

Life Management Associates, LLC

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## **Sexual Relations Assessment**



# LIFE MANAGEMENT ASSOCIATES, LLC

## Sexual Relations Assessment

- 1) Can you talk openly with your partner about your needs, physically and emotionally, when it comes to sex?  
(Circle one) Yes No

If you circled 'no,' please explain why it feels like you cannot:

2) Who most often initiates sexual or intimate contact?

3) Are you having sex regularly? (Circle one) Yes No

4) Define "regularly" in your relationship:

5) If you are not having sex, when did you stop being intimate and what is your understanding of how this happened?

6) Are your sex drives compatible? Are they high, medium, or low?

7) Are there aspects of your sexual relationship you would like to change? If so, please explain.

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8) How do you let your partner know when you are feeling interested in being intimate or sexual with him or her?

9) Is sex a painful topic in your relationship? Why or why not?

10) Do you use intimate sexual contact to repair or reconnect in your relationship? If so, how?

11) In your opinion, do you feel like things are working mechanically when it comes to your sexual contact?

12) Do you ever feel forced or coerced into being sexual with your partner? If so, please explain.

13) Is there anything else about your sexual relationship, your sexual history or your feelings about sexuality that are important for me to know? Yes No

Please list or explain if you can.