Sexual Confidence Personal Report Card

Whether you have a long way to go in the process of becoming a more sexually confident wife, or just a little, is based on where you currently stand. To help you assess where you are on the sexual confidence scale, here's a list of 69 questions (pun intended!) to ask yourself.

	Disagi	ree									Strongly Agree
0	1	2	3	4	5		7		9	10	J
	1. 2. 3	feel go have n trust my am cor am cor	od abo	out who ot that r	I am a ny hus moletel	s a se band fi	xual fe nds me	male. e sexua	ally attra	active.	
	— 4. i	am cor	nfortat	ole havi	ing sex	as ofte	en as n	ny husl	band w	ants to).
	5. I	am cor	mfortat	ole havi	ing sex	howev	er my	husbai	nd wan	ts to de	o it.
	6. I	l initiate	sex of	ten witl	n my hi	usband	l with c	onfider	nce tha	t I won	i't be
de	nied.				-						
	7. I	am cor	mfortat	ole insid	de my d	own sk	in and	like wh	o I see	in the	mirror.
	8. I	l experie	ence se	exual d	esire fo	or my h	usban	d.			
	9. I	l am cor I believ	mfortab	ole with	my hu	sband	looking	g at my	naked	body.	
	10.	I believ	e my ł	านsban	d likes	my bo	dy just	the wa	y it is.		
	11.	I like th	ne size	of my	breasts	3 .					
	12	I believ	e mv h	husban	d likes	the siz	e of my	y breas	sts.		
	13.	I am co	omforta	able wit	h the s	hape c	of my b	ody.			
	14.	I am co	omforta	able wit	h the s	ize of r	ny bod	у.			
	15.	I am no	ot asha	amed to	let my	husba	and loo	k at my	vagina	а.	
	16.	I am no	ot emb	arrasse	ed to le	t my hı	usband	touch	my vag	gina.	
	17.	I am co	omforta	able wit	h my h	usban	d perfo	rming o	oral sex	(.	
	18.	I am at	ease '	with va	ainal d	enetrai	ion (ini	tercour	se).		
	19.	I believ I have	e I kno	ow exa	ctly wh	at turns	s my hi	usband	on.		
	20.	I have	confide	ence th	at I car	n bring	my hu	sband	to clima	ax eve	ry time.
	21.	I believ	e that	my ow	n sexu	al pleas	sure is	import	ant to n	ny hus	band.
	22.	I am w	orthy c	of the in	vestme	ent of ti	me an	d effort	it takes	s for m	ie to
org	jasm.										
	23.	It does	not bo	ther m	e for of	her pe	ople to	know	that I a	m a se	xual
WO	man.										
	24.	It does	not bo	ther m	e if my	childre	en are a	aware t	hat the	ir pare	nts have
se											
	25.	I am ve	ery inte	rested	in sexu	ual acti	vity wit	h my h	usband	d.	
	26.	My hus	sband (conside	ers me	an inte	resting	sex pa	artner.		
	27.	I am w	illing to	try ne	w sexu	al posi	tions.				
	28.	I am w	illing to	try ne	w sexu	al acts					
	29.	I feel th	ne free	dom to	verbal	ize my	persor				
	30.	I am co	omforta	able asl	king ho	w I mid	aht plea	asure n	nv hust	band s	exually.

31.	I do not worry about my husband asking me to do something
degrading	in bed.
32.	I don't worry about my husband rejecting my sexual advances.
33.	I have confidence that I satisfy my husband completely in the
bedroom.	
34.	I believe my husband only seeks sexual pleasure within our marriage.
35.	My husband doesn't feel the need to look elsewhere for sexual
release.	
36.	I believe I couldn't feel any sexier than I do now.
37.	I believe I couldn't be any sexier in my husband's eyes than I am now.
38.	I experience orgasm whenever I choose to.
39.	I enjoy experiencing vaginal (g-spot) orgasms.
40.	I enjoy experiencing vaginal (g-spot) orgasms. I enjoy clitoral orgasms.
41.	I am able to achieve multiple orgasms.
42.	I believe I am a good steward of my sexuality and the power it holds.
43.	I believe I am a good steward of my sexuality and the power it holds. I believe my husband is a good steward of his sexuality and the power
it holds.	
44.	I believe sex bonds me and my husband together in a special and
unique wa	,
•	I do not struggle with issues of low self-esteem.
	I feel worthy of a man's attention and affection.
47.	I do not feel inferior to any other woman.
48.	I am not haunted by sexual "ghosts" in my past.
	I do not bear any scars from previous sexual abuse or experiences.
	Sexual intimacy does not elicit any negative emotions at all.
	I don't worry about what others might think if they knew my sexual
past.	3 · · · · · · · · · · · · · · · · · · ·
•	I don't fear being drawn toward previous lovers.
	I don't fear being drawn toward new extramarital lovers.
	I am comfortable with my own sexual fantasies.
	I have no problem verbalizing my sexual fantasies to my husband.
	I make personal hygiene a daily priority so I never have to worry about
unpleasar	, , , , , , , , , , , , , , , , , , , ,
•	My bedroom is a place that provides a sexual sanctuary in my
marriage.	my boardonn to a place that provided a box autocastly in my
_	I believe I look sexy in the underwear I choose to wear.
	I don't believe there is any "morally wrong" sexual position within
marriage.	Tacht Bollovo thorollo driy Thorally Wrong Coxaal poolson Within
	My spirituality and sexuality are not in conflict with one another.
	I am willing to be on top in bed if it stimulates my husband to watch
me.	Tail willing to be on top in bed in a still diates my hasband to water
	I consistently make time for sex because it's an important aspect of
our lives.	1 consistently make time for sex because it's an important aspect of
	I believe our sex life is at least "normal" or "better than normal."
04.	My children feel free to ask me about or discuss sexual issues.

65	. I am comfortable initiating conversations with my children about
sexuality	
66	. I believe my children want a marriage like mine someday.
67	I believe my husband sees me as a sexually confident wife.
68	. I see myself as a sexually confident wife.
69	. Based on my example, I believe my daughter will be a sexually
confident	wife someday.

I'm not going to give you a scale by which you can give yourself a "grade," because it's not about how our numbers average out. It's about celebrating our strengths and being willing to work on our weaknesses. Just glance back over your numbers and you'll recognize the areas in which you have the most confidence, and which areas need improvement.