

Questions to Help Couples Have a Sex Life Discussion

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Each spouse should complete the following questions individually, and then when both husband and wife are done, share your responses with each other. Discuss items where one or both of you indicated a desire for change. Discuss how you as partners can incorporate these changes into your sexual relationship.

Indicate below on each of the following statements the amount of change **YOU** would like in your sexual relationship:

1. My spouse showing understanding and consideration of my daily emotional needs (not necessarily as a way of leading to sexual intimacy).

Much more *More* *No Change* *Less* *Much Less*

2. Creating a romantic atmosphere, such as bringing flowers, candlelit dinner, surprises, etc.

Much more *More* *No Change* *Less* *Much Less*

3. Sharing affection and tenderness as part of our daily lives.

Much more *More* *No Change* *Less* *Much Less*

4. Spending time hanging out together as a couple.

Much more *More* *No Change* *Less* *Much Less*

5. Allowing time for foreplay and caressing.

Much more *More* *No Change* *Less* *Much Less*

6. Gentle caressing of sensitive body areas, in particular my _____.

Much more *More* *No Change* *Less* *Much Less*

7. Preparing our bodies for intimacy by showering, shaving, brushing teeth, etc.

Much more *More* *No Change* *Less* *Much Less*

8. My spouse verbally expressing during sexual intimacy what is more or less pleasurable.

Much more *More* *No Change* *Less* *Much Less*

9. Myself verbally expressing during sexual intimacy what is more or less pleasurable.

Much more *More* *No Change* *Less* *Much Less*

10. Experimenting with sexual intimacy at different times—noon, middle of night, morning, etc.

Much more *More* *No Change* *Less* *Much Less*

11. My spouse being sensitive to my moods and feelings during sexual intimacy.

Much more *More* *No Change* *Less* *Much Less*

12. Achieving a satisfactory orgasm myself.
Much more *More* *No Change* *Less* *Much Less*
13. My spouse achieving a satisfactory orgasm.
Much more *More* *No Change* *Less* *Much Less*
14. Changing the frequency or number of times sexual intimacy occurs.
Much more *More* *No Change* *Less* *Much Less*
15. My spouse taking the initiative in flirting, affection, and sexual intimacy.
Much more *More* *No Change* *Less* *Much Less*
16. Stimulating my spouse by using my hands.
Much more *More* *No Change* *Less* *Much Less*
17. Stimulating my spouse by using my mouth.
Much more *More* *No Change* *Less* *Much Less*
18. Being stimulated by my spouse with his/her hands.
Much more *More* *No Change* *Less* *Much Less*
19. Being stimulated by my spouse with his/her mouth.
Much more *More* *No Change* *Less* *Much Less*
20. Varying positions of sexual activity. (A position I might want to try is _____)
Much more *More* *No Change* *Less* *Much Less*
21. Heightening the sensuality and eroticism of sexual intimacy (lingerie, candles, massages, etc.)
Much more *More* *No Change* *Less* *Much Less*
22. Continuing love play and repeating sexual intimacy after first orgasm.
Much more *More* *No Change* *Less* *Much Less*
23. Expressing tenderness and affection after sexual intimacy.
Much more *More* *No Change* *Less* *Much Less*
24. Verbally expressing love after sexual intimacy.
Much more *More* *No Change* *Less* *Much Less*
25. Exploring and talking about the spiritual dimension of our sexuality as a couple.
Much more *More* *No Change* *Less* *Much Less*
26. Praying together either before or after sexual intimacy.
Much more *More* *No Change* *Less* *Much Less*
27. Reading and discussing biblically-based books about enhancing our sexual relationship.
Much more *More* *No Change* *Less* *Much Less*
28. Planning for “together times” in the future, away from family and normal routine.
Much more *More* *No Change* *Less* *Much Less*