

Aspects of intimacy: The anticipate-engage-appreciate model

Questions to help you explore the role of sex in your life

FORMING

THE PAST: OUR PERSONAL HISTORY

What have been the most influential experiences in your life, from childhood onwards, in learning about and shaping your feelings towards, sex, sexuality, romantic attractions, and relationships?

OUR SEXUAL and INTIMATE SELF
How do you feel about yourself as a sexual person?

LIKING & WANTING

How do you feel overall about the place of sex and intimacy in your life and relationships?

ANTICIPATING

CIRCUMSTANCES

Where and when are you more or less likely to feel inclined to be sexual? What are your preferred characteristics in a sexual partner e.g. attractiveness, hygiene, personality?

SELF

How do you prefer to feel about yourself, physically and emotionally, in order to feel like being sexually involved?

ANTICIPATING

What do you expect sex to be like at this point in your life?

CULTIVATING

What do you do to cultivate or downplay the role of sex in your life and relationship?

INTERPERSONAL

How is sex typically initiated? By you, your partner, or either of you? How do you each feel about that?

CAPACITY TO CONSENT

What state of mind or circumstances do you need to be in to give consent freely?

ENGAGING

ATTENTION

When sex is going well, what do you pay attention to? When it's not going well, what do you focus on?

EROTICISM

What sorts of sexual scenarios excite you or make you feel good about sex?

FEELINGS

What do you most like and dislike? What does your partner most like and dislike?

EMOTIONS

What positive emotions do you enjoy during sex? What negative emotions interfere with your enjoyment?

ENGAGING

What roles do you and your partner most enjoy in terms of being active or passive, or dominant or submissive?

DEEPENING

How easy or difficult is it for you to lose yourself in a sexual experience? Why is that, do you think?

SENSATION

What types of sensations do you like? What do you dislike or find distracting?

AROUSAL

How well is your body functioning in the way that you would like it to? How well is your partner's?

ACTIONS

Who does what to whom, in what order, and for whose pleasure?

INTERACTIONS

How do you let your partner know in the moment what you enjoy or don't enjoy? How do they let you know?

APPRECIATING

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What do you most value or appreciate about your partner's approach to sex. What do they appreciate about your approach?

EVALUATING

How do you each communicate about what went well and what didn't?

PEAK or SUFFICIENT PLEASURE

What has to have happened for you or your partner to bring about the end of a sexual encounter?

AFTER-PLAY

How do you continue to take pleasure in each other's company immediately after sex?

SATISFACTION

What are the major benefits of sex in your life right now and what are the biggest drawbacks, obstacles or barriers to satisfaction? How does the quality of your sexual experiences affect the way you feel about the role of sex in your life and relationships?

FEEDBACK