

Appendix 4: Example on Systematic Text Condensation at Meso-Level.

Meaningful Units	Condensated Meanings	Sub-Categories	Theme
<i>“If I bring up something difficult about sex with my partner, they often think about it the next time we end up in a sexual situation. So I perceive it as easier to not address anything.” (P10).</i> <i>“When I communicate my desires and problems about intimacy and sex, I hope or stay optimistic that maybe there is something they will take with them further. I get disappointed if they forget” (P11).</i> <i>“It’s frustrating me, since what I am expressing has so much to do with my sexual desire. I have expressed my boundaries over the last three years, and they are still overstepping even though they know it’s something I don’t like” (P5)</i>	My experiences with communication in my romantic relationship vary greatly. I often feel a need for understanding, especially when I experience a lack of understanding and support from my partner. At times I find it easier to open up to my friends about my feelings and concerns regarding sexual desire as I then don’t fear hurting my partner’s feelings. I’m trying to protect my partner, but I feel lonely when I cannot be completely open and honest. It is a challenging balance between maintaining harmony in the relationship and being honest about my needs and feelings.	Communication challenges about sexual desire in the relationship.	Challenges and Needs for Maintaining Interpersonal Dynamics in Sexual Relationships.
<i>“I started overstepping my own sexual boundaries because I wanted to keep my partner, so I just tagged along. You force yourself to do things because you don’t want to lose them”. (P2).</i>	I feel pressured to engage in sexual activity, even when I don’t desire it. I do it to either satisfy my partner or because I feel the need to maintain our sex-life. I feel sex is expected of me as a	Self-denial of own sexual needs in the relationship	

<i>"I have started to force myself, thinking that if I just try to have sex now, I'll probably feel an increase in my desire halfway through the act. It was a bit hurtful, one time I ended up crying. I feel ashamed because I'm forcing myself to do things I don't want to" (P14).</i>	partner, and this expectation often leads to shame, frustration or sadness. It is a difficult situation to be in, and I often feel trapped between my own desires and needs and what I perceive is expected of me in the relationship.	
<i>"When I don't want to have sex, I see it more as a workout. Then I'll at least get something out of it. It's a fun activity, like going for a walk" (P11).</i>		
<i>"For instance, when we go to bed, I might say, 'I have a headache today,' or 'I'm tired today.' But I usually am, so it's not exactly a lie, in a way, but then no one gets hurt" (P15).</i>	When sexual situations arise in the relationship, I tend to normalize excuses to avoid rejecting and potentially hurting my partner when my sexual desire is reduced. The excuses include being tired or feeling unwell, even though it is really about my lack of desire in the moment. I seek a way to maintain the harmony in the relationship, even when it means I'm not always honest about my feelings.	Strategies for avoiding sexual activity in the relationship.
<i>"I use a lot of time in the bathroom and procrastinate a bit. I find it difficult to express, so it is easier to make sure the situation doesn't occur" (P4)</i>	I balance between protecting my partners' feelings and upholding my own boundaries.	
<i>"Sometimes I'll just go to sleep or think that I'm going to sleep. Actually, I have just avoided</i>		

*talking with my partner about it.
It's not a good strategy, but if I'm
too tired, like I just want to sleep
more than I want to have sex, I'll
avoid it'' (P22).*
