly than a sexuality. So it seems



Tony Bogaert 36:06

Yes. And that is a subject matter in my book as well. So I think that's an I think, an interesting connection that allows us to understand sex better, why we should be studying a sexuality.



Scot McKay 36:16

Yeah, and that brings me to another question. Clearly we as men have testicles that produce semen and we got a blower load so I'm thinking just because a man is a sexual doesn't mean he never gets aroused and never ejaculate. How are the necessary quote unquote emissions dealt with and what are the circumstances when you're a sexual?



Tony Bogaert 36:39

Yeah, and that's a very important point not all a sexual people for example, have no sexual outlets okay? They may in fact still masturbate. It's interesting there's there's research that suggests that a sexual people talk about masturbation in a slightly different way than our sexual people. So for example, they mean referred to masturbation is just a way of kind of cleaning up the plumbing, so to speak, as opposed to all Wow, this was such a lustful feeling that I have to in fact, touch myself and masturbate and end up for example, having that outlet that way, it's more utilitarian, oftentimes from an a sexual persons perspective.



Scot McKay 37:28

Yeah, that's fascinating in and of itself, because there will be an absence of fantasy or pornographic images to drive that ejaculation. It would purely be my body told me I needed to do this, and it had to happen, like a bodily function.



Tony Bogaert 37:41

Yes, I think that's part of the answer. For a sexual people. There's probably also the case that there might be some level in some a sexual people of still having some level of fantasy, but there is still a kind of disconnection between themselves and others, there's, so there's still, if you will, a lack of sexual attraction to others, even if there might be some level of fantasy that arouses their bodies, even if for example, it's goes beyond utilitarian release, there might be some level of fantasy, some level of imagery, but there's still a disconnect between themselves and others. So from my perspective, there's still a lack of sexual attraction because they don't connect up even in these fantasies themselves with others. And therefore, there's still a lack of sexual attraction, a lack of sexual connection to other people, even if there's some level of fantasy or some a sexual people may use pornography to some degree, but they use it in a different way than average. For example, let's say heterosexual guys,



Scot McKay 38:52

give me an example of how that would look?



Tony Bogaert 38:55

Well, it would be that their bodies become aroused on some level, to, for example, the sexual imagery. But in average, typical fantasy that, let's say, average heterosexual average gay people have, what they'll do is they'll project themselves onto characters having interaction with other people, for example, in porn, whereas in a sexual people, I'm not saying all these sexual people do this, but some a sexual people still, for example, may watch some porn may have some sort of level of fantasy, but it's still what ends up happening is, for example, they don't project themselves on to for example, or look at that beautiful woman, I'm interacting with her. I'm stroking her touching her projecting yourself, at least on some level, to let's say, a male having sex with a female. So I know this is kind of technical. But there's still a disconnect between oneself and one's attractions and other people, even efforts example some a sexual people do have some level of fantasy, and it's not necessarily just utilitarian in terms of release. So in some sense, that lack of sexual attraction that defines a sexuality is still there, even if for example, some a sexual people have some level of fantasy and even masturbating to porn.





Scot McKay 40:22

You know, Tony, if there's anything I figured out in this conversation is that there are no absolutes when it comes to this subject. Yeah, I think so. And indeed, under the umbrella of the ACE community, or other various and sundry terms that I think we'd be remiss if we didn't cover especially since I've got guys, I coach who are waiting with bated breath for me to mention some of the Okay, is there what they might be experiencing in their own lives? Okay, terms such as gray sexual. Yeah, talking about that gray area, there is a term that acknowledges a gray area, which is Grace sexuality. Yeah. Demi sexuality. Yeah. Even safe to say sexuality. And the indication there is, I experienced sexual attraction sometimes. And or under some circumstances, yes. This is extra fascinating to me, because in the experience of say, a grey sexual person, that person may be pleasantly surprised that they feel sexual attraction towards a very certain kind of individual and very narrow definition of what turns them on. Yes, present. And that seems fascinating. Yeah. Can you comment on that one? A little bit gray sexuality?



Tony Bogaert 41:37

Yeah, my understanding this is something that as people to clearly people who are interested in educating others have used. So this create a is a term that's used for people who don't fully identify as a sexual, for example, long term during the lack of sexual attraction for others versus for sample sexual people who have basically Yeah, sexual attraction for others. So this great a, or the people are kind of somewhere in between. and they may have, under some circumstances, some level of sexual desire for others, but it's probably at a lower level than average typical friends and family, who they, for example, have been interacting with for years. So they don't feel comfortable saying their police sexual person, but they don't also feel comfortable saying that they're fully a sexual. So agree, a kind of is basically what it sounds like, it's kind of in a gray area between a sexuality and a sexuality.



Scot McKay 42:46

So would it be accurate to say that the person who succeeds for lack of a better word at turning on a gray a person would be the kind of person who for someone who processes sexuality, like roughly 99% of the rest of the population? would be that one person who comes along for one spot who really does it for us? I mean, there's just an extra supercharged there that wakes it up.



Tony Bogaert 43:12

Yeah, you know, I guess there's, I guess there's an analogy there that, let's say people are predominantly heterosexual. But boy, oh, boy, you know, a person of the same sex comes along who just happens to be for some strange reason. Yes. Kind of a little bit more gray, and even somewhat turning them on, despite the fact that they are in fact, the same sex. So an absolutely gorgeous person that may exhibit some level of femininity, let's say and is absolutely gorgeous. If you're a heterosexual man, maybe it's like, wow, that person, you know, under some circumstances, you know, if I were gay, I'd be gay with



Scot McKay 43:55

that person.



Tony Bogaert 43:56

Yeah. Maybe? I think that analogy makes some sense. I don't, I wouldn't suggest that it's perfect analogy, but



Scot McKay 44:04

I haven't actually ever had that experience. I have never actually been turned on by a man ever. I mean, I can, as a dating coach, observe a guy and go, women are gonna love that guy. Okay, or vice versa. That's a handsome dude. Or that guy is not going to succeed with women, that guy will. But I can think about this at the cognitive level and go well, okay, I can imagine where, if that ever did happen to me, I felt sexual attraction for a guy, I have to kind of shake it off and go, Wow, that was really surprising, right? You know, and that's kind of how a straight sexual person would sort of process getting hit with this little lightning bolt of sexual attraction like, Whoa, okay, that was interesting and different. Yeah,



Tony Bogaert 44:46

yeah. Again, as you suggested, maybe under other circumstances to maybe, maybe the person is what might be termed, again, what you suggest Demi sexual and fall with sort of gray area, and only, for example, be sexually attracted to an individual only if they've formed this absolute, exquisite romantic bond with that individual. And therefore have now started to feel for example, some level of sexual attraction for for that one individual, because they've formed this exquisite romantic bond with, with this one person, perhaps Now, hold



Scot McKay 45:23

on, Demi sexuality is very interesting to me. Because on the surface, it seems non standard. But it also seems like what every woman says she wants out of a relationship, doesn't it? So if you're a Demi, sexual guy, and the actual sexual attraction follows the holistic connection with this person feeling an emotional bond with them? Wouldn't that tend to make a woman feel incredibly safe in such a relationship? I mean, this guy is hot for me, because he loves me. I mean, that's the way every woman somewhat romantically envisions men processing sexual attraction for them. Right. So I mean, in a way, this would seem like the holy grail for a woman who wants a relationship, these guys should be all happily married.



Tony Bogaert 46:16

They might I mean, there may be, you know, MIT. Yeah, many I'm



Scot McKay 46:19

sorry, notwithstanding, you know, the woman being the right person. Yeah. Married to, but you know, you understand what I'm saying that just have it? I do.



Tony Bogaert 46:26

So I would suggest, yeah, there's probably many women who would find a partner like that to be Yeah, really hot choice. And, and maybe an ideal in some sense. Maybe, you know, some men would also be very, very happy, you know, at least from a jealousy standpoint, to have a wife or a partner, who's a woman who's Demi sexual and only completely attracted to him. And therefore, you know, in terms of jealousy, a guy would go, you know, what she's never ever stray before? Because the only sexual connection she has is to me, and that was something that's developed over the last six months of the last year.



Scot McKay 47:08

Yeah, that seems like a win win. I mean, it seems like there should be a dating site for Demi people. Maybe, I mean, you know, the chances that they're going to have that spark with the very person, they're matched with, you know, hit or miss. I imagine there's, again, some people left in the lurch in those circumstances. I mean, I'm a Demi sexual person, for example, I just absolutely build this bond with this other person. And that's not how they

process things themselves. But then again, you know, if you've built that bond, there is a bond and it takes two people to tango, right? fascinating conversation. Um, you know, I have had several guys in my practice, who are really resonating with that idea of Demi sexuality. And they're finding sometimes that women don't trust it. Like a just some kind of player, and you just told me what I need to hear. And then they kind of pursue that relationship a little bit. And it starts going down the path of being more of a connection, and they, and they realize, man, this guy was who He said He was, this is how this guy processes things. And then there's that absence of any evidence otherwise, in that context, which is always helpful. Yeah, then you have, of course, the safety of sexual people. And that's almost a buzzword nowadays, it was unheard of 10 years ago. Well, you know, again, much of this area of study is wide open. So of course, we hadn't heard the term CPF sexual until about a decade ago. But this is a person who is turned on by intellectual firepower. Someone who loves intelligence and finds Brainiac people sexy. That is another interesting way to trigger sexual attraction and or respond to it right. And most people definitely have some level of, you know, physical kinds of attraction associated with those lustful feelings, looking at people's



Tony Bogaert 48:56

bodies, and so on and so forth. But it's certainly not unheard of that, on average, are also turned on by what people do, and how they think, and so on and so forth. This is a kind of an extreme version of that, but it's certainly not unheard of within the broader context of what turns on even average sexual people, particularly women, and men who are, for example, a little bit more interested in how men behave, how they think, what they do, versus, for example, their bodies, per se.



Scot McKay 49:31

Interesting, interesting. I know this is going to be kind of like throwing blades of grass up into the wind and seeing which way the wind blows. I don't expect you to have a definitive answer here. But what percentage of the population would you say is perhaps represented by these more gray areas of like sexuality, the gray the Demi's the CPU types of people?



Tony Bogaert 49:55

I would say, perhaps another half percent or something like that. Really?



Scot McKay 49:59

I think it's a little higher. Yeah.



Tony Bogaert 50:02

I guess, in a modern context, where people are, are happy to embrace more diversity, maybe, I think where you're going is that maybe it's much higher than, let's say, another half percent. And maybe that's the case.



Scot McKay 50:18

But I tell you what, you know, we're running at a time here. And this is such a fascinating conversation on a subject that clearly has more depth than I ever even realized. It's almost surprising to me that there's been so little research on it, I guess, when you have so relatively few people who are affected by something, it just doesn't get the research put into it. You know, like, for example, really rare disorders and diseases don't get nearly the money thrown at it. And the research time put into it is say, you know, childhood leukemia, you know, for what are pretty obvious reasons. Yeah, I mean, man, we are leaving so much on the table here, we probably could do another whole show on it, probably an entire program. And I certainly applaud your work. And I'm glad you're out there studying it, Tony, because not enough guys are. And I want to point guys to Amazon, where they can grab a copy of your book, understanding a sexuality and I'm going to make it really simple. Just go to [www dot mountain top podcast, calm forward slash Ace, AC](http://www.mountain-top-podcast.com). And you'll be able to get Tony bug arts book. And you can also see it right at the top of the list at the Amazon influencer page, which is [mountain top podcast, com forward slash Amazon](http://mountain-top-podcast.com). And it'll be there in perpetuity as part of that evergreen page of all the books by all of our guests ever. So Tony, thanks a million. Such a fascinating conversation and you're clearly so knowledgeable on it. And I just am thankful for your work. And I'm glad that you continue that work. It seems very valuable. Thank you.



Tony Bogaert 51:55

Thanks for having me. Appreciate email.



Scot McKay 51:58

Yeah, man. And guys, if you haven't visit [WWW dot mountaintop podcast. com](http://WWW.dot.mountain-top-podcast.com), go ahead and go there, get you some free reports. Go ahead and Watch the YouTube version of the

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