

### SEXUAL RETRAINING ASSIGNMENT 3

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Date: \_\_\_\_\_ Time: \_\_\_\_\_

## A Sexual Assessment

Complete the following form individually. Work privately. Respond as thoroughly and honestly as you can. Start with your most immediate, spontaneous response, then take time to reflect and write in further detail. Note that you are responding in terms of knowledge, feelings, and attitudes.

### 1. Knowledge

a. Physiological: When it is said that our sexual response is a natural bodily function, I understand that to mean

b. Psychological: Every individual needs sexual fulfillment because

c. Biblical: The Bible teaches that sexual pleasure within the marriage relationship is . . .

### 2. Feelings

When I become aware of my sexual feelings, I feel . . .

Ten years ago my feelings about sex were . . .

Now when we make love, I feel . . .

The best feeling in a sexual experience is . . .

Share your responses using the Communication Format from.

**Attitudes** (Check the column that represents your response to the statements below.)

	Agree	Disagree	Uncertain
Sex is one of the most beautiful aspects of life.	—	—	—
It is more enjoyable to give than to receive.	—	—	—
Bodily pleasure is fleshly and not of God.	—	—	—
Sexual intercourse is primarily for physical release.	—	—	—
My religious beliefs have the greatest influence on my attitudes toward sex.	—	—	—
Men and women have equal rights to sexual pleasure.	—	—	—
There are sexual activities that I would consider wrong for a married couple to practice.	—	—	—
If you agree with the above, please list:			
To be satisfying, intercourse must lead to simultaneous orgasm.	—	—	—
Sexual fantasies are normal.	—	—	—
Masturbation (self-stimulation) is an acceptable means for sexual pleasuring and release.	—	—	—
The male should be the aggressor in sexual activity.	—	—	—
In general, women do not enjoy sex as much as men.	—	—	—
Men should be allowed more freedom in sexual behavior than women.	—	—	—
The quality of a sexual relationship is more than just the physical release.	—	—	—

Hold your papers side by side to compare and discuss your responses.