

Are You Sexually Compatible?

Answer the following questions about the feelings that exist, or not, between you and your partner. You may also wish to invite your partner to do this test and discuss what you find out.

- | | | |
|---|---|---|
| 1. I am no longer physically attracted to my partner | T | F |
| 2. My partner makes me feel sexy | T | F |
| 3. My partner and I no longer kiss and caress | T | F |
| 4. Sex with my partner is energetic and satisfying | T | F |
| 5. My partner and I no longer flirt with each other | T | F |
| 6. My partner and I would rather be together alone than with other people | T | F |
| 7. I no longer look my partner in the eye when we are alone together | T | F |
| 8. If we do not have sex every few days, I really begin to miss it | T | F |
| 9. At various times I resent my partner | T | F |
| 10. I love to give my partner physical pleasure | T | F |

Any odd-numbered item to which you answered 'True' or even-numbered item to which you answered 'False', scores against your relationship. If you scored higher than three, you obviously have problems with the sexual part of your relationship. Take a closer look at the items that scored against your relationship to determine if there are any issues that need further exploration with your partner and/or with a health professional who can help you make it different.