

How I Feel about Our Sex Life

First Name: _____ Date: _____

Please answer each question below as honestly as you can, and if you would like to explain any item, please make a note on the bottom of this page.

	This is true 1=Not at all 2=A little 3=Very	This causes problems in our relationship 1=Not at all 2=A little 3=A lot
1. I anticipate (think about) having sex with my partner.	1 2 3	1 2 3
2. My partner and I tease each other sexually on a regular basis.	1 2 3	1 2 3
3. I feel comfortable with my body.	1 2 3	1 2 3
4. My partner has had outside relationships or affairs and this affects my desire to have sex with him/her.	1 2 3	1 2 3
5. I am interested in sex in general.	1 2 3	1 2 3
6. I feel sexual desire for my partner.	1 2 3	1 2 3
7. I feel sexually desirable.	1 2 3	1 2 3
8. I can be affectionate without feeling obligated to have sex.	1 2 3	1 2 3
9. I initiate sex.	1 2 3	1 2 3
10. I can refuse when my partner initiates sex without repercussions.	1 2 3	1 2 3
11. It's not a problem if/when my partner is not interested when I try to initiate sex.	1 2 3	1 2 3
12. We talk about the types and amount of sexual stimulation we want during sex.	1 2 3	1 2 3
13. We have sex _____ times per (circle one) week / month / year.	1 2 3	1 2 3
14. It has been _____ (circle one) weeks / months / years since we had sex.	1 2 3	1 2 3
15. I enjoy affection without having to have sex.	1 2 3	1 2 3
16. I enjoy a sex with my partner without having intercourse.	1 2 3	1 2 3
17. I enjoy having my body caressed by my partner (including my breasts and/or genitals).	1 2 3	1 2 3
18. I am less interested in sex than I was in past relationships (if applicable).	1 2 3	1 2 3
19. If my partner understood my needs better I would be more interested in sex.	1 2 3	1 2 3
20. I have an orgasm when my partner stimulates me with his/her hands or mouth.	1 2 3	1 2 3
21. I have an orgasm when we have intercourse.	1 2 3	1 2 3
22. My partner wants sex so often that it turns me off sexually.	1 2 3	1 2 3
23. I enjoy caressing my partner's body including genitals.	1 2 3	1 2 3
24. When I stimulate my partner my hands or mouth, he/she has an orgasm.	1 2 3	1 2 3
25. When my partner stimulates me with his/her hands or mouth, I have an orgasm.	1 2 3	1 2 3
26. I enjoy sexual intercourse with my partner.	1 2 3	1 2 3
27. I enjoy sex with my partner when I do not have an orgasm.	1 2 3	1 2 3
28. I use erotic books, pictures, films, videos, internet sites, etc. to feel aroused.	1 2 3	1 2 3
29. I masturbate alone.	1 2 3	1 2 3
30. Foreplay or fooling around makes me want to have sex.	1 2 3	1 2 3
31. During sex or foreplay, I look at my partner.	1 2 3	1 2 3
32. I stay aroused throughout sex with my partner.	1 2 3	1 2 3

Comments: _____ Caring Couples, Happy Lives --- 1

How I Feel about Our Sex Life

	This is true 1=Not at all 2=A little 3=Very	This causes problems in our relationship 1=Not at all 2=A little 3=A lot
33. I become lubricated or erect enough to have intercourse comfortably.	1 2 3	1 2 3
34. I have intercourse without pain or discomfort.	1 2 3	1 2 3
35. I have orgasms when I masturbate by myself.	1 2 3	1 2 3
36. I have orgasms during intercourse.	1 2 3	1 2 3
37. I have had one or more orgasms in my life.	1 2 3	1 2 3
38. My partner has orgasms when I stimulate him/her with my hands or mouth.	1 2 3	1 2 3
39. My partner has orgasms during intercourse.	1 2 3	1 2 3
40. I reach orgasm within a period of time that is comfortable for me or my partner.	1 2 3	1 2 3
41. My partner is satisfied with the frequency of my orgasms.	1 2 3	1 2 3
42. There are things i would like sexually that i have not talked about with my partner.	1 2 3	1 2 3
43. I believe there are things my partner would like sexually that he/she has not told me about.	1 2 3	1 2 3
44. I avoid affection with my partner for fear it will lead to sex.	1 2 3	1 2 3
45. My partner pressures me to have sex when i don't want it.	1 2 3	1 2 3
46. Generally, i want sex more often than my partner.	1 2 3	1 2 3
47. We argue about aspects of our sex life.	1 2 3	1 2 3
48. My partner and I have discussed what turns us on and turns us off sexually.	1 2 3	1 2 3
49. My partner has said negative things to me about my sexuality, body, or the way i am during sex.	1 2 3	1 2 3
50. I want things sexually that my partner does not want to do.	1 2 3	1 2 3
51. I would like to spice up or have more variety in our sex life.	1 2 3	1 2 3
52. My sexual desire for my partner is affected by people I am close to outside of our relationship.	1 2 3	1 2 3
53. My partner gets angry if we don't have sex as often as he/she wants.	1 2 3	1 2 3
54. My partner does things sexually that cause pain or injure me.	1 2 3	1 2 3
55. I experience difficult thoughts or feelings during foreplay or sex.	1 2 3	1 2 3
56. There are things that get in the way of my being able to enjoy sex with my partner.	1 2 3	1 2 3
57. During sex or foreplay, i sometimes wish we could stop but don't want to disappoint my partner or have him/her get angry.	1 2 3	1 2 3
58. There are things about me sexually that i have not told my partner.	1 2 3	1 2 3
59. I am ashamed of things in my past that have to do with my sexuality.	1 2 3	1 2 3
60. I am ashamed of things happening currently that have to do with my sexuality.	1 2 3	1 2 3
61. One or both of us fears pregnancy and this affects our sex life.	1 2 3	1 2 3
62. I am unhappy with the way we handle contraception (type, frequency, side effects, etc.)	1 2 3	1 2 3
63. I have been sexually assaulted or abused at some point in my life.	1 2 3	1 2 3
64. The idea of having a (or another) child and this affects our sex life.	1 2 3	1 2 3
65. Our sex life changed after we had children (choose one) First child / second child / third or more children	1 2 3	1 2 3
66. We have been trying to conceive without success and this gets in the way of our sex life.	1 2 3	1 2 3
67. There are painful experiences in our past together that bother one or both of us.	1 2 3	1 2 3

How I Feel about Our Sex Life

	This is true 1=Not at all 2=A little 3=Very	This causes problems in our relationship 1=Not at all 2=A little 3=A lot
68. There are painful experiences in my past relationships that affect how I feel sexually with my partner.	1 2 3	1 2 3
69. When I think about having sex I feel anxious or uneasy.	1 2 3	1 2 3
70. I do not trust my partner in some ways and this affects my sexual feelings.	1 2 3	1 2 3
71. My partner's hygiene affects my enjoyment of sex.	1 2 3	1 2 3
72. My partner's weight or other body characteristics affect my enjoyment of sex.	1 2 3	1 2 3
73. The way my partner initiates sex upsets me.	1 2 3	1 2 3
74. The way my partner turns me down when I initiate sex upsets me.	1 2 3	1 2 3
75. I want more affection without it leading to sex.	1 2 3	1 2 3
76. I have problems with (choose one or both) lubricating / becoming erect / staying erect / having orgasms	1 2 3	1 2 3
77. I wish my partner was more affectionate.	1 2 3	1 2 3
78. There are unresolved issues between us that affect my desire or interest in sex.	1 2 3	1 2 3
79. I need more emotional intimacy in order to feel interested in or enjoy sex.	1 2 3	1 2 3
80. I have positive feelings when I anticipate sex with my partner.	1 2 3	1 2 3
81. I have health problems or take medications that affect how I am sexually.	1 2 3	1 2 3
82. I am usually so busy i don't have the energy or time for sex.	1 2 3	1 2 3
83. I am often too tired to have sex.	1 2 3	1 2 3
84. I am turned off by smells, bodily fluids, or body hair, and this affects my sexual desire or arousal.	1 2 3	1 2 3
85. I uncomfortable having sex with the lights on or when we can see each other.	1 2 3	1 2 3
86. I feel emotionally connected to my partner during sex.	1 2 3	1 2 3
87. I feel good after we have sex.	1 2 3	1 2 3
88. At some point in our relationship, my partner's interest in sex decreased or disappeared completely.	1 2 3	1 2 3
89. I worry about my partner's use of porn, sexual internet sites, or sexual chat rooms.	1 2 3	1 2 3
90. My partner stays up later than me and this interferes with our sex life.	1 2 3	1 2 3
91. Having sex would make me feel too close for comfort.	1 2 3	1 2 3
92. I want sex with someone other than my partner.	1 2 3	1 2 3
93. My partner doesn't know much about sex or how bodies work sexually.	1 2 3	1 2 3
94. My partner has stereotypes of what it means to have a good sex life that affect what he/she expects sexually.	1 2 3	1 2 3
95. My partner's thoughts about his/her gender affect our sex life.	1 2 3	1 2 3
96. I am uncomfortable with or ashamed of things we do sexually.	1 2 3	1 2 3
97. There are things in my life that affect my feelings about sex. (Please explain.)	1 2 3	1 2 3
98. There are things about my sexuality or our sex life that I am uncomfortable discussing in counseling.	1 2 3	1 2 3
99. I would be uncomfortable if we talked about sex in counseling (choose one or both) in an individual / couples session.	1 2 3	1 2 3
100. My partner seems to think about sex all the time, or almost all the time.	1 2 3	1 2 3