

**1. When I think about my sex life, I feel...**

- a. It's good enough but I don't have time to worry about it a lot
- b. I'm not happy with the sex in my relationship but I can't express my feelings
- c. Worried that my friends and everyone else has more and better sex than me
- d. I don't have sex very often and that works for both of us most of the time
- e. I have a satisfying sex life that works for me and my partner

**2. For me, sex is really...**

- a. Something I try to avoid whenever possible
- b. Something I don't have in my relationship
- c. A way of elevating our relationship beyond roommates
- d. Enjoyable
- e. Intimacy and connection with my partner

**3. When I think about ways of boosting the intimacy in our relationship...**

- a. I don't think it's possible – our sex life is what it is
- b. I don't know how to talk to my partner about this topic
- c. I'd appreciate some tips and techniques but I'm not sure where to start
- d. I try to talk to my partner but I'm embarrassed

- e. We enjoy coming up with new things to try

**4. When it comes to sex, my partner...**

- a. Isn't interested and won't talk to me about it
- b. Gets annoyed and has sex as a chore
- c. Is too busy and there are too many other things that are priority
- d. Loves sex and. makes time for us to be intimate

**5. When we have sex, I feel...**

- a. Bored and disconnected from my partner
- b. It's more for my partner than for me
- c. Under pressure to perform and tend to just go through the motions
- d. It's enjoyable but I want to try new things
- e. Emotionally connected to my partner and we have fun

**6. The biggest obstacle to our sex life is...**

- a. It's very low priority
- b. My partner makes excuses a lot of the time and is not in the mood
- c. We have hardly any privacy in our home
- d. We'd like to be closer, but life worries and pressures get in the way

- e. We usually make an effort and create the space to be together

**7. When it comes to broaching the subject of sex in our relationship, I...**

- a. Change the subject and find something to do as a distraction
- b. Get irritated that my partner is bothering me with this topic again!
- c. Want to work things out, but we just end up arguing
- d. Feel that we try to make it a priority to talk about how we could improve things, but get distracted by other worries
- e. Feel we talk a lot and it keeps us close and connected

**8. When it comes to expressing other ways of being close and intimate with each other, my partner and I...**

- a. Don't really do anything
- b. Have mechanical sex and that's enough
- c. Tell each other that we love each other
- d.. Tend to hold hands, talk, have a laugh and cuddle often