

SEX

Sexual Compatibility is Not Only About Sex Are You Satisfied?

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Circle "A" Agree or "D" Disagree

1. I am satisfied with how my spouse expresses affection during the day. A D
2. I am satisfied that my spouse loves me above all others (even our children) and would never do anything to intentionally hurt me. A D
3. I am satisfied how we talk about difficult subjects, not only sex. A D
4. I am satisfied with the environment where we have sexual relations. A D
5. I am satisfied with the frequency of our sexual relations. A D
6. I am satisfied with who initiates our sexual intimacy. A D
7. I am satisfied with how we spend our time leading to intercourse. A D
8. I am satisfied with how me spouse touches me during lovemaking. A D
9. I am satisfied with the frequency that I reach orgasm. A D
10. I am satisfied with the way I feel right after we make love to each other. A D
11. I am satisfied with the care my spouse takes of his/her body to make herself/himself appealing to others. A D
12. I am satisfied with the way we've decided to play our family. A D
13. I comfortable, while in my partner's presence, walking around the house or bedroom completely naked. A D
14. I can lay down with my partner totally naked without having sexual intercourse. A D
15. I can freely tell my partner what techniques or actions I want my partner sexually to do to me or with me. A D
16. I am satisfied with the sexual positions my partner I enjoy. A D

Total the A and D.

"A" TOTAL _____ "D" TOTAL _____

13 or more "A" answers: Congratulations! You have a lot of strength in your relationship.

5 to 12 "A": You have a mediocre sex life. Seek help before it gets worse. Either of you or one or you are not satisfied.

4 or fewer "A" Your sex life is in big trouble. Seek help right away. Do not take sex for granted. There is a greater risk of losing your partner.