

SEXUALITY QUESTIONNAIRE (after Margot Anand)

Fill out this questionnaire - just for yourself.

I agree/disagree with the following statements:

1. I am interested in sex.
2. I know that sex is natural and that it need not become repressive or inhibiting.
3. Sex is energy like any other form of energy.
4. . I allow myself to enjoy sex.
5. I allow myself to have as much sex as I want.
6. I find sex an enriching experience.
7. The more love I allow myself and my partner, the better I am as a lover.
8. I am responsible for taking the right precautions.
9. Sex relaxes me and puts me in a peaceful mood.
10. The more sex I have, the more spiritually enlightened I become.
11. I allow myself to fully enjoy sex.
12. My desire for sex is increasing.
13. I feel free and safe to express my most secret sexual desires.
14. I get exactly what I wish from my partner.
15. I love sexual fantasies.
16. My sexual fantasies are normal and do me good.
17. I love every part of my sensitive body.
18. I love the smell of my body and that of my partner's.
19. I enjoy being seen naked.
20. My genitals are as lovely and natural as my hands and face.
21. My body responds with joy to sexual stimulation.
22. I care for my body with love and devotion.

- 23.** **either** - My penis responds easily and is exactly the right size
 or - My vagina becomes moist and inviting when I think about sex.
- 24.** It is pleasing to show my arousal.
- 25.** I am proud of my sexuality.
- 26.** Sex is fun whether I have an orgasm or not.
- 27.** It is OK to get out of control.
- 28.** I can take as long as I like to have an orgasm
- 29.** I have a right to discover my own body.
- 30.** It's fun to masturbate and to explore my body.
- 31.** My hands are innocent and loving.
- 32.** I get to know my sexual appetite through masturbation.
- 33.** Oral stimulation gives me pleasure.
- 34.** Sex increases my vitality and joy of living.
- 35.** My eyes sparkle when I think of sex.
- 36.** I find it easy to express my feelings and to ask what I want from my partner.
- 37.** Sex enriches my relationships.
- 38.** I love myself and others