# Sex Coaching Assessment Questionnaire

**Directions:** Sexual problems in your life can be complex and multi-faceted. This survey will help us assess the nature of your problem and more quickly focus Coaching 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 have masturbation issues. | | 0 | 1 | 2 | 3 | 4 |
| 2. I am a chronic masturbator. | | 0 | 1 | 2 | 3 | 4 |
| 3. When I think about sex I have unpleasant memories. | | 4 | 3 | 2 | 1 | 0 |
| 4. Sex disgusts me with my spouse. | | 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. I like to cross dress. | | 0 | 1 | 2 | 3 | 4 |
| 10 I have thoughts about becoming the opposite sex. | | 4 | 3 | 2 | 1 | 0 |
| 11. I have a sexual fetish that is considered “taboo.” | | 0 | 1 | 2 | 3 | 4 |
| 12. Oral Asphyxiation excites me. | | 0 | 1 | 2 | 3 | 4 |
| 13. I am addicted to porn. | | 4 | 3 | 2 | 1 | 0 |
| 14. My spouse is not willing to live out my fantasies. | | 4 | 3 | 2 | 1 | 0 |
| 15. I don’t get excited about 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 fantasies are running my life. | | 4 | 3 | 2 | 1 | 0 |
| 20. I want to embrace my sexual desires, even if they are considered not normal or “taboo.” | | 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. I don’t think my penis is big enough. | | 0 | 1 | 2 | 3 | 4 |
| 23. I have dating issues. | | 4 | 3 | 2 | 1 | 0 |
| 24. I am embarrassed to talk to women. | | 0 | 1 | 2 | 3 | 4 |
| 25. My health is in good standing. | | 4 | 3 | 2 | 1 | 0 |
| 26. Overall, I am satisfied with my sex life. | | 0 | 1 | 2 | 3 | 4 |
| 27. Overall, I am ok with who I am. | | 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.): | | | | | | |