

pause + **reset**



Something Shifted **Between Us**

*A guide to relationships, intimacy, and desire
during the hormonal transition*

by *pause* + **reset**

The Gap Nobody Talks About

It happened slowly. Or maybe it felt sudden. Either way – there's a gap now. On the couch. In the bed. In the conversation.

They look at you and you can tell they're wondering where you went. And the honest answer is: you don't know either.

This isn't about love.

You still love them. They still love you. But something between you changed – and neither of you can name it. The desire evaporated. The patience thinned. The closeness that used to be easy now takes effort you don't have. And you feel guilty about all of it.

Let's talk about what's actually happening. Because this isn't a relationship problem. It's a hormonal shift expressing itself in your most intimate space.

The Desire Question

Libido isn't just "wanting sex." It's the entire system of desire – the interest, the spark, the motivation to connect physically. And that system runs on hormones.

- Testosterone drives the WANT – the spontaneous desire, the motivation, the "I'd rather do this than sleep"
- Estrogen drives the READY – blood flow, lubrication, tissue health, sensitivity
- Progesterone drives the CALM – being relaxed enough to be present, not wired or anxious

During perimenopause, all three decline. Testosterone quietly. Estrogen erratically. Progesterone first. The result isn't that you "lost interest." The result is that the biological infrastructure for desire was dismantled – and nobody told you or your partner that this is chemistry, not rejection.

"You didn't stop wanting your partner. Your body stopped producing the chemistry that made wanting feel automatic."

The Physical Changes Nobody Warned You About

Beyond desire, there are physical changes happening that make intimacy uncomfortable, painful, or just... different. And most women suffer through them silently because they're embarrassed to bring it up.

Vaginal dryness

Estrogen maintained the moisture, elasticity, and thickness of vaginal tissue your entire adult life. When it declines, tissue thins, dries, and becomes more fragile. Sex can become painful – not because of anything psychological, but because the tissue literally changed. This is called vaginal atrophy, and it affects up to 50% of postmenopausal women. It doesn't improve on its own.

Pelvic floor changes

Your pelvic floor is a hammock of muscle that supports your bladder, uterus, and rectum. Estrogen and collagen keep it strong and responsive. When both decline, the pelvic floor can weaken – leading to leaking when you laugh or sneeze, urgency, discomfort

during sex, or a feeling of heaviness. This isn't just "what happens after kids." This is what happens when hormones change.

Sensitivity changes

Some women experience decreased sensitivity. Others experience increased sensitivity that borders on discomfort. Both are related to changes in blood flow and nerve receptor density driven by estrogen and testosterone decline. What used to feel good might feel different now – and that's confusing for both of you.

The alcohol factor

Your tolerance changed, didn't it? One glass of wine hits like three used to. Alcohol is metabolized differently during perimenopause – and it actively disrupts the hormones you're already low on. It worsens sleep, increases hot flashes, amplifies anxiety, and can actually decrease lubrication further. The wine-to-unwind habit might be making everything harder.



None of this is "in your head."

Every single one of these changes has a hormonal or tissue-level explanation. You're not broken. You're not frigid. You're not "getting old." Your body shifted, and the areas most dependent on hormones – your most intimate areas – felt it first and felt it hardest.

Closing the Gap



Here's the part we don't hear enough: this is fixable. Not in a "grit your teeth and try harder" way. In a "restore what's missing and watch everything shift" way.

When testosterone is supported:

- Spontaneous desire returns – the wanting comes back
- Energy and motivation extend into your personal life, not just work
- Confidence and body comfort improve

When estrogen is supported (including locally):

- Vaginal tissue regains moisture, elasticity, and thickness
- Sex stops being painful and starts being pleasurable again
- Sensitivity normalizes

When progesterone is supported:

- Sleep comes back – and you actually have bandwidth for connection
- Anxiety quiets – you can be present instead of wired
- The irritability softens – you respond instead of react

"When you feel like yourself again, your relationships feel like themselves again. We hear it constantly: 'My partner says they got me back.'"



A note for partners:

If you're reading this as the partner of a woman going through perimenopause – first, thank you. Second: this isn't about you. She didn't lose interest in you. Her body lost the chemistry that made interest automatic. Understanding that changes everything. Supporting her in getting evaluated is one of the most powerful things you can do for your relationship right now.

What We Evaluate

- ✓ Testosterone levels – the desire hormone most providers never check in women
- ✓ Estrogen status – systemic AND local tissue health
- ✓ Progesterone – the foundation for sleep, calm, and emotional bandwidth
- ✓ Thyroid function – thyroid disruption amplifies fatigue and low desire
- ✓ The full picture – because intimacy issues are never just ONE hormone

Learn more: [menopause & low libido](#) | [menopause & relationships](#) | [testosterone for women](#)

Ready to Feel Connected Again?

Two ways to start – depending on where you are right now.



Know someone whose relationship is feeling the strain?

The friend who quietly admitted the spark is gone. The sister whose partner seems hurt but doesn't understand why. The couple who love each other but can't seem to close the gap. Send her this – or send it to both of them.

CURIOUS ABOUT US?

Free 10-Minute Call

Talk to someone who understands. Ask questions. No pressure, no pitch – just answers.

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Free · 10 minutes · No obligation

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