

Sexual Enrichment: An Inventory

Source: Building Better Marriages

Directions: Go through this inventory very quickly, circling the level of satisfaction you feel for each category. Then go back through very quickly and mark the level where you believe your spouse is with an "X."

Next, turn to your spouse and compare ratings. Take time to discuss those areas where there is a wide range of ratings. These can be your most fruitful areas of growth.

1=Very Dissatisfied to 5= Very Satisfied

	Me	My Spouse
The way we decide to have sex	1 2 3 4 5	1 2 3 4 5
The time of day when we have sex	1 2 3 4 5	1 2 3 4 5
The place(s) where we have sex	1 2 3 4 5	1 2 3 4 5
The length of time spent in foreplay	1 2 3 4 5	1 2 3 4 5
The variety of activity during foreplay	1 2 3 4 5	1 2 3 4 5
The variety of positions during intercourse	1 2 3 4 5	1 2 3 4 5
The man's expression of affection and interest during intercourse	1 2 3 4 5	1 2 3 4 5
The woman's expression of affection and interest during intercourse	1 2 3 4 5	1 2 3 4 5
The length of time spent in intercourse	1 2 3 4 5	1 2 3 4 5
The man's expression of affection and interest after intercourse	1 2 3 4 5	1 2 3 4 5
The woman's expression of affection and interest after intercourse	1 2 3 4 5	1 2 3 4 5
The way we talk about our sexual activities	1 2 3 4 5	1 2 3 4 5
The way we talk about improving our sexual activities	1 2 3 4 5	1 2 3 4 5