



SEXUAL EXPERIENCE SURVEY

(You will not be required to share any of this information with the facilitators or the rest of the group. This is for your personal information.)

This survey is adapted from a longer survey published in *The Erotic Mind* by Jack Morin.

Think back over all your sexual encounters with other people. Allow your mind to focus on one specific encounter that was among the most arousing of your entire life. Describe it in as much detail as you wish.

1. Describe exciting encounter.
2. How old were you when you had this encounter?
3. What kind of relationship did you have with the partner(s) in this encounter?
 - a. Anonymous
 - b. Acquaintance
 - c. Boyfriend/girlfriend
 - d. Primary relationship or spouse
 - e. Multiple partners
 - f. Other (specify) _____



4. What do you think made this encounter so exciting?
5. How would you rate your level of *excitement* during this encounter, especially compared to your usual ones?
Not exciting [-0-1-2-3-4] Extremely exciting
- Not exciting [-0-1-2-3-4] Extremely exciting
6. How would you rate your level of *fulfillment* during this encounter, especially compared to your usual ones?
- Not fulfilling [-0-1-2-3-4] Extremely fulfilling
7. How important was each of the following six groups of emotions in this encounter? Within each group of feelings, base your rating on whichever feeling was *most* important. (Note: some emotions, especially the “negative” ones, may be very important even though they’re not particularly intense.)
- a. **Exuberance** (related emotions: joy, celebration, surprise, freedom, euphoria, and pride)
- Not exciting [-0-1-2-3-4] Extremely exciting
- b. **Satisfaction** (related emotions: contentment, happiness, relaxation, and security)
- Not exciting [-0-1-2-3-4] Extremely exciting
- c. **Closeness** (related emotions: love, tenderness, affection, connection, unity [oneness], and appreciation)
- Not exciting [-0-1-2-3-4] Extremely exciting
- d. **Anxiety** (related emotions: fear, vulnerability, weakness, worry, and nervousness)
- Not exciting [-0-1-2-3-4] Extremely exciting



e. **Guilt** (related emotions: remorse, naughtiness, dirtiness, and shame)

Not exciting [-0-1-2-3-4] Extremely exciting

f. **Anger** (related emotions: hostility, contempt, hatred, resentment, and revenge)

Not exciting [-0-1-2-3-4] Extremely exciting

8. Imagine yourself really wanting to be sexually aroused but, for some reason, you're not. Based on everything you know about your sexuality, describe the fantasy that would be *the very most likely* to arouse you.

9. What are your ideas about what makes this fantasy so exciting? Please be as specific as you possibly can.

10. Describe the "climax"—the most intense point of excitement—of this fantasy.



11. How important is each of the following six groups of emotions in this fantasy? Within each group of feelings, base your rating on whichever feeling is *most* important. (Note: some emotions, especially the “negative” ones, may be very important even though they’re not particularly intense.)

- a. **Exuberance** (related emotions: joy, celebration, surprise, freedom, euphoria, and pride)

Not exciting [-0-1-2-3-4] Extremely exciting

- b. **Satisfaction** (related emotions: contentment, happiness, relaxation, and security)

Not exciting [-0-1-2-3-4] Extremely exciting

- c. **Closeness** (related emotions: love, tenderness, affection, connection, unity [oneness], and appreciation)

Not exciting [-0-1-2-3-4] Extremely exciting

- d. **Anxiety** (related emotions: fear, vulnerability, weakness, worry, and nervousness)

Not exciting [-0-1-2-3-4] Extremely exciting

- e. **Guilt** (related emotions: remorse, naughtiness, dirtiness, and shame)

Not exciting [-0-1-2-3-4] Extremely exciting

- f. **Anger** (related emotions: hostility, contempt, hatred, resentment, and revenge)

Not exciting [-0-1-2-3-4] Extremely exciting

PART II: PERSONAL BACKGROUND INFORMATION

1. What gender do you identify with?
2. What is your age?
3. How much influence do you think your religious beliefs (past or present) have on your *current* attitudes and feelings about sex?



No influence [-0-1-2-3-4-] Strong influence

4. How old were you when you first masturbated?
5. How many times do you masturbate now in an average month?
6. If you masturbate, how many minutes do you usually spend during one session?
7. How old were you when you first had a feeling of sexual attraction toward another person?
9. How old were you when you first did **any** kind of sexual touching with another person?
10. How old were you when you first had an orgasm with another person (from any kind of stimulation)?
11. How many different sexual partners have you had *in your lifetime?* (any sexual contact, Not necessarily intercourse)
12. During the last year, how many times have you had sex with a partner in an average month (any sexual contact, not necessarily intercourse)?
13. How many times would you *like* to have sex with a partner in an average month?
14. During the last year, how many orgasms have you had in an average month (by yourself and with a partner)?
15. When you have sex with a partner, about what percentage of the time do you have an orgasm?
16. What is your current marital/relationship status? (circle all that apply)
 - a. Single/never married
 - b. Married
 - c. Separated/divorced



- d. In primary relationship, but not married
- e. In multiple committed/significant relationships

f. Other _____

The next four questions are about your current primary relationship. If you are not involved in a relationship, please skip to question 21.

17. How long have you been involved in your current relationship?

18. Is your partner male or female?

19. How many times have you had sex with this partner in the last month (*any* sexual contact, not necessarily intercourse)?

20. Since you became involved with this person, with how many other partners have you also had sex (*any* sexual contact, not necessarily intercourse)?

21. How do you define your sexual orientation?

Exclusively homosexual [-0-1-2-3-4-5-6-] Exclusively heterosexual

22. Overall, how satisfied do you feel with your current sex life?

Not at all satisfied [-0-1-2-3-4-] Very satisfied

23. How would you rate your overall level of self-esteem?

Very low [-0-1-2-3-4-] Very high

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