

Your sex: Are you

_____ Male

_____ Female

Sexual Communication: Communication skills contribute to rewarding relationships in many ways. Many of the problems couples experience could be avoided or easily resolved with more effective communication skills. How are your communication skills?

For each statement, circle the appropriate number of points.

	Usually	Some times	Seldom
1. I find it easy to express my nonsexual needs and feelings to others.	2	1	0
2. I find it easy to express my sexual needs and feelings to others.	2	1	0
3. I am sensitive to the needs and feelings expressed by others, especially their nonverbal expressions.	2	1	0
4. My relationships with other people are pleasant and rewarding.	2	1	0
5. When a conflict arises in one of my relationships, it is resolved with ease.	2	1	0
6. I find it easy to communicate with people of both genders.	2	1	0
7. I can communicate effectively with people of various ethnic groups.	2	1	0
8. I can find the right words to express the ideas I want to convey.	2	1	0
9. I am good at interpreting nonverbal messages from other people.	2	1	0
10. I try very hard not to interrupt someone who is speaking to me.	2	1	0
11. I try very hard to be nonjudgmental in my responses when people share their ideas and feelings with me.	2	1	0
12. When a discussion is causing me to feel uncomfortable, I try hard not to withdraw from the discussion or change the subject.	2	1	0
13. I try to help people open up by asking open-ended, rather than yes-or-no questions.	2	1	0
14. When I want to express my feelings, I try to phrase them as "I" statements, rather than "you" statements.	2	1	0
15. I feel that I am adequately assertive, able to speak up, express my position, my needs.	2	1	0
16. I let someone know when they are not respecting my rights or feelings.	2	1	0
17. I find it easy to say no to pressure for unwanted sexual activity.	2	1	0
18. I find it easy to talk to a potential sexual partner about prevention of sexually transmitted diseases.	2	1	0
19. When conflicts arise in my relationships, I am, if necessary, willing and able to make a compromise to resolve the conflict.	2	1	0
20. When conflicts arise in my relationships, I try to find a resolution that satisfies the needs of both persons involved.	2	1	0

TOTAL POINTS:

Interpretation

36 to 40 points: You have developed highly effective patterns of communication and assertiveness.

32 to 35 points: You have above-average communication and assertiveness skills.

28 to 31 points: You have about-average communication and assertiveness skills. Sharpening these skills will improve your relationships and need fulfillment.

27 points or less: It would be very rewarding for you to improve your communication skills. Your relationships would function much better, and you would experience much greater need fulfillment.

My Sexual Values: For each statement, indicate the response that most closely identifies your beliefs and attitudes. Use the following code:

A = I strongly agree B = I slightly agree C = I slightly disagree D = I strongly disagree

- _____ 1. Men are by nature more sexually aggressive than women are and enjoy sex more than women do.
_____ 2. Sex-role definitions and stereotypes get in the way of mutually satisfying sexual relations.
_____ 3. Concern over sexual performance is quite common.
_____ 4. A person should experience guilt over their sexual activities.

- _____ 5. If a woman doesn't experience orgasm, it is the man's fault.
- _____ 6. If a man experiences erection problems, it is generally because of the woman's lack of appreciation of his manhood.
- _____ 7. In a sexual relationship, it is the job of each partner to make the other feel like a woman or a man.
- _____ 8. Getting in touch with our sexual attractions and feelings toward others leads to too much sexual behavior.
- _____ 9. The quality of a sexual relationship is usually parallel to the quality of the partners' relationship in general.
- _____ 10. Sexual freedom implies doing whatever consenting adults agree to.
- _____ 11. If we want to, we can reeducate ourselves so that we can experience sexual relationships with numerous partners without feeling guilty.
- _____ 12. Sexual freedom ought to be counterbalanced by sexual responsibility.
- _____ 13. We will probably be no more sexually attractive to others than we are to ourselves.
- _____ 14. Discussing sexual wants and needs with a partner leads to mechanical and boring sex.
- _____ 15. Extramarital sex inevitably causes dissatisfaction in the marital relationships.
- _____ 16. Today's generation is really unconcerned about being sexually inadequate.
- _____ 17. Most people who are intimate with each other find it relatively easy to talk openly and honestly about the intimate details of sexuality.
- _____ 18. The key to improving sexual satisfaction is to master sexual techniques and skills.
- _____ 19. Sex without love is unsatisfying.

My attitudes about love: For each of the following statements, circle the number that most closely approximates your response.

	Strongly agree	Somewhat agree	Disagree
1. I don't believe that research should be done on love, love should remain mysterious.	3	2	1
2. Love is the most important thing in my life.	3	2	1
3. My life is very unhappy when I am not in love.	3	2	1
4. I am able to function very well without someone to love.	3	2	1
5. love is a fantasy that is popular with 13-year-old girls.	3	2	1
6. Each of us has our "one and only" somewhere out there, if only we can find that person.	3	2	1
7. Once you find your "one and only," you will never feel attracted to anyone else.	3	2	1
8. If you love too much, you will only get hurt.	3	2	1
9. I am able to function very well without someone loving me.	3	2	1
10. The smartest people don't get hung up on someone.	3	2	1
11. You can tell when you first see someone if you are going to love that person.	3	2	1
12. The best relationships have some basis more important than love.	3	2	1
13. If you love someone enough, any kind of problem in the relationship can be overcome.	3	2	1
14. If I had to choose between living in poverty or living without love, I would choose to love in poverty.	3	2	1
15. As soon as someone thinks you love them, that person will start to take advantage of you.	3	2	1
16. You're a sucker if you fall in love with someone who has no money.	3	2	1

TOTAL POINTS:

Interpretation

40 to 48 points: You have very romantic ideas about love. You might put too much emphasis on love as a basis for a partnership, while ignoring other important considerations.

24 to 39 points: You have more realistic ideas about love. love is important to you, but you also are aware of the many other bases of a smoothly functioning partnership.

16 to 23 points: You appear to be pretty cynical about love. Maybe you previously have been hurt or come from a family where romance was not emphasized. Your attitudes might insulate you from getting hurt again but could also be preventing you from enjoying the benefits of a loving relationship.