

Sex Therapy Assessment Questionnaire

Directions: Sexual problems in marriage can be complex and multi-faceted. This survey will help us assess the nature of your problem and more quickly focus therapy to your needs. Your responses will be held in confidence and only shared with your spouse with your permission. *Please answer questions by checking the box the most fits your current feelings and experiences.*

Name					
Age					
Years married?					
Previously married?					
Typical frequency of sex?					
	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
1. I find thoughts about sex with my spouse pleasant.	0	1	2	3	4
2. When my spouse asks to have sex I readily agree.	0	1	2	3	4
3. When I think about sex I have unpleasant memories.	4	3	2	1	0
4. Sex disgusts me.	4	3	2	1	0
5. Sex feels like a chore most of the time.	4	3	2	1	0
6. It is easy for me to become aroused.	0	1	2	3	4
7. I am usually able to stay aroused throughout sex.	0	1	2	3	4
8. I am often distracted by other thoughts during sex.	4	3	2	1	0
9. Our sexual activity is rarely rushed.	0	1	2	3	4
10 Planning time to have sex seems undesirable to me.	4	3	2	1	0
11. I regularly satisfy my spouse's sexual desires.	0	1	2	3	4
12. My spouse regularly satisfies my sexual desires.	0	1	2	3	4
13. I wish my spouse would be more adventurous in bed.	4	3	2	1	0
14. I feel pressured to try new things during sex.	4	3	2	1	0
15. We both usually orgasm during sex.	0	1	2	3	4
16. My spouse takes a long time to orgasm.	4	3	2	1	0
17. I take too long to orgasm.	4	3	2	1	0
18. I am able to orgasm alone but not with my spouse.	4	3	2	1	0

19. My spouse orgasms too quickly.	4	3	2	1	0
20. I orgasm too quickly.	4	3	2	1	0
21. It is a big problem if I or my spouse fails to orgasm.	4	3	2	1	0
22. Our sex activity usually includes vaginal penetration.	0	1	2	3	4
23. Vaginal penetration is difficult and/or painful.	4	3	2	1	0
24. We agree on what makes for good sexual activity	0	1	2	3	4
25. We cannot talk about sexual matters without fighting.	4	3	2	1	0
26. Overall, I am satisfied with our sex life.	0	1	2	3	4
27. Overall, our marriage relationship is very strong.	0	1	2	3	4
Additional comments, questions, or problems not yet noted (e.g., known physiological problems (e.g., diabetes, heart disease, menopause), medication side effects, current or past infidelity, history of child sexual abuse, addictions, domestic violence, etc.):					