



- \_\_\_ 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 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 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 way.
- \_\_\_ 45. I do not struggle with issues of low self-esteem.
- \_\_\_ 46. 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.
- \_\_\_ 49. I do not bear any scars from previous sexual abuse or experiences.
- \_\_\_ 50. Sexual intimacy does not elicit any negative emotions at all.
- \_\_\_ 51. I don't worry about what others might think if they knew my sexual past.
- \_\_\_ 52. I don't fear being drawn toward previous lovers.
- \_\_\_ 53. I don't fear being drawn toward new extramarital lovers.
- \_\_\_ 54. I am comfortable with my own sexual fantasies.
- \_\_\_ 55. I have no problem verbalizing my sexual fantasies to my husband.
- \_\_\_ 56. I make personal hygiene a daily priority so I never have to worry about unpleasant odors.
- \_\_\_ 57. My bedroom is a place that provides a sexual sanctuary in my marriage.
- \_\_\_ 58. I believe I look sexy in the underwear I choose to wear.
- \_\_\_ 59. I don't believe there is any "morally wrong" sexual position within marriage.
- \_\_\_ 60. My spirituality and sexuality are not in conflict with one another.
- \_\_\_ 61. I am willing to be on top in bed if it stimulates my husband to watch me.
- \_\_\_ 62. I consistently make time for sex because it's an important aspect of our lives.
- \_\_\_ 63. I believe our sex life is at least "normal" or "better than normal."
- \_\_\_ 64. 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.