

SEXUAL CONFIDENCE PERSONAL REPORT CARD

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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.

Disagree

Strongly
Agree

0 1 2 3 4 5 6 7 8 9 10

- _____ 1. I feel good about who I am as a sexual female.
- _____ 2. I have no doubt that my husband finds me sexually attractive.
- _____ 3. I trust my husband completely when making love.
- _____ 4. I am comfortable having sex as often as my husband wants to.
- _____ 5. I am comfortable having sex however my husband wants to do it.
- _____ 6. I initiate sex often with my husband with confidence that I won't be denied.
- _____ 7. I am comfortable inside my own skin and like who I see in the mirror.
- _____ 8. I experience sexual desire for my husband.
- _____ 9. I am comfortable with my husband looking at my naked body.
- _____ 10. I believe my husband likes my body just the way it is.
- _____ 11. I like the size of my breasts.
- _____ 12. I believe my husband likes the size of my breasts.
- _____ 13. I am comfortable with the shape of my body.
- _____ 14. I am comfortable with the size of my body.
- _____ 15. I am not ashamed to let my husband look at my vagina.
- _____ 16. I am not embarrassed to let my husband touch my vagina.
- _____ 17. I am comfortable with my husband performing oral sex.
- _____ 18. I am at ease with vaginal penetration (intercourse).
- _____ 19. I believe I know exactly what turns my husband on.
- _____ 20. I have confidence that I can bring my husband to climax every time.
- _____ 21. I believe that my own sexual pleasure is important to my husband.
- _____ 22. I am worthy of the investment of time and effort it takes for me to orgasm.
- _____ 23. It does not bother me for other people to know that I am a sexual woman.
- _____ 24. It does not bother me if my children are aware that their parents have sex.
- _____ 25. I am very interested in sexual activity with my husband.
- _____ 26. My husband considers me an interesting sex partner.
- _____ 27. I am willing to try new sexual positions.
- _____ 28. I am willing to try new sexual acts.
- _____ 29. I feel the freedom to verbalize my personal desires in bed.
- _____ 30. I am comfortable asking how I might pleasure my husband sexually.

- _____ 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 some day.

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.