

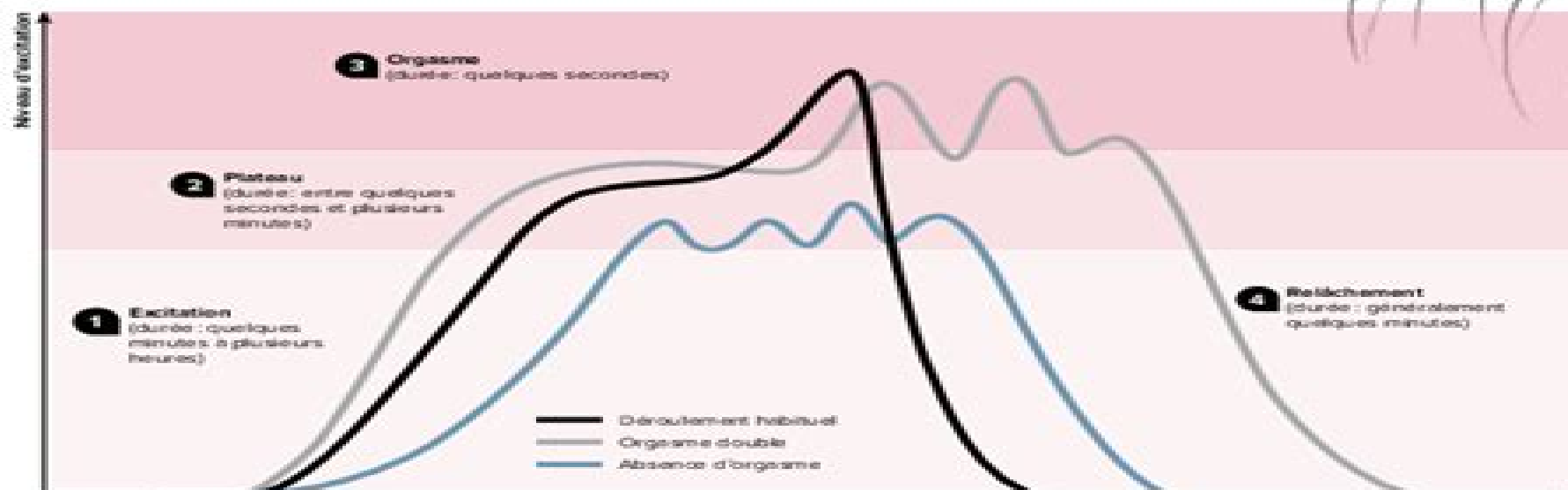
Les étapes de l'orgasme féminin

Pour que l'excitation sexuelle atteigne son paroxysme, la psychologie doit marcher main dans la main avec les réactions corporelles. Quatre étapes jalonnent cette ascension. Dans le cerveau, un ballet d'aires cérébrales et de neurotransmetteurs fait apparaître successivement désir, excitation, orgasme et contentement.

Texte : Jeanne de Diez - Graphiques : Youssef Kala

ATTEINDRE L'ORGASME EN QUATRE ÉTAPES

Dans les années 1960, les sexologues américains William Masters et Virginia Johnson ont détecté quatre stades dans l'excitation sexuelle, qui se produisent aussi bien chez l'homme que chez la femme. Après une phase préliminaire de désir, la première véritable étape du processus est une excitation sexuelle d'intensité croissante (phase 1), se stabilisant sous forme d'un plateau (phase 2). La tension reste stable pendant plusieurs minutes, avant de se décharger dans l'orgasme (phase 3). L'excitation retombe alors, entraînant un sentiment de bien-être large et diffus (phase 4). En fonction des situations et des personnes, les courbes d'excitation peuvent prendre des aspects différents. Trois déroulements possibles sont représentés ici, la courbe en noir représentant le cas de figure le plus fréquent.



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