

Sex Survey

Parts of this survey are originally from The Marriage Bed website and the book *Resurrecting Sex* by David Schnarch, while additional parts have been added by Ruth Buezis.

The questionnaire below can be filled out separately and shared with your spouse when you have a block of time together. You can also fill out the answers, trade sheets and spend the next few weeks surprising each other. The key is to get talking as simple things are often hard to reveal. Some questions use the code at the top of each section, some questions are fill in the blank, some leave you a place to check your choice and some give you a place to write. Remember, the more open and secure we can be with each other, the stronger our marriage and the better the sex. Why are you waiting - get going!!!

Passion

(insert L= like, WL= would like, DNL= do not like, SL= sometimes like)

1. I ___ share my fantasies with my partner.
2. I ___ to have sex ___ daily, ___ 2x week, ___ 3x week, ___ 1x week, ___ never stop.
3. I ___ being ravished.
4. I ___ sex in the ___ morning, ___ afternoon, ___ evening best.
5. I ___ to find my partner naked ready for sex.
6. I need to have more sex. ___yes, ___ no
7. I need less sex than my spouse. ___often, ___sometimes, ___ never
8. When my spouse rubs, massages my _____ I want sex instantly.
9. My partner's satisfaction is just as important as mine. ___always , ___sometimes, ___never
10. I am turned on when my spouse tells me they love me by _____.
11. I have a lot of fantasies. ___yes ___no
12. I feel comfortable sharing my fantasies with my spouse. ___ yes, ___no

Presence during Sex – Questions from *Resurrecting Sex* by David Schnarch

1. Do you feel like you are emotionally, mentally and spiritually present with your spouse during sex? ___ yes, ___no
2. If so, how do you do that?_____.
3. Do you ever realize that you've lost contact during sex? ___ yes, ___no
4. How have you been able to reestablish the connection with your spouse during the sexual encounter?_____.

Spiritual Connection

(insert L= like, WL= would like, DNL= do not like, SL= sometimes like)

1. I _____ my spouse to pray before sex.
2. I _____ my spouse to pray after sex.

Foreplay

(insert L= like, WL= would like, DNL= do not like, SL= sometimes like)

1. I ____ it really slow and erotic with lots of touching.
2. I ____ to give my spouse massages.
3. I ____ to shower with my spouse.
4. I ____ to see my spouse partially clothed.
5. I ____ my nipples pinched, massaged, squeezed.
6. I ____ to watch my spouse masturbate.
7. I ____ to masturbate.
8. I ____ to mutually masturbate with my spouse.
9. I ____ when my spouse offers him/herself to me.

Clothes

(insert L= like, WL= would like, DNL= do not like, SL= sometimes like)

1. I ____ it when my partner tells me they are not wearing underwear.
2. I ____ my partner to wear something I can tear off them.
3. I ____ my partner to dress scantily.
4. I ____ to see my spouse in a thong.
5. I ____ exposing parts of my body to attract attention.
6. I ____ my spouse to wear a skirt with crotch less panties/hose.

Positions

(insert L= like, WL= would like, DNL= do not like, SL= sometimes like)

1. I ____ the missionary position.
2. I ____ to be on the bottom.
3. I ____ to 69.
4. I ____ the woman on top facing away.
5. I ____ to be on top.
6. I ____ anal sex.
7. I ____ it doggy style.
8. I ____ side by side.
9. Other(s) _____.

Acts

(insert L= like, WL= would like, DNL= do not like, SL= sometimes like)

1. I ____ to finger my spouse to orgasm.
2. I ____ to be fingered to orgasm.
3. I ____ giving oral sex.
4. I ____ receiving oral sex.
5. I ____ my spouse to perform oral sex without my asking.

Places

(insert L= like, WL= would like, DNL= do not like, SL= sometimes like)

1. I ____ sex in the shower.
2. I ____ sex on the dining room table.
3. I ____ sex on the kitchen counter.
4. I ____ sex in an office.
5. I ____ sex in the living room.
6. I ____ sex in cars or vans.
7. I ____ sex outdoors.
8. I ____ sex in the pool.
9. I ____ sex in the hot tub.
10. Other(s) _____.

Talk

(insert L= like, WL= would like, DNL= do not like, SL= sometimes like)

1. I ____ my spouse to make noise during sex.
2. I ____ talking dirty to my spouse.
3. I ____ to make my spouse yell out with passion during sex.
4. I ____ it when my spouse uses short phrases like YES, Faster, Harder, repeatedly.
5. I ____ it when my spouse tells me to ____ them now.
6. I climax stronger and faster when my spouse talks dirty. ____ yes, ____ no
7. I am turned off when my spouse talks dirty. ____ yes, ____ no
8. I am turned on when my spouse talks dirty. ____ yes, ____ no
9. I am turned off when my spouse uses clinical terms. ____ yes, ____ no

Turn Ons for me are _____.

Turn Offs for me are _____.

Miscellaneous

(insert L= like, WL= would like, DNL= do not like, SL= sometimes like)

1. I ____ to skinny dip.
2. I ____ to use a vibrator.
3. I ____ to use lube.
4. I ____ to eat _____ off of your naked body.
5. I can't stand it when the dog or cat is watching us have sex. ____ yes, ____ no
6. My favorite thing you wear to tell me you want sex is _____.
7. My favorite food to play with during sex is _____.
8. I like sex best when we _____.
9. The best time we had sex was _____.
10. It's important that my spouse know _____.