



How You Like It

Talking about sex can feel awkward and embarrassing for most people, but it's still a very important part of ensuring that your sex life is healthy and satisfying. Take the time and answer the questions below as honestly as you can. Feel free to skip any question. You can use this tool to learn more about your own sexual likes and dislikes or you can share it with your partner(s). It is not meant to take the place of talking about sex, but it may be a way of starting what will hopefully turn out to be a very rewarding conversation.

1. If I had my way, I would have sex...

- a) at least once a day.
- b) more often than now but not every day.
- c) about the same frequency as now.
- d) with some regularity but less often than now.
- e) hardly ever.
- f) only if I were one of two survivors of the apocalypse and I had to in order to save humankind.

2. I want the times I have sex to...

- a) completely catch me off guard
- b) be as spontaneous as possible
- c) be a mix of surprise and planned events
- d) be planned events
- e) be long-awaited, anticipated events

3. I feel very _____ experiencing pleasure.

- a) What's pleasure? I don't think I've felt that yet.
- b) uncomfortable
- c) guilty
- d) comfortable
- e) enthusiastic

4. When it comes to knowing what makes my body feel good...

- a) I have no clue at all.
- b) I know one thing that works for me.
- c) I know a few things that work for me.
- d) I know a lot of things that work for me.
- e) I haven't found something that doesn't feel good yet.

5. When it comes to trying new sexual behaviors or activities...

- a) I'm game for anything.
- b) I feel pretty adventurous.
- c) I would be open to considering new possibilities.
- d) There might be one or two different things I would be willing to try.
- e) I'd rather just stick with what I know now.

6. Here are some of the things I might be interested in doing: (check all that apply)

- humping (with clothes on)
- humping (with clothes off)
- masturbating in front of someone else
- trying bondage, S/M, being tied up/tying someone up during sex
- penis-vagina intercourse
- penis-anus intercourse
- different positions for sex
- receiving oral sex
- giving oral sex
- having sex with more than one person at the same time
- having sex while someone watched
- using dildos, vibrators or other toys during sex
- using fantasy or role play during sex
- watching movies with sex in them
- involving pee or poop in sex
- kissing
- taking pictures or filming during sex
- rubbing each other's body with hands

7. Words that most closely describe how I like to have sex are: (check all that apply)

- | | | |
|------------|----------|----------|
| gentle | slow | deep |
| silly | rough | serious |
| intense | noisy | fast |
| quiet | dirty | fun |
| meaningful | relaxing | frenzied |

8. When it comes to talking during sex...

- a) I prefer silence.
- b) I like to hear from my partner about what s/he wants and what feels good.
- c) I like dirty talk.
- d) I like to hear things that help me fantasize.
- e) I like to have lengthy conversations.

9. During sex I am often...

- a) thinking about what is happening and how it feels.
- b) thinking about my partner.
- c) thinking about a fantasy scenario.
- d) thinking about something unrelated to sex.
- e) not thinking at all.

10. When it comes to initiating sex...

- a) I prefer to be the initiator.
- b) I like it when my partner and I take turns initiating.
- c) I like it when sex is planned and there is less pressure to initiate.
- d) I prefer my partner be the initiator.
- e) I'd rather if nobody initiated at all.

11. The parts of my body which I like most to be kissed: (check all that apply)

my legs	my feet	my clitoris
tip of my penis	inside my anus	inside my vagina
outside my vagina	outside my anus	my prostate
my testicles	my breasts	my face
my butt cheeks	my stomach	my back
my hands	my arms	shaft of my penis
my neck	base of my penis	my nipples

12. The parts of my body which I like most to be licked: (check all that apply)

my legs	my feet	my clitoris
tip of my penis	inside my anus	inside my vagina
outside my vagina	outside my anus	my prostate
my testicles	my breasts	my face
my butt cheeks	my stomach	my back
my hands	my arms	shaft of my penis
my neck	base of my penis	my nipples

13. The parts of my body which I like most to be touched: (check all that apply)

my legs	my feet	my clitoris
tip of my penis	inside my anus	inside my vagina
outside my vagina	outside my anus	my prostate
my testicles	my breasts	my face
my butt cheeks	my stomach	my back
my hands	my arms	shaft of my penis
my neck	base of my penis	my nipples

14. Some things that help me feel sexy are: (check all that apply)

snuggling	compliments	talking
holding hands	feeling loved	eating
dancing	nice body smell	books/magazines with sex in them
role playing	playing with food	drugs or alcohol
being naked	talking dirty	massage
taking bath/shower	getting attention	public displays of affection
clean breath	listening to music	body hair
being silly	using protection	movies or TV with sex in them
_____	_____	_____

15. Some things that make it hard for me to feel sexy are: (check all that apply)

arguing	critical comments	talking
being naked	being ignored	public displays of affection
my body image	body odor	books/magazines with sex in them
eating	feeling unloved	other people being around
drugs or alcohol	being silly	talking dirty
feeling anxious	feeling rushed	being serious
bad breath	feeling sad	body hair
being busy	using protection	movies or TV with sex in them
_____	_____	_____

16. The time of day I most often feel like having sex is...

- I feel like it 24 hours a day.
- first thing in the morning.
- in the middle of the day.
- in the evening.
- There's never a time I feel like having sex.

17. Some of the places I like having sex most are: (check all that apply)

in the bathtub	in public	in bed
online	in the car	in the shower
on the couch	on the floor	watching a movie
at a club	outside	against a wall
on a chair	on a table	at a bathhouse
on the phone	in the kitchen	at work
_____	_____	_____

18. Some things about sex that I have a hard time with are: (check all that apply)

initiating	saying what I like	knowing what my partner(s) like
finding a partner(s)	relaxing	telling my partner(s) what I like
feeling safe	setting limits	feeling sexy with another person
being patient	having an orgasm	feeling self-conscious
getting aroused	feeling guilty	staying present in my body
feeling ashamed	making time for it	associating it with trauma
using protection	trying new things	finding a place to have sex

19. After sex, I feel most like: (check all that apply)

talking	sleeping	leaving
snuggling	having sex again	taking a bath/shower
being alone	eating	watching a movie/TV
exercising	thinking	reading

20. Three things I think would make my sex life healthier and more satisfying are:

1.

2.

3.

Contact Jenn Brandel at www.freshperspective.us for more resources or to set up a free initial consultation.