

# Your Sexual & Relational History

Compiled by Laura M. Brotherson, MS, MFT, CST

[StrengtheningMarriage.com](http://StrengtheningMarriage.com)

(rev Aug 2015)

*It is important to understand your psychological, relational, and sexual history both before and during your marriage. This is sacred and important information. It's important to understand your strengths as well as your vulnerabilities. Please be as forthcoming as possible. When we discuss these items, I will also ask if there is anything that you do not want shared with your partner.*

*Just do the best you can to answer with whatever thoughts come to mind on each question that applies to you. You can start with jotting down main points and fill in more during our discussion, if needed. I appreciate your courage and trust in doing this assignment. Even though this information is personally "none of my business" I do want to understand you and your experiences as thoroughly as possible, so I can be as helpful as possible to you and your marriage. You are welcome to use this document to type your answers into it if desired.*

## 1. Current Relationship Difficulties

- a. Description of the current sexual difficulties
- b. Impact of the problem on you, your spouse, your relationship
- c. How much anger, guilt, resentment, blaming is involved?
- d. What have you tried already to address the problem?
- e. What has worked and what has not worked?
- f. How long has the problem been occurring? When did the problems begin?
- g. How motivated are you to address this issue? What are the likely consequences if you don't?

## 2. Current Relationship/Marital Issues

- a. What was happening in your life prior to meeting your spouse/partner? How did you meet? What was the initial attraction?
- b. What are your strengths and vulnerabilities as a couple?
- c. What three changes would you request of your partner relationally?
- d. What unresolved hurt, anger, pain do you have in your marriage?
- e. How is your general health? What health problems do you have? What medications do you take and what are the sexual side effects? What discussions have you had with medical professionals about your sexual concerns?
- f. What are your strengths and vulnerabilities as a parent?
- g. Many people have thoughts, feelings, fantasies, and experiences regarding extra-marital relationships. What have your thoughts/feelings/experiences been? Is it secret?
- h. What's your guess about your partner's extra-marital experiences?
- i. What role does alcohol, drugs, or pornography play in your life and relationship?

## 3. Sexual Practices/Affectionate Behaviors

- a. When was sex best in this relationship? What made it good for you?
- b. What changes in your sexual experiences occurred before and after marriage?
- c. What are some of the positives about your sexual relationship?
- d. What three changes would you request of your partner sexually?
- e. How often do you touch, i.e. hold hands, sit close enough to touch, snuggle in bed?

- f. How do you kiss? How often do you kiss?
- g. What do your usual sexual experiences look like?
- h. What would your ideal/optimal sexual experiences look like?
- i. Who initiates? How often do you/they initiate?
- j. How often do you generally have sex/make love?
- k. How satisfying are your sexual relations?
- l. What do you think about during sex/masturbation?
- m. What changes have you noticed in your sexual response?
- n. What other factors might be impacting your sexual relationship? (i.e. health issues, menopause, marriage issues, etc.)

#### **4. Sexual Development History -- Childhood**

- a. What was your childhood like?
- b. Tell me about the exchanges of affection in your family of origin.
- c. How were your parents as marital and sexual models, including their attitudes toward marriage/ affection/ touching and privacy?
- d. What did you learn from your parents about sex and sexuality? What was helpful? What was not?
- e. Describe your first sex-related memory.
- f. Share any memories of childhood exploratory sex play. How did your parents respond, if they knew?
- g. Describe some of your memorable childhood sexual experiences (with self, siblings, peers, etc.)
- h. How have your siblings done sexually as adults?

#### **5. Sexual Development History -- Adolescence/Puberty**

- a. What did you learn from peers/society/media about sex and sexuality? What was helpful? What was not?
- b. What did you learn from church/church leaders about sex and sexuality? What was helpful? What was not?
- c. Tell me about your thoughts/feelings/experiences associated with puberty?
- d. For females—menstruation: age at onset, preparation for, cognitive and emotional response of self and others.
- e. Describe your first masturbatory experiences? (i.e. age, context, thoughts, feelings, etc.)
- f. Socially and sexually, what was high school like? How did you feel about your body? What were your dating experiences like for you?
- g. Describe any atypical/abusive/disturbing sexual thoughts/feelings/experiences you've had.

#### **6. Sexual Development History -- First Experiences**

- a. Describe the context/age/thoughts/feelings of your first sexual experience
- b. Describe the context/age/thoughts/feelings of your first orgasmic experience
- c. Describe your first experience/thoughts/feelings with pornography

#### **7. Sexual Development History -- General**

- a. Tell me about your comfort with your body and your gender
- b. Thoughts/feelings/experiences with pregnancy
- c. Thoughts/feelings/experiences with birth control/abortion
- d. Thoughts/feelings/experiences with sexually transmitted diseases

- e. Any other thoughts regarding reproductive issues (i.e. birth control, pregnancies, abortions, births, etc.)
- f. As you review your childhood and adolescence, what were your most important positive learnings and experiences?
- g. As you review your childhood and adolescence, what were your most negative, confusing, guilt-inducing, or traumatic sexual experiences?

#### **8. Sexual Development History -- Adulthood**

- a. What were your college years like socially and sexually? What were your young adult relationships and sexual experiences like?
- b. Describe your pre-marriage intimate relationships (i.e. how many, how long lasted, how intense/important, etc. and reasons for ending these intimate relationships).
- c. Tell me about your sexual experiences in these romantic relationships.
- d. What differences have you noticed in the sexual relationships of different partners.
- e. As you review your dating and sexual history, what were your positive and negative experiences?

#### **9. Wrap-up questions**

- a. What else should I know about you psychologically, relationally, or sexually?
- b. What was the most negative, confusing, guilt-inducing, or traumatic sexual experience in your life?
- c. Is there anything you do not want shared with your partner? What is the positive reason for keeping this secret?
- d. What else should I know about you, your relationship, and your life, which would help in treatment planning?
- e. Is there anything you want to ask me?