

20 questions to better understand your connection to sexuality

1. What does sex mean to you?
2. When do you feel most free in your relationship?
3. What do you like to experience in sex? (feel free to check more than one)
tenderness softness closeness intensity aggression rebellious surrender
a state of transcendence a spiritual connection dominance abandon receiving
to be taken to possess ruthlessness giving a release timelessness
unboundedness free from responsibility
4. How do you respond to sexual preferences and requests from a partner?
5. How do you like to be touched?
6. Do you make a distinction between making love and having sex?
7. What are the dominant messages you grew up with about boys & girls/men and women?
8. Among the 5 senses which is most sexual for you?
Seeing
Hearing
Smelling
Touching
Tasting
9. Of the following verbs which one are you most comfortable with, and which would you like to stretch?
To ask
To take
To Give
To receive
To refuse
10. Who are you as a lover and how does your partner experience you as a sexual partner?

11. What is a challenge for you sexually? Is there a barrier you would like to cross?
12. Do you sometimes pretend?
13. When are you bored sexually, what do you do to change that?
14. How comfortable are you to communicate your sexual wants and dislikes?
15. Have you been hurt in love?
16. Have you hurt someone in love?
17. What was the attitude toward sex in your family growing up?
 - Comfortable
 - Positive
 - Natural
 - Awkward
 - Repressive
 - Shameful
 - Guilt inducing
 - Abusive
18. To what degree is porn a source of your sexual education?
19. How comfortable are you with nudity?
20. Do you want sexual exclusiveness in your relationship and are you comfortable discussing the topic of sexual boundaries and monogamy with your partner?