

# Marriage: Sexual Inventory and Questions for Discussion Between Husband and Wife

1. Do you recall any specific event that may have affected your sex life?
2. Word-association test: When you think of sex, what word or words come to mind?
3. What were your parents' attitude about sex? (mother, father)
4. What did you learn from your parents about sex? Did your parents enjoy sex?
5. Did your parents talk freely to you about sex? Did you talk to your parents about your sexual concerns? Ask them questions? Were you satisfied with the answers they gave?
6. What stirs up sexual guilt or shame in you now?
7. What does the Bible say about sex? Describe as fully as you can. What are God's purposes for sex?
8. What is proper and improper in sexual relations? What would be wrong?
9. When did you learn where babies actually come from and how they are conceived? How did you learn? How did you react to this information?
10. What were your expectations regarding sex, love-making and intercourse before marriage? Were these expectations fulfilled at some point within the first year of marriage? If not, describe.
11. Describe your honeymoon experience. Did you have any sexual difficulties? If so, what?
12. How frequently did you have sex during the first month of marriage? Were your sexual relations enjoyable? What did each of you prefer in the area of sex?
13. What is usual frequency of your sexual relations now?
14. Who usually initiates relations? Who chooses the time?
15. Does lovemaking always lead to intercourse? If not, how often percentage wise?
16. Do you have a preference for a time of day and situation for lovemaking? Describe.
17. Do you tell your spouse what pleases you and displeases you about sexual intercourse?
18. Do you think you are attractive? Were you an attractive child? Were you attractive during courtship? Would you like to change anything about yourself?
19. Are you attractive to your mate?
20. What are your greatest, best attributes as a person? To your mate?
21. By what means, other than intercourse, have you sought to bring sexual pleasure to your mate? By what means has your mate sought to bring pleasure to you?

22. Describe your concept of appropriate male and female roles in the total marriage relationship. In sex relations.
23. What forms of contraceptives have you used? Do you and your mate agree?
24. Do you enjoy touching and being touched? Do you and your mate use body contact frequently? If so, what form? What forms do you like? What forms don't you like? Do you have a pattern of mutually exchanging backrubs, massages, etc.?
25. Would you like your mate to touch you more or less? Give reasons.
26. Do you enjoy watching your mate? Being watched by your mate? When?
27. Do certain words or sounds bring special pleasure to you? Bring displeasure to you?
28. What could you do to more fully please your mate sexually?

For further study: You will find helpful material on the subject of sex in marriage in chapter 6 of Wayne Mack's book *Strengthening Your Marriage*.