



## Homework: Self-test – How’s your sex life?

**Fill out** this questionnaire separately and compare answers later, after you have scored your own. Each of you read the items we have listed to indicate if this area is fine (not an issue) or needs improvement (problematic). Put a check mark in every box that you think applies to your relationship now.

		Not an issue	Problematic
1.	We are emotionally close.		
2.	Just simply talking to each other...		
3.	Staying emotionally in touch is...		
4.	Feeling taken for granted is...		
5.	My partner knowing me well is...		
6.	My partner being emotionally disengaged is...		
7.	My being emotionally disengaged is...		
8.	The relationship is romantic and passionate.		
9.	My partner being verbally affectionate is...		
10.	My partner expressing love often enough is...		
11.	Our touching each other often enough is...		
12.	Our feeling very romantic is...		
13.	My partner wanting to massage me is...		
14.	Our having tender moments is...		
15.	Our having passionate moments is...		
16.	My feeling attractive to my partner is...		
17. 3.	Our sex life is...		



		Not an issue	Problematic
18.	Wanting more sex than my partner is...		
19.	My partner wanting more sex than me is...		
20.	My not being satisfied with sex is...		
21.	My partner being OK with my masturbating is...		
22.	My partner not being satisfied with sex is...		
23.	Being able to talk about our sexual problems is...		
24.	My often feeling rejected sexually is...		
25.	My partner feeling rejected sexually is...		
26.	My need for more adventure is...		
27.	My partner being bored with our sex life is...		
28.	Being able to talk about sex at all is...		
29.	Our wanting different things sexually is...		
30.	My rarely having orgasm is...		
31.	My partner rarely having orgasm is...		
32.	My having problems with desire...		
33.	My partner having problems with desire is...		
34.	Not enough love in our lovemaking is...		
35.	My partner thinking there isn't enough love in our lovemaking is...		

**Share** your answers together and for your score, **add up** all the times you checked that an area was problematic. If your score *or* your partner's score is greater than or equal to 10, then you might want to work on improving your sex life. Here's how.



## This is the recipe for having great sex life after Baby

1. Accept things have changed since the baby arrived.
2. Ask each other for sex.
3. Talk about what feels good sexually, and how to make it better.
4. Continue nonsexual affection, especially touch.
5. Realise that in most cases, he's a microwave and she's a Dutch oven.
6. Accept that quickies are as important as gourmet sex.
7. Accept masturbation to orgasm, and continue to have oral sex (if you've always liked it).
8. Share your sexual fantasies.
9. Discuss your innermost feelings and don't avoid conflict.
10. Prioritise gourmet sex and make time for it.