
The information in this questionnaire reflects current medical knowledge. The recommendations and information are appropriate in most cases; however, they are not a substitute for professional diagnosis and treatment. For specific information, the publisher suggests that you consult a physician. The names of organizations, products, or alternative therapies that may appear here are given for informational purposes only. Their inclusion does not imply an endorsement, nor does the omission of any organization, product, or alternative therapy indicate a disapproval.

The Let's Look at Us Questionnaire

We usually don't slow down enough in our busy day to think or feel. We just rush through the day and then collapse in bed. The purpose of the following exercise is to make both of you think about some issues surrounding your relationship and your sex life that you may have never considered before. I want each of you to make a copy of this exercise and complete it today.

LET'S LOOK AT US QUESTIONNAIRE

What would you like to change most about yourself? How could you achieve this change? (Think of two answers.)

- 1.
- 2.

What would you like to change most about your partner? What could your partner do about changing for the better? (Think of two answers.)

- 1.
- 2.

What could you do to help him or her change? (Think of two answers.)

- 1.
- 2.

What pleases you most about your partner? (Think of two answers.)

- 1.
- 2.

What was the best thing you and your partner did together in the last month?

What was the hardest thing you did together in the last month?

What is the best thing about your relationship?

What is the worst thing about your relationship?

What could you do about the worst thing? (Think of two answers.)

- 1.
- 2.

What are the best things about your sex life?

- 1.
- 2.

What are the most difficult things about your sex life?

- 1.
- 2.

How can you help to change the hardest things?

- 1.
- 2.

How can your partner help to change the hardest things?

- 1.
- 2.

How can sex therapy at home help you change the hardest things?

- 1.
- 2.

List four things about sex you enjoy:

- 1.
- 2.
- 3.
- 4.

List four things about sex you find difficult:

- 1.
- 2.
- 3.
- 4.

List four things you enjoy doing socially:

- 1.
- 2.
- 3.
- 4.

List four things you have difficulty doing socially:

- 1.
- 2.
- 3.
- 4.

List four things you enjoy doing around the house:

- 1.
- 2.
- 3.
- 4.

List four things you have difficulty doing around the house:

- 1.
- 2.
- 3.
- 4.

Would you let your partner read this questionnaire? yes ____ no ____

Read over your answers carefully. You've given yourself a lot to think about. Could your answers help you make some positive changes in the next few weeks? For example, let's say you answered that the worst thing about your relationship is a lack of communication. Then you said one of the things you could do about it is set aside fifteen minutes after dinner every night just to talk to each other instead of watching TV. Now try it! The exercise forced you to look for ways to improve your relationship. But you must take it a step further and actually do it in your life.