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PHYSICAL INTIMACY ASSESSMENT

counsel • self-study • teaching • cell group • life

_____ _____

Name **Date**

DIRECTIONS: *Answer the following questions giving an honest assessment of yourself. Feel free to add explanatory comments.*

	Strongly Disagree									Strongly Agree
1. I am physically affectionate with my spouse.	1	2	3	4	5	6	7	8	9	10
2. My spouse is physically affectionate with me.	1	2	3	4	5	6	7	8	9	10
3. I would like more physical affection.	1	2	3	4	5	6	7	8	9	10
4. I feel close to my partner when we make love.	1	2	3	4	5	6	7	8	9	10
5. I generally have an orgasm during lovemaking.	1	2	3	4	5	6	7	8	9	10
6. My partner generally has an orgasm during lovemaking.	1	2	3	4	5	6	7	8	9	10
7. I am mentally and emotionally present with my partner during lovemaking.	1	2	3	4	5	6	7	8	9	10
8. My partner is mentally and emotionally present with me during lovemaking.	1	2	3	4	5	6	7	8	9	10
9. I freely share my body with my partner.	1	2	3	4	5	6	7	8	9	10
10. My partner freely shares their body with me.	1	2	3	4	5	6	7	8	9	10
11. I am generally uninhibited during lovemaking.	1	2	3	4	5	6	7	8	9	10
12. My partner is generally uninhibited during lovemaking.	1	2	3	4	5	6	7	8	9	10
13. Lovemaking is a vital part of our relationship.	1	2	3	4	5	6	7	8	9	10
14. Our relationship would be greatly diminished if we were to decide not to make love anymore.	1	2	3	4	5	6	7	8	9	10
15. Lovemaking is a beautiful gift to couples from God.	1	2	3	4	5	6	7	8	9	10
16. We do not go for prolonged periods without making love.	1	2	3	4	5	6	7	8	9	10

17. I would like to make love (circle one) more frequently/less frequently/about the same.
18. I would like (circle one) more foreplay/less foreplay/about the same.
19. We make love an average of _____ times a month.

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