

TWENTY THREE QUESTIONS OF CO - S.A.

Questions to be answered by persons in close relationships that seem especially troubled.

1. Symptoms of sexual issues in your primary relationship may be: sleeping too much, losing sleep, eating poorly, overeating, or increasing use of chemicals.
2. Do you focus more on your partner's sexual attitudes, beliefs or need than on your own?
3. Are you aware of trying to control your partner's sexual actions or thoughts? Are you aware of how this may be affecting you?
4. Does sex play an all consuming role in your relationship?
5. Do you give into the sexual demands of your partner even if they turn you off?
6. Do you use sex to try to repair the relationship when it is strained? (e.g., health issues, money matters or business set backs, etc.)
7. Do you feel empty after having sex?
8. Do you ever experience contented intimacy, trust or commitment with your partner?
9. Do you think that everything would be "o.k." if only you had perfect sex?
10. Do you compare your body and feel inadequate to those of persons in magazines, films, advertising, and other media?
11. Do you neglect your own wants or those of your family to comply with the sexual desires of your partner?
12. Do you withdraw emotionally or have your mind on other things while having sex?
13. Do you engage in sexual activities with your partner that you are uncomfortable or ashamed of?
14. Do you entertain the thought, "I'm not enough of a man or woman for my partner?"
15. Do you find sex uncomfortable versus being pleasurable?
16. Do you get accused of or feel that you are "old fashioned" or "not with the times" sexually?
17. Have you read a number of sex "how to" books for yourself or at the request of your partner so that you could perform better sex?
18. Do you believe that you have to put up with certain behaviors that are repulsive to you in order to keep your partner?
19. Do you have a constant fear that your partner will leave you?
20. Can you express to your partner your sexual needs and desires?
21. Do you feel that your partner sincerely tries to meet your needs?
22. Do you lie about your sexual feelings or reactions in order to please your partner, e.g., "faking orgasms"?
23. Are you embarrassed to speak of your sexual behaviors or fears with another person or a professional counselor?