

DEFINING YOUR SEXUAL BARRIER

From *Restoring the Pleasure* 2016

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Completing this form will give each of you time to individually sort out how you experience your dilemma. Sharing your responses with each other may clear up differences that neither of you realized. Use this structure to individually reflect on your difficulty and then listen carefully and actively clarify as you share with each other.

What particular sexual difficulty are you experiencing?

How is it affecting you?

How is it affecting your spouse?

When and how did the problem first develop?

What have you done about it (counseling, reading, self-help, etc.)?

Which one of you initiated this process to work on your dilemma?

Masturbation

- I do
- I don't
- It's normal
- It's okay before marriage
- I shouldn't
- It's a problem for me

Sexual fantasies are . . .

- wrong
- normal
- okay before marriage
- okay after marriage
- a problem for me

Lovemaking is a good experience for me. _____ Yes _____ No

Lovemaking is a good experience for my spouse. _____ Yes _____ No

We make love _____ times a month.

Woman initiates _____ percent of the time.

Man initiates _____ percent of the time.

I wish my spouse would initiate more often. _____ Yes _____ No

FOR MEN

I ejaculate prematurely (before she is or I am ready to respond)
_____ percent of the time.

I have difficulty achieving or maintaining an erection _____ percent of the time.

She is orgasmic _____ percent of the time.

She is orgasmic . . .

_____ by masturbation

_____ by external stimulation

_____ during actual intercourse

Does she experience pain during intercourse? If so, what kind?

FOR WOMEN

I am orgasmic _____ percent of the time.

I am orgasmic . . .

_____ by masturbation

_____ during actual intercourse

Do you experience pain during intercourse? If so, what kind?

He ejaculates prematurely (before he is or I am ready) _____ percent of the time.

He has difficulty achieving or maintaining an erection _____ percent of the time.

FOR MEN AND WOMEN

I would like to enhance the sexual fulfillment of our marriage by working on the following areas (check as many as desired):

- frequency of intercourse
- variety within the lovemaking experience
- increased interest for myself
- increased interest for my partner
- change in the pattern of initiation
- control of ejaculation for the man
- orgasmic responsiveness for the woman
- ease of gaining and keeping an erection for the man
- reducing pain for the woman
- general pleasuring of each other's body
- freedom of sexual activity between my partner and me
- other:

PLAN FOR RETRAINING

1. Compare and discuss the previous three pages.
2. Determine individually and then together which is the most important area to work on. You may choose several areas. If you do, list them in order of priority. Decide this together.

GOALS FOR RETRAINING

How would your sex life be different? If sexual retraining is successful, what would your sex life be like after the retraining?

Husband's:

Wife's:

Compare your personal goals and decide on joint goals.

Compile your ideas individually, then make a joint list. Apply the effective communication skills of chapter 3 of *RtheP* to avoid blame and defensiveness.