

SELF-AWARENESS ASSESSMENT

"Good Girl / Boy Syndrome"

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Listed below are some of the characteristics of the negative sexual conditioning many people have acquired regarding sex and the body from family, church and society. This negative conditioning and lack of affirming sexual knowledge may be a significant underlying and oft-ignored source of sexual dissatisfaction in marriage.

DIRECTIONS: Rate on a scale of 0 (none) to 10 (a lot) the effect of each issue in your life. An honest, in-depth assessment can help you become more aware of the negative conditioning you may have internalized, and help you to see areas that need to be addressed. You might also have your spouse (if applicable) rate you on these items as well if you'd like to have their perspective.

0 (none) 10 (a lot)

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|------------------------|---|
| 0 1 2 3 4 5 6 7 8 9 10 | 1. Discomfort, embarrassment or inability to appropriately discuss sexual matters |
| 0 1 2 3 4 5 6 7 8 9 10 | 2. Underlying belief that sex is bad, wrong, dirty or sinful |
| 0 1 2 3 4 5 6 7 8 9 10 | 3. Lack of internalized understanding of the divine purposes of sex—particularly that God intended it for pleasure and connection, as well as for procreation |
| 0 1 2 3 4 5 6 7 8 9 10 | 4. Inability to relax and let go fully within the sexual experience |
| 0 1 2 3 4 5 6 7 8 9 10 | 5. Lack of enjoyment of sexual relations and/or participation out of duty |
| 0 1 2 3 4 5 6 7 8 9 10 | 6. Sexual expressions of love are a low priority in marriage |
| 0 1 2 3 4 5 6 7 8 9 10 | 7. Lack of sexual understanding and "know-how" -- a simplistic perception that if I just "do what's right/ keep the commandments" I will have blissful intimate relations in marriage |
| 0 1 2 3 4 5 6 7 8 9 10 | 8. Unnecessary/inappropriate inhibitions, guilt, shame or awkwardness associated with sexual relations within marriage |
| 0 1 2 3 4 5 6 7 8 9 10 | 9. Discomfort or distaste with sexual parts of the body and body functioning |
| 0 1 2 3 4 5 6 7 8 9 10 | 10. An inhibited sexual response due to any of the above |

Adapted from Chapter 1 — "The Good Girl Syndrome"
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