

Brief Assessment: Will Lily Pick Andrew or Sarah?

Is there anything about sex or sexuality you think you might want to discuss in therapy?

Would you give me a brief snapshot of what that looks like for you?

Would it be ok with you if I asked a few quite specific questions that will help me understand more about that?

Willingness

When your partner is interested in a sexual interaction, do you feel willing?

Rule out coercion, violence, pressure, consent violations

Libido

Are you interested in sex? Do you think about sex? Experience desire?

ASAP abstain from the painful activity, treat the pain. Refer to MD, and then vulvar pain specialist, pelvic floor PT, urologist, sexual medicine MD

Pain

Does any kind of sexual touch feel uncomfortable or painful?

Use lubricant, address hormonal issues, and refer erectile dysfunction to MD, cardiologist, etc. Rule out vascular issues

Arousal

Do you experience body signs of arousal? Flushing, increased heart rate, hardness? wetness?

Orgasm

Are you able to reach orgasm when you want to? With or without partner?

Satisfaction

At the end of the interaction, do you feel satisfied? Would you do it again?



Institute for
Relational Intimacy

Copyright 2012, 2016, Martha Kauppi

Adapted with permission from the work of A Woman's Touch
Sexuality Resource Center