



## Physical

10. I feel self-conscious about my body during sex—how it looks, sounds, smells, and/or tastes.

Disagree

Neutral

Agree

11. I am in touch with what my body needs and wants during sex.

Agree

Neutral

Disagree

12. I am comfortable exploring my body through self-touch and/or masturbation.

Agree

Neutral

Disagree

## Emotional

13. If my partner is doing something I don't like during a sexual experience, I am able to give them feedback.

Always

Sometimes

Never

14. I am able to name my emotions when I feel them.

Always

Sometimes

Never

15. Painful sexual experiences from my past get in the way of my ability to enjoy sex today.

Disagree

Neutral

Agree

## Relational

16. I fake orgasms

Never

Sometimes

Always

17. It is normal to have sexual fantasies.

Agree

Neutral

Disagree

18. I am comfortable talking about sex with my partner(s).

Agree

Neutral

Disagree

## Spiritual

19. My spirituality and my sexuality co-exist peacefully.

Agree

Neutral

Disagree

20. My spirituality enhances my sexual experiences.

Agree

Neutral

Disagree

21. I experience sexual shame because of my religious/spiritual beliefs.

Disagree

Neutral

Agree

**Results:** For each of the 7 domains, the more answers you have on the *left side* of the page, the more that domain is an *area of strength* for you. The more answers you have on the *right side* of the page, the more that domain is an *area of struggle* for you. Celebrate your strengths. Offer fierce self-compassion to your domains of struggle. Self-compassion is the most potent fuel for continued healing and growth. Also, pay special attention to those chapters of *Taking Sexy Back*.