
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.

In many ways, you have had a more difficult task than people who come to our sex therapy clinic at Loyola. Our patients have two therapists to encourage them and coax them on, but you have had to discipline yourselves. I know that it may have been hard for you. Our patients also have the benefit of being able to come back for follow-up therapy after they complete the program, while you can only give yourselves a rereading of this book. Changing something as intricate as a sexual relationship is difficult. It requires finding your own sexual style, just as you have to find an eating style to maintain your ideal weight. Change must be reinforced by practice until it feels natural to you both.

Now let's see just how far you have progressed. First, try to think about exactly what the sex therapy program has or has not done for you. Then, to find out how much your sex life has changed, fill out the following short questionnaire.

THE "HOW HAVE YOU CHANGED?" QUESTIONNAIRE

What were your initial expectations of the home sex therapy program?

Were your expectations fulfilled?

Do you think your expectations were realistic?

Do you have any unmet expectations?

What were your first reactions to participating in the program?

How much did you learn about the following things?

How your body is made	not much	a little	a lot
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How your partner's body is made	not much	a little	a lot
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How your body works	not much	a little	a lot
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How your partner's body works	not much	a little	a lot
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Your feelings	not much	a little	a lot
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Your partner's feelings	not much	a little	a lot
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Your attitudes	not much	a little	a lot
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Your partner's attitudes	not much	a little	a lot
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Sexual problems in general	not much	a little	a lot
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How did you change over the past weeks?

How would you describe your ability to handle your problems now?

worse same a little better a lot better

What do you think your or your partner's sexual problem was when you started the program?

How would you describe the problem now?

worse same a little better a lot better

How do you think the problem will be in six months?

worse same a little better a lot better

How do the following things compare now to the way they were seven weeks ago?

	Then	Now
Nudity in bed	never sometimes often	never sometimes often
Lights on during sexplay	never sometimes often	never sometimes often
Kissing during sexplay	never sometimes often	never sometimes often
Touching own genitals	never sometimes often	never sometimes often
Touching partner's genitals	never sometimes often	never sometimes often
Foreplay (over three minutes)	never sometimes often	never sometimes often
Trying new positions	never sometimes often	never sometimes often
Talking about sex with partner	never sometimes often	never sometimes often
Guilt about sex	never sometimes often	never sometimes often
Anxiety about sex	never sometimes often	never sometimes often
Shame about sex activity	never sometimes often	never sometimes often
Enjoyment of loveplay	never sometimes often	never sometimes often
Enjoyment of intercourse	never sometimes often	never sometimes often
Frequency of masturbation	never sometimes often	never sometimes often
Frequency of intercourse	never sometimes often	never sometimes often
Frequency of oral sex	never sometimes often	never sometimes often
Frequency of anal sex	never sometimes often	never sometimes often

How often did you do your home loveplay per week?

week 1 ____ week 2 ____ week 3 ____ week 4 ____ week 5 ____ week 6 ____

Which of the following factors do you think most helped you overcome your sexual problems? (Circle all that apply.)

Your changed attitude

Your partner's changed attitude

The sexological examination

Talking about sex with your partner

Your home loveplay

Reading about other couples' sex problems

Knowing other couples had overcome their sex problems

Other _____

Overall, how would you rate the sex therapy program?

poor fair good excellent