

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
 - f) other _____

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 quiet noisy fast frenzied fun
 - dirty meaningful relaxing _____
 - _____ _____
 - _____

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.
 - f) other _____

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 vagina outside my vagina outside my anus
- 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 vagina outside my vagina outside my anus
- 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 or stimulated: (check all that apply)

- my legs my feet my clitoris tip of my penis
- inside my vagina outside my vagina outside my anus
- 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
- feeling anxious
- feeling rushed
- being serious
- bad breath
- body hair
- feeling sad
- being busy
- movies or tv with sex in them
- using protection
- _____
- _____

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

- a) I feel like it 24 hours a day.
- b) first thing in the morning.
- c) in the middle of the day.
- d) in the evening.
- e) 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
- on the couch
- in the shower
- on the floor
- watching a movie
- outside
- against a wall
- on a chair
- on the phone
- on a table

at work in the kitchen _____

_____ _____

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.
