

EMPOWERING PSYCHOLOGICAL TOOLS

SEXUALITY SPECTRUM-2

	Name_					
SEXUALITY SPECTRUM-2	Date					
Please respond to the statements below with the appropriate response to the right.	o					o
oo	Strongly Agree	Agree	Not Sure	Disagree	Strongly Disagree	Not Comfortable Discussing
1. My partner and I have a satisfying sex life	SA	A	NS	D	SD	NCD
2. I have deep or persistent complaints about my partner	SA	А	NS	D	SD	NCD
3. I tend to look at our relationship issues as mostly my partner's fault	SA		NS	D	SD	NCD
4. I have a hard time seeing or imagining my role in our relationship problems	SA	A	NS	D	SD	NCD
5. I tend to withhold things from others when I am upset with them	SA	A	NS	D	SD	NCD
My partner and I communicate effectively about our sexual relationship and needs	SA	А	NS	D	SD	NCD
7. I have a hard time expressing my desire to have or not have sex	SA		NS		SD	NCD
8. I have a hard time expressing the things my partner could do to sexually please me	SA	A	NS	D	SD	NCD
9. My partner tends to do the things it takes to sexually please me	SA	A	NS	D	SD	NCD
10. It seems like I have more interest in sex than my partner does	SA	А	NS	D	SD	NCD
 I am confident neither my partner nor I have biological, medical or mental health conditions that affect our sex life 	SA		NS	D	SD	NCD
12. Sometimes I suspect my partner keeps a lot of secrets from me	SA	A	NS	D	SD	NCD
13. I would like our sex life to be more adventurous	SA	А	NS	D	SD	NCD
14. I would like our sex life to be more adventurous, but I'm not sure what that would involve	SA	A	NS	D	SD	NCD
15. I would like to make our sex life more adventurous, but I feel awkward about communicating that to my partnner	SA	A	NS	D	SD	NCD

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