

Sexual Fulfillment

STEP 4

SEX & INTIMACY



Select the answers, on a scale of 1-5, that best reflect your personal feelings about each question.

Please be open and honest in your responses.

- 1 = Strongly disagree
- 2 = Disagree a little
- 3 = Neither agree nor disagree
- 4 = Agree a little
- 5 = Strongly agree

	1	2	3	4	5	
I often feel something is missing from my present sex life.						
I often feel I don't have enough emotional closeness in my sex life.						
I feel content with how often I presently have sexual intimacy (kissing, intercourse, etc.) in my life.						
I don't have any important problems or concerns about sex (arousal, orgasm, frequency, compatibility, communication, etc.).						
My partner often gets defensive when I try discussing sex.						
My partner and I do not discuss sex openly enough with each other, or do not discuss sex often enough.						
I usually feel completely comfortable discussing sex whenever my partner wants to.						
I have no difficulty talking about my deepest feelings and emotions when my partner wants me to.						
I feel content with the way my present sex life is.						
My partner has no difficulty talking about their deepest feelings and emotions when I want them to.						
I often feel that my partner and I are not sexually compatible enough.						
I often feel my partner isn't sensitive or aware enough about my sexual likes and desires						
I often feel that my partner's beliefs and attitudes about sex are too different from mine						
I'm worried that my partner will become frustrated with my sexual difficulties.						
I sometimes think my partner and I are mismatched in needs and desires concerning sexual intimacy.						
I sometimes feel that my partner and I might not be physically attracted to each other enough.						

I sometimes think my partner and I are mismatched in our sexual styles and preferences.						
I'm worried that my partner will become frustrated with my sexual difficulties.						
I'm worried that my sexual difficulties will adversely affect my relationship.						
I'm worried that my partner may have an affair because of my sexual difficulties OR I'm worried my partner may continue to be unfaithful because of our sex life						
I'm worried that my partner is sexually unfulfilled.						
I feel like I've disappointed my partner by having sexual difficulties.						
My sexual difficulties are frustrating me						
My sexual difficulties make me feel sexually unfulfilled.						
I'm worried that my sexual difficulties might cause me to seek fulfillment outside my relationship.						
I'm so distressed about my sexual difficulties that it affects the way I feel about myself.						
I'm so distressed about my sexual difficulties that it affects my own well being.						
My sexual difficulties annoy and anger me.						

Please indicate which, if any, of the following sexual concerns you are currently experiencing:

- ☐ Pain during sex
- ☐ Lack of interest or low sex drive
- ☐ Difficulty achieving orgasm
- ☐ Insufficient lubrication
- ☐ Lack of information about sex
- ☐ Vaginal tightness or difficulty with penetration
- ☐ Frequency (too often)
- ☐ Frequency (not often enough)
- ☐ Fear, panic or anxiety while engaging in or thinking about sex
- ☐ None of the above

Overall, how satisfactory or unsatisfactory is your present sex life?

- ☐ Not at all
- ☐ Not Very
- ☐ Its ok
- ☐ Very Satisfied
- ☐ Completely Satisfied

A. Need for sexual fulfillment: Indicate how much you need sexual fulfillment by circling the appropriate number.

0	1	2	3	4	5	6
I have no need		I have moderate need			I have a great need	

How often would you like your spouse to engage in sexual relations with you?

_____ times each **day / week / month** (circle one).

If your spouse does not engage in sexual relations with you as often as you indicated above, how does it make you feel (circle the appropriate letter)?

- a. Very unhappy.
- b. Neither happy nor unhappy.
- c. Somewhat unhappy
- d. Happy not to engage in sex.

B. Evaluation of sexual relations with your spouse: Indicate your satisfaction with your spouse's sexual relations with you by circling the appropriate number.

-3	-2	-1	0	1	2	3
Extremely Dissatisfied			Neither	Extremely Satisfied		

My spouse gives me (circle the appropriate letter)

- a. all the sex I need, and I like the way he/she does it.
- b. not enough sex, but when he/she does it, it is the way I like it.
- c. all the sex I need, but it is not the way I like it.
- d. not enough sex, and when we do have sex it is not the way I like it

Explain how your need for sexual fulfillment could be better satisfied in your marriage.