

Questions you might ask about sex:

- What do you want to experience that's different from what you're experiencing now?
- What kind of touch do you currently find pleasurable?
- Are there kinds of touch you think you might enjoy that you haven't tried yet?
- How comfortable are you showing your partner what you like?
- How comfortable are you exploring for yourself on your own body what feels sexually pleasurable?
- How comfortable are you showing your partner or telling your partner what you like?
- How comfortable are you asking your partner what they like, and learning from them about their body and preferences?
- What is it like for you to talk about this together?
- What do you want to be experiencing that is different from what you are experiencing now?

Did your family talk about sex?

If they did, Did they talk about sex in a way that normalized pleasure and taught consent?

Did you have sex education that provided information about sexual pleasure, not just reproduction or disease prevention?

If you are sexual, How comfortable are you saying no to a sex partner in a warm way that honors both of you and results in increased connection rather than disconnect? Or do you avoid the topic or just do it anyway rather than cause disappointment?

6 question brief assessment for sex issues that will help you organize a treatment plan:

