

Sex As Dessert

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You've just finished a wonderful dinner at a gorgeous restaurant. You could be with your partner, a few friends, or a whole table. In the end, the question is the same.

How do you feel about dessert?

Your dining partner says that they think about dessert all the time — sometimes it's the comfort of sweetness, or the idea of something special at the end of a day. No matter the reason, it still boils down to them thinking about dessert and how it is normal for them to think about it almost daily. Turns out, most people think about dessert daily. It is ingrained in your society; you should have and enjoy dessert, it is expected of you.

For the entire meal, dessert was not on your mind. You had your entree, drink, maybe an appetizer, and you are full. *How do you feel about dessert?*

Scenario 1:

Your partner wants dessert; you are full from the rest of the meal. They suggest splitting the dessert between the two of you. You could go either way, it does not matter to you. But it matters to your partner, and you enjoy spending time with them. So of course, you'll have dessert with them. The two of you enjoy the dessert — for you, while it does taste good, it's not about the taste. What you enjoy the most is the smile on your partner's face, and it makes you smile.

Scenario 2:

Your partner wants dessert; you are full from the rest of the meal. They suggest splitting dessert between the two of you. You love them, but for some reason, dessert just sounds wrong today. The taste, the texture, nothing on the menu entices you. You listen to your partner talk about how wonderful dessert is, and you can understand in the abstract sense, but in the end, they cannot make the idea of eating dessert sound good to you. Your partner accepts your preference of no dessert.

Scenario 3:

Your partner wants dessert; you are full from the rest of the meal. They suggest splitting the dessert between the two of you. You get a sick feeling in your stomach about the idea of dessert. It's not full out revolting, but you cannot imagine yourself eating dessert. You tell your dining partner this, and they get upset. *They ask you, why did you have dinner with me if you didn't like dessert?* Or they say *what kind of person doesn't like dessert? Everyone likes dessert, it's in our nature.* The two of you part ways, dessert unordered and uneaten.

Scenario 4:

You are out to dinner with a group of friends. They share stories about their favorite desserts, or what they have tried with different people. You're asked about your history with dessert. While you have had dessert, you confess that you don't like it. They begin to question you. *Have you just not found the right dessert?* While they mean no ill will, their comments come off almost infantilizing you. *You'll learn to like it when you're mature enough to eat the richer dessert. You need to experience this dessert, it'll win you over in one bite.*

You stay quiet for the rest of the meal.

Scenario 5:

You're with a good friend and you mention that you don't need or have a want for dessert. They ask you why, because to them, it is something they've always had in their life, the want for dessert. Sure, the want did not manifest until post-puberty, but they found a taste for it and now it is a part of their life.

They ask questions like *how do you know you don't like dessert? Maybe you just haven't found the right dessert or dinner partner to enjoy it with.* And maybe they are right to an extent. But why are they questioning your stance? Why do you need to validate an absence of something instead of people saying *okay, you don't like dessert, that's fine.*

Scenario 6:

You are ridiculed for not liking dessert. People make demands from you. You have to like dessert. Your tongue must be broken since you don't like dessert. You just need to find the right dessert and you'll realize that you've been wrong your whole life. *Have you tried this dessert? Just eat it, go along with everyone else.*

You try to get others to understand you. You find a community of people who had to fight for their dessert preferences and be recognized as dessert eaters. While you are not a dessert eater, you are also arguing to be accepted by others. However, instead of finding a group that accepts you for fighting a similar fight, they treat you with the same level of rejection. Sometimes even worse than others. *You're just faking for attention, they tell you. You haven't faced ridicule like we have, so you're not really like us. You can still eat the dessert others eat, all you have to do is swallow it. They're not harassing you like they harass us when we talk about dessert.*

Scenario 7:

Your partner wants dessert; you are full from the rest of the meal. They suggest splitting the dessert between the two of you. After discussing what kind of dessert to order, it dawns on you that your opinion on dessert has changed over the time. You really enjoy spending time with your dining partner, and through the connection you two have, you have begun to think about dessert more often. Usually in the context of sharing it with them, instead of the idea of dessert as a stand alone. But it is a want for dessert nonetheless. You do not feel shame for your past stance on not enjoying dessert. You are allowed to change.