

HEALTHY SEXUAL IDENTITY ASSESSMENT

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(See *Knowing HER Intimately*, pp. 14-15)

As women embark on this identity transformation to fully embrace and internalize their sexuality, it can be helpful to have specifics of what it looks and feels like to work toward. The following are some of the characteristics of a sexually confident wife. Identifying with these characteristics inevitably creates sexual self-confidence—the internalization of a healthy sexual identity.

DIRECTIONS: Circle the appropriate number as you rate on a scale of -5 (Definitely Not True) to +5 (Definitely True) how true each statement is for you. This can help you see where there might be negativity, neutral feelings, or positive acceptance of sexuality.

(Definitely Not True) -5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5 (Definitely True)

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|---------------------------------|--|
| -5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5 | 1. I have a healthy sexual self-concept. I see myself as a sexual being with a sexual body. |
| -5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5 | 2. I embrace my sexuality as good and as of God. |
| -5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5 | 3. God created me as a sexual being and approves of my sexuality. |
| -5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5 | 4. I work to overcome any inhibiting thoughts and beliefs I have about myself, my spouse, and sex itself that may hinder the intimate connection in my marriage. |
| -5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5 | 5. I have positive thoughts, feelings, and underlying beliefs about sex and my sexuality. |
| -5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5 | 6. I recognize that I have my own divine need to connect intimately and sexually with my spouse. |
| -5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5 | 7. I understand the power of lovemaking to bond husband and wife. |
| -5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5 | 8. I sense the divinity instilled within the sexual act. |
| -5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5 | 9. I nurture sexual thoughts and feelings for my spouse, so that they are more accessible to me in lovemaking. |
| -5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5 | 10. Embracing my sexuality makes me feel more whole, alive and complete. |
| -5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5 | 11. I feel confident about myself sexually. I feel self-assured sexually. |
| -5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5 | 12. I enjoy my sexuality as a vital part of my being and my marriage. |
| -5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5 | 13. I can move into a “sexy state of mind” as needed. |
| -5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5 | 14. I initiate sexual encounters fairly regularly, and take an active role in connecting with my spouse sexually. I make sex a priority by setting aside priority time and energy for connecting and lovemaking. |
| -5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5 | 15. I have developed a welcoming attitude of being open to lovemaking opportunities. |
| -5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5 | 16. I have made peace with my body, despite its imperfections. |
| -5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5 | 17. I understand my own sexual wiring. I have learned and will continue to learn what I need to do to not only prepare for lovemaking, but also what I need throughout the arousal and orgasmic process. |
| -5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5 | 18. I realize I am ultimately responsible for my sexual needs, and I am active in taking responsibility to see that those needs are met. |