

Balancing Love, Sex and Faith: Eleven Questions

Balancing the roles of sex, intimacy and faith in love relationships can be challenging. The ratings you provide are meant to help you better understand the complex dynamics of your current situation. Is it time to take action on an issue or make a decision? I hope this information will benefit you and your relationship!

First, remind yourself of your relationship context. The issues of sex and intimacy can feel different depending on your current relationship status, your gender and your age:

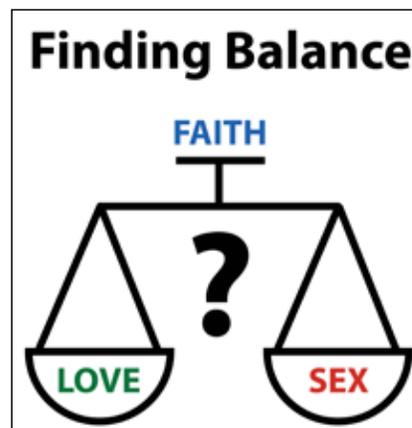
Married ____ Committed partnership ____

Our years together in current union ____

This is my 1st ____ 2nd ____ 3rd ____ intimate adult relationship

Male ____ Female ____

Your Age: 20 to 29 ____ 30 to 39 ____ 40 to 49 ____ 50 to 59 ____ 60 to 69 ____ 70+ ____



Next, answer the following questions thoughtfully and honestly:

RATING SCALE: 1 = No, never, not at all 3 = Maybe, either/or, not sure 5 = Yes, often, the max

____ Do you believe in a lifelong commitment, for better or worse?

____ Is sexual desire in your marriage unequal?

____ Are you the partner who wants more sexual intimacy?

____ Are you the partner who is satisfied with the way things are?

____ Do you struggle to discuss sex with your spouse?

____ Do you believe it is sinful or taboo to discuss sex with your partner?

____ Do you wish the matter would just go away without feeling blame or guilt?

____ Do you believe that a marriage can be both erotic and true to your faith?

____ If you could confess without anyone knowing the truth, would you be just as happy if you never had to have sex again?

What would you say is the right amount of sexual intimacy for your relationship?

____ 3x a week ____ 1x a week ____ 2x a month ____ 4-5x a year ____ Seldom

How would your partner answer this question?

Now, look at the questions you rated 1 or 5 (or perhaps 2 or 4). Do you see a pattern? Are you more aware or feeling strongly about something? Process that information. Use it to communicate. What can you say or do that will benefit both your partner and yourself? Also, try asking your partner to answer these same questions!