

How Healthy Is Your Sex Life?

by Amy Scholten, M.P.H.

The importance of sex in a relationship is subjective. How much sex matters in your relationship is something that you and your partner decide. If both partners are happy with the frequency and quality of sex, there is nothing to fix. However, many people find that they could be happier with their sex life.

The purpose of this assessment is to help you figure out if you are happy with your intimate relations and what problem areas you may have. Please keep in mind that this is general assessment, not a diagnostic tool.

Directions: Please read each statement carefully and select the answer that best describes your situation. When finished, interpret your score at the bottom of the page.

1. My partner and I are able to talk openly about our sex life.

- a) Yes
- b) Sometimes
- c) No

2. In our relationship, both partners initiate sex.

- a) Yes
- b) Sometimes
- c) No

3. We make sure that we schedule time for romance/sex, even when our lives are busy.

- a) Yes
- b) Sometimes
- c) No

4. I am happy with the frequency with which my partner and I make love.

- a) Yes
- b) Sometimes
- c) No

5. My partner is happy with the frequency with which we make love.

- a) Yes

- b) Sometimes
- c) No

6. Occasional sexual difficulties are common in most couples. However, if one of us is having a chronic sexual problem (such as a performance issue or lack of interest), we seek professional help.

- a) Yes
- b) Sometimes
- c) No

7. We try to keep our sex life interesting.

- a) Yes
- b) Sometimes
- c) No

8. I have a strong interest in making love with my partner.

- a) Yes
- b) Sometimes
- c) No

9. My partner seems to have a strong sexual interest in me.

- a) Yes
- b) Sometimes
- c) No

10. I feel satisfied by my partner.

- a) Yes
- b) Sometimes
- c) No

11. My partner feels satisfied by me.

- a) Yes
- b) Sometimes
- c) No

12. We take vacations or get away for a while to revitalize our sex life.

- a) Yes
- b) Sometimes

c) No

13. We address relationship problems so that they don't lead to resentment or loss of interest in sex.

- a) Yes
- b) Sometimes
- c) No

14. We practice safe sex (monogamy, or use condoms).

- a) Yes
- b) Sometimes
- c) No

Scoring

Number of a, b, and c Answers	Point Value for Answers	Total Point Value (multiply total number of a, b, and c answers by their corresponding point value)
Number a answers:	All a answers = 10 points	
Number of b answers:	All b answers = 5 points	
Number of c answers:	All c answers = 1 point	
		Score (add total of a, b, and c points):

Your Score	Interpretation
76-140	Congratulations! Your score suggests that you have a happy, healthy sex life. Though your needs may change with time, remaining open in your communications will help you maintain a healthy sex life.
36-75	Your score suggests that your sex life is okay or at least not in big trouble, but you could have more pleasure. Before things get worse, try getting away, even for a night. Touch, laugh, and have fun. Make sure you communicate openly about what you need.
14-35	Your score suggests that you are dissatisfied with your sex life and need to

	make some changes. You may need to seek professional help. First, be totally honest with yourself about what underlies your sexual problems. Have the two of you have drifted apart emotionally? If so, you may need couples therapy. If your lack of sexual desire results from anger at your partner, you need to address that issue. Working on your relationship problems together can help you find your way back into the bedroom again.
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Source:

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Biography

Amy Scholten, MPH, has a Master of Public Health in health promotion and education from the University of South Carolina and a Bachelor of Science in food and nutrition from Framingham State College. She is a freelance health writer and has taught stress management at Ithaca College in Ithaca, NY, USA.