

Sex Questionnaire (INSERT NAME HERE)

Please answer the following questions honestly and with as much detail as possible. This will serve as a starting point of sorts as we begin to discuss sexual intimacy together.

1. **Overall, do you feel comfortable or uncomfortable talking about sex? Why or why not?**

2. **What was the first question about sex that you remember asking your parents? How did they respond?**

3. **How did you learn about sex? What were you taught about it?**

4. **What did you learn about sex that you were not taught, but found out anyway?**

5. **When you were growing up, with whom did you feel comfortable asking questions about sex? What made that person easy to talk to?**

6. **What do you look forward to in your sex life?**

7. **What concerns do you have about your sex life?**

8. **On a scale of 1 to 10, how important should a sexual relationship be in marriage?**

Mark only one oval.

1 2 3 4 5 6 7 8 9 10

Not Very Important

9. **What events from your past have influenced your sexual behavior and attitudes?**

10. **Have you ever had any experiences with regards to an abortion?**

11. **Have you ever been sexually violated, abused or raped?**

16. **What's one thing you could do to increase the score by one point? (e.g., from a 7 to an 8)**

17. **How does your spouse effectively communicate to you that s/he is attracted to you? What could s/he be doing better?**

18. **What aspect(s) of your sex life are you hurt or angry about?**

19. **Is there anything else you would like to say about your sex life?**

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