

## **TALKING ABOUT SEXUAL INTIMACY WITH MY SPOUSE**

1. When I was growing up my idea of sexual intimacy was....
2. My understanding of sexual intimacy was most influenced by....
3. Sexual intimacy to me, today, is....
4. My spouse and I talk about our sexual intimacy when...  
(i.e. we are satisfied; unsatisfied; joking; never; etc.)
5. The external factors (both positive and negative) which most influence our sexual intimacy...
6. Three things which I enjoy most about our times of sexual intimacy are...