

Are YOU a Sexually Confident Wife?

69 Questions for Self-Assessment

Whether you have a long way to go toward becoming a 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

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 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 to orgasm.
- ___ 23. It doesn't bother me for others to know that I am a sexual woman.
- ___ 24. It doesn't bother me if my children are aware that we 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'm 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 both 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.

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