

# SEXUAL SELF-EVALUATION

*Knowing HER Intimately--12 Keys for Creating a Sextraordinary Marriage*

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(See Appendix I, p. 277 - 280)

As you begin your journey to the intimate relationship of your dreams, you may want to start by taking this "Sexual Self-Evaluation" to see where you currently are in the 12 dimensions of sexual wholeness. It would be great for your spouse to take it as well. This will be a guide for you to know where to put your focus to best improve your intimate relationship. As you take it again after reading and applying the concepts in this book, you will be able to see your progress.

## "Transformed Sexual Identity" (Chap 1)

To give yourself a guide as to how you are doing in this dimension, how would you currently rate yourself, and your spouse overall in the area of a "Transformed Sexual Identity"? -- *I embrace the idea that I am a sexual being. It is a good and important part not only of my marriage, but also of my wholeness and aliveness. I commit to awakening and nurturing my sexuality, and take responsibility for my sexual desire and fulfillment.*

RATING (0 - disagree to 10 - agree):

You \_\_\_\_\_ Your Spouse \_\_\_\_\_

## "Thoughts/Beliefs" (Chap 2)

How would you currently rate yourself, and your spouse overall in the area of "Thoughts/Beliefs"? -- *I have positive and affirming thoughts and core beliefs, not only about sex, my sexuality, and my body, but also about my husband, his body, and our marital/sexual relationship. I have the mental discipline needed to be able to focus my thoughts, and keep out negative thoughts and inhibiting mental distractions during sex.*

RATING (0 - disagree to 10 - agree):

You \_\_\_\_\_ Your Spouse \_\_\_\_\_

## "Tenderness/Thoughtfulness/Trust" (Chap 3)

How would you currently rate yourself and your spouse in the area of a "Tenderness/Thoughtfulness/Trust"? This ingredient is the primary foundation of emotional connection upon which a sextraordinary relationship is built. -- *I am doing well with the 20 characteristics of emotional connection (Respect, Trust, Love, Like, Appreciation, Selflessness, Priority, Responsiveness,*

*Positivity, Acceptance, Tenderness, Affection, Honesty, Openness, Vulnerability, Safety, Compassion, Friendship, Admiration, Attention). I make couple time and date night a priority. I know and speak my spouse's love language well.*

RATING (0 - disagree to 10 - agree):

You \_\_\_\_\_ Your Spouse \_\_\_\_\_

## "Time" (Chap 4)

How would you currently rate yourself, and your spouse overall in the area of "Time"? -- *I make my sexuality and my intimate relationship with my spouse a high priority. I make time to be together with my spouse. I find ways to cut back on other less important things in order to make time for developing my sexual self, strengthening my marriage relationship, learning sexually, and having enough time for fulfilling sexual intimacy.*

RATING (0 - disagree to 10 - agree):

You \_\_\_\_\_ Your Spouse \_\_\_\_\_

## "Transition" (Chap 5)

How would you currently rate yourself and your spouse overall in the area of "Transition"? -- *I understand the need for a transition process to warm up into lovemaking. I have some "bridges" that help me transition into desire and arousal. I am developing the mental discipline to help me stay focused.*

RATING (0 - disagree to 10 - agree):

You \_\_\_\_\_ Your Spouse \_\_\_\_\_

## "Talk" (Chap 6)

How would you currently rate yourself, and your spouse overall in the area of "Talk"? -- *I talk with my spouse in ways that help us*

*connect. I can share my inner self. I am comfortable talking with my spouse about sex to better understand each other intimately. I utilize sensual communication as an arousing part of lovemaking.*

RATING (0 - disagree to 10 - agree):

You \_\_\_\_\_ Your Spouse \_\_\_\_\_

### **"Touch"** (Chap 7)

*How would you currently rate yourself, and your spouse overall in the area of "Touch"? -- My spouse and I have ample non-sexual touch, with no strings attached. We have a sufficient amount of sexual touch, and the right kinds (especially clitoral stimulation) for us both to be intimately and sexually fulfilled. We enjoy kissing each other both inside and outside the bedroom. We enjoy a plentiful amount of Skin Time overall.*

RATING (0 - disagree to 10 - agree):

You \_\_\_\_\_ Your Spouse \_\_\_\_\_

### **"Technique/Education"** (Chap 8)

*How would you currently rate yourself, and your spouse overall in the area of "Technique/Education"? -- I understand the importance of getting educated sexually both from reliable resources and from my spouse. I understand and accept the sexual wiring differences between men and women addressed here. I willingly work within those realities to find what works for us intimately and sexually. I understand that there are some extra steps for me to feel sexual desire. We are working together to help address those needs. I can see which of the 12 T's I most need to work on in order to make our sexual relationship all it can be.*

RATING (0 - disagree to 10 - agree):

You \_\_\_\_\_ Your Spouse \_\_\_\_\_

### **"Tuned In"** (Chap 9)

*How would you currently rate yourself, and your spouse overall in the area of being "Tuned In"? -- I am tuned into myself and my spouse sexually both "outside the bedroom" and "inside the bedroom." I can read my spouse's body language and nonverbal cues*

*and respond effectively in both the emotional and sexual dimensions of our relationship.*

RATING (0 - disagree to 10 - agree):

You \_\_\_\_\_ Your Spouse \_\_\_\_\_

### **"Teasing/Playfulness"** (Chap 10)

*How would you currently rate yourself, and your spouse overall in the area of "Teasing/Playfulness"? -- Being fun and playful with my spouse is an important way to keep the spark alive in our relationship. I enjoy and am often teasing, flirting and being spontaneous with my spouse. I have or am developing a playful mindset that is making our marriage more fun than ever before.*

RATING (0 - disagree to 10 - agree):

You \_\_\_\_\_ Your Spouse \_\_\_\_\_

### **"Treats"** (Chap 11)

*How would you currently rate yourself, and your spouse overall in the area of "Treats"? -- I strive to keep myself learning and developing to stay challenged and interesting to myself and my spouse. I am excited about adding more novelty, creativity and adventure into our lovemaking. I know it's a great way to keep our relationship fresh and new for the long haul.*

RATING (0 - disagree to 10 - agree):

You \_\_\_\_\_ Your Spouse \_\_\_\_\_

### **"Transcendence/Surrender"** (Chap 12)

*How would you currently rate yourself, and your spouse overall in the area of "Transcendence/Surrender"? -- I am able to relax and let go within the sexual experience. I embrace the spiritual and sacred nature of sex. I realize sexual satisfaction isn't just something my husband can do for me, but something I must be willing and able to let myself experience.*

RATING (0 - disagree to 10 - agree):

You \_\_\_\_\_ Your Spouse \_\_\_\_\_