



SEXUALITY

CONVERSATION STARTERS

- ① When you think of sex, what comes to mind? (Jot down any words, images, and associations that come to mind).
- ② What does sex mean to you?
- ③ What is important to know about you sexually?
- ④ What aspects of your sexual life do you value and would you like to keep? To hold on to?
- ⑤ What aspects of your sexual life would you still like to experience?
- ⑥ Think of your most intense (best) sexual experience, has it happened or is it still to come?
- ⑦ When do you feel most erotic?
- ⑧ When do you feel most free in your relationship?
- ⑨ Is there something sexual you long for?



- 10 What's a sexual dilemma for you?
- 11 How do you experience love and sex, love without sex, and sex without love?
- 12 When do you feel most attractive?
- 13 In which situation do you feel most tense?
- 14 A person that strongly influenced you sexually is...?
- 15 What is an event in your sexual history that stands out?
- 16 What was your first sexual experience, and how different is it today?
- 17 What's the best compliment you like to receive?
- 18 Do you ever introduce new ideas in your sexual relationship?
- 19 Do you initiate sex?
- 20 Do you expect to initiate sex?



- 21 Do you like make-up sex?
- 22 Do you seek out information about new love making techniques?
- 23 How comfortable are you with nudity?
- 24 Do you take pleasure in all your senses when you make love?
- 25 When you are bored sexually, what do you do to change that?
- 26 Do you have spontaneous thoughts, images, or daydreams?
- 27 Do you like to look at your partner and be seen when you make love?
- 28 Do you want sexual exclusiveness in your relationships?
- 29 Are you comfortable discussing the topic of sexual boundaries and monogamy with your partner?
- 30 When was the first time you masturbated? How did you feel?
- 31 Do you masturbate and what is the experience like?



- 32) Is there anything, physical or emotional, that you feel during masturbation that you wish you felt during sex?
- 33) What is the role of sex in your life?
- 34) Do you prefer sex or chocolate?
- 35) How do you like to be touched? (Do you know how you like to be touched?)
- 36) Where do you like to be touched?
- 37) Do you like to talk during sex? If so, do you prefer sweet talk or dirty talk?
- 38) What's forbidden for you sexually?
- 39) Do you use online dating sites?
- 40) Do you think of other sexual partners when you're with your partner?
- 41) Do you sometimes feel daring in sex?
- 42) What is more difficult for you: to think and talk about sex or to do it?



- 43 What do you want most erotically with your partner?
- 44 What turns you off sexually?
- 45 What turns you on sexually?
- 46 When is sex most pleasurable?
- 47 When do you think of being naughty?
- 48 Do you ever fantasize of same sex partners?
- 49 What is a vulnerability around your sexuality that you struggle with?
- 50 What is a vulnerability around sex you think your partner struggles with?
- 51 Do you have a sexual memory that you don't like?
- 52 When do you feel most beautiful?
- 53 Are there things in your sexuality that scare you?



- 54 When do you feel most shame?
- 55 Is there a barrier you'd like to cross?
- 56 When do you feel most untouchable?
- 57 What's your favourite pose?
- 58 When do you feel most dull?
- 59 What are the rules of sex in your life?
- 60 Do you sometimes pretend?
- 61 How comfortable are you communicating your sexual wants or dislikes?
- 62 Do you feel confident exploring your sexuality?
- 63 Do you like fulfilling your partner's wants?
- 64 What are your guilty pleasures?



- 65) Something I'd like to change in relationship to my sexuality is...?
- 66) How has your sexuality changed over time?
- 67) What is your relation to your body?
- 68) When is sex most pleasurable?
- 69) Who are you as a lover?
- 70) How does your partner experience you as a sexual partner?
- 71) Do you sometimes wish you wanted to be more sexual?
- 72) Do you sometimes wish you were less sexual?
- 73) What was the attitude toward sex in your family growing up? Comfortable? Positive? Natural? Awkward? Repressive? Shameful? Guilt inducing? Abusive?
- 74) Was sex openly talked about in your family growing up?
- 75) Did your parent(s) provide sexual education?



- 76) Which, if any parent spoke and taught you about sex?
- 77) What was the attitude about pre-marital sex?
- 78) What was the attitude about contraception?
- 79) Were your parents affectionate with each other?
- 80) How much physical affection was there among the family members?
- 81) What were the messages about boys/men, girls/women in your family?
- 82) Was sex talked about? Hinted at? Joked about? Hushed?
- 83) Do you watch porn?
- 84) What kind of porn turns you on?
- 85) How do you feel about being a man/women?
- 86) Do you fantasize about domination and submission?



- 87 Do you need intimacy in sex?
- 88 How soon after you come do you withdraw?
- 89 Ever fantasize transgressive sex?
- 90 Ever engage in transgressive sex (off-limits)?
- 91 Do you play with BDSM?
- 92 How do you turn yourself on?
- 93 Are you affected by the menstrual cycles?
- 94 Are there changes in your sexuality due to health concerns and medication?
- 95 How has age changed your sexuality?
- 96 Do you like watching porn alone or with your partner?
- 97 When your partner watches porn what does it do to you?



- 98 What do you want most erotically with your partner?
- 98 Do you read erotic literature? If yes, could you give names of your favourite ones?
- 99 Do you touch yourself when you have sex with your partner?
- 100 Do you make a distinction between making love and having sex?
- 101 What were the prevalent messages about gender in your family?
- 102 What were the dominant messages in your culture about boys and girls, men and women?
- 103 What is the role of religion in your life, and how does it influence your sexuality (beliefs, attitudes, behaviours?)
- 104 Do you like to talk when you make love? Do you make noises?
- 105 Among the five senses, which one is the most sexual for you? Seeing? Smelling? Hearing? Touching? Tasting?
- 106 Do you engage in sexually compulsive behaviours?
- 107 What is your favourite temperature of the water?



108 What kind of music do you like to listen to?

109 Do you like to cook?

110 What is your preferred time of the day to make love?

111 What do you enjoy most when you make love?

112 What do you like to experience in sex? (Feel free to check more than one)
Tenderness? Softness? Closeness? Intensity? Aggression? A state of transcendence? To possess?
A spiritual connection? Rebellious? A release? Surrender? Dominance? Abandon? Unboundedness?
Freedom? Free from responsibility? Ruthlessness? Timelessness? Giving? Receiving? To be taken?

113 Do you practice tantra? Yoga? Any Sport?

114 Do you like sex toys? Do you use them? Alone or with your partner?

115 When you love someone/thing, how do you feel?

116 When you desire someone/thing how do you feel?

117 Have you been hurt in love?

118 Have you ever hurt someone in love?



119 Have you ever been hurt sexually?

120 Has anyone ever touched you or asked you to touch them the way you didn't like?

121 Have you ever been loved the way you wish?

122 How comfortable are you communicating your wants to your partner(s)?

123 When your partner tells you about his/her sexual preferences what does it do to you?

124 What is a metaphor that best describes your sexuality?

125 If you were the author of a book on sex, what would its title be?