



LOVE MAKING

survey

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We're so glad that you are being proactive about having great sex in marriage! Sex is a good gift from God that is best enjoyed in the covenant of marriage when a couple works toward unity and serving one another.

This Love Making Survey is designed to help you have a safe, genuine conversation about your sex life with your spouse. It can be difficult to say hard things to our spouse about sex. This survey is a nonthreatening way to evaluate your sex together. You will both fill out the survey and both have a chance to think through and assess your current love making. The questions are designed to get you thinking about all aspects of your love making and to shed light on ways your sex could be more satisfying. It's meant to bridge the gap from awkward talks into helpful conversation, and to give you clear goals to work toward having awesome sex in marriage.

This is not a scorecard. The goal is not a high score. The goal is to be honest and to work together towards better sex in your marriage, no matter how these answers unfold.

The way to win at this is to be lovingly truthful in giving your answers and gracious in receiving your spouse's answers.

Some of these questions ask you to rate your current experience with your spouse. This is not to say that if you rate your experience as "dissatisfied" that your spouse is bad at sex. You can't be bad at sex. We are all unique and our love making is unique - everyone likes it different. Therefore, you can't be inherently bad at sex! If your sex life is not where you want it to be, it's not that one or both of you is "bad at sex," but that you two need to communicate well and work together to make your sex life more satisfying.

The great news about this survey is that it's just reflecting and answering about your current sex life with your spouse. You two will be married for life! If you aren't fully satisfied with your current sex, you have the rest of your lives to change that! What a fun activity to work on together :)

There are three sections of questions. The first section is more weighty. You will rate your experience with your spouse, and answer questions to help the two of you learn about each other. In the second section you rate your comfortability and hopefully do some emotional and mental processing about why you are or aren't comfortable in the bedroom. The last section is easy and light hearted, with 20 questions that are pure fun!

Be prayerful and thoughtful as you answer these questions. Spend some time reflecting on your sex life with your spouse the past few months. Maybe even read the questions and then mull over them for a few days in your head before taking the time to fill out the survey. As you answer, focus mostly on just the last few months of love making with your spouse. This Love Making Survey is designed for you evaluate your current situation, not your entire married sex life. Although, if you think a past experience needs to be brought up in answer, feel free to do that.

YOUR CURRENT SEX LIFE

FOR THE 1-5 SCALE QUESTIONS HERE IS THE SCALE:

1 - VERY DISSATISFIED | 2 - DISSATISFIED | 3 - OKAY | 4 - SATISFIED | 5 - VERY SATISFIED

- 1.** On a scale of 1 to 5, how would you rate your spouse's commitment to having sex regularly
- 2.** Realistically, how many times a week would you like to have sex?
- 3.** On a scale of 1 to 5, how would you rate your spouse's foreplay?
- 4.** What would you like to see more of when it comes to foreplay?
- 5.** Is there a type of foreplay you want to try that you have never have with your spouse?
- 6.** On a scale of 1 to 5, how would you rate your spouse's endurance in the bedroom? (Ability to physically keep going when you both want to. This specific question is about strength and endurance, not time to climax.)
- 7.** Why did you rate your spouse that way?
- 8.** If you rated them below a 4, what do you think the two of you could do together to increase physical endurance?
- 9.** On a scale of 1 to 5, how would you rate your spouse's communication with you about sex? Have they been open with you about their needs/desires when it comes to sex?
- 10.** On a scale of 1 to 5, how would you rate your spouse's verbal and nonverbal communication with you during sex to let you know what they enjoy and don't enjoy?

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- 11.** If you rated them below a 4, what would you like to see them do to be more communicative with you during intimate times?
 - 12.** How do you want your spouse to let you know they are enjoying what you're doing to them in the bedroom? Moans? Groans? Specific words? Sexy talk?
 - 13.** On a scale of 1 to 5, how would you rate your spouse's desire to be intimate?
 - 14.** On a scale of 1 to 5, how would you rate your spouse's initiation when it comes to sex?
 - 15.** Wives, on a scale of 1 to 5, how would you rate your husband's ability to hold off an orgasm until you orgasm first or are satisfied with the love making session?
 - 16.** If you rated them below a 3, what are some ways you might be able to help him with this? Brainstorm some thoughts.
 - 17.** Is there anything going on outside of the bedroom that you think affects your love making satisfaction with your spouse?
 - 18.** Does your spouse do anything that makes you not want to have sex with them or not want to invest in having great sex with them? If so, what? What can the two of you do to work together to solve this problem?
 - 19.** On a scale of 1 to 5, how would you rate your overall satisfaction with our sex life?
 - 20.** What are two specific ways we can improve our sex life?
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YOUR COMFORTABILITY QUESTIONS

FOR THE 1-5 SCALE QUESTIONS HERE IS THE SCALE:

1 - VERY UNCOMFORTABLE | 2 - UNCOMFORTABLE | 3 - OKAY | 4 - COMFORTABLE | 5 - VERY COMFORTABLE

- 1.** On a scale of 1 to 5, how comfortable are you being totally naked with your spouse? Why?
 - 2.** Is there anything your spouse could do to make you feel more comfortable being naked in front of them?
 - 3.** On a scale of 1 to 5, how comfortable are you talking about sex with your spouse? Why?
 - 4.** Is there anything your spouse could do to make you feel more comfortable talking about sex with them?
 - 5.** On a scale of 1 to 5, how comfortable are you expressing yourself in the bedroom? (Do you feel free during sex and free to enjoy an orgasm however you want to express it?) Why did you rate yourself there?
 - 6.** Is there anything your spouse could do to make you feel more comfortable expressing yourself in the bedroom?
 - 7.** On a scale of 1 to 5, how comfortable are you telling your spouse what you want in the bedroom?
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- 8.** Is there anything your spouse could do to make you feel more comfortable telling them what you want?
 - 9.** Do you ever feel rejected by your spouse when it comes to sex? If so, what happens to make you feel rejected?
 - 10.** Do you feel heard in the bedroom by your spouse? Why or why not?
 - 11.** Do you feel like you know what you want when it comes to sex? Why or why not?
 - 12.** How did you first learn about sex? Where did you first learn about it?
 - 13.** In your family life as a child, how was sex talked about or not talked about?
 - 14.** How do you think God feels about sex?
 - 15.** Do you have any feelings of shame or guilt tied to sex?
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PURE FUN QUESTIONS

- 1.** What is one thing your spouse does during love making that you really enjoy?
 - 2.** What is your favorite way to kiss?
 - 3.** What is your favorite love making memory with your spouse? Why is that your favorite memory?
 - 4.** If there were no physical limitations, how would you like to try to have sex?
 - 5.** If there were no cost or legal limitations, where would you want to have sex?
 - 6.** What is something that your spouse does that turns you on?
 - 7.** Where do you liked to be touched during sex?
 - 8.** When you think “sexy talk” what comes to mind?
 - 9.** Do you like the idea of sexy talk?
 - 10.** What is your favorite position? Why?
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11. Where do you like to be touched the most?
 12. What turns you on the quickest?
 13. Would you let your spouse give you a hickey? Why or why not? If yes, then where?
 14. What would you do if your spouse answered the door naked?
 15. What is your favorite kind of foreplay?
 16. How much time would you like to ideally spend on foreplay?
 17. What does “quickie” mean to you?
 18. How often are you okay with sex being a quickie?
 19. Music during sex or no music?
 20. Lights on or off or by candlelight?
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