

Sexual Style Survey

From Pat Love, EdD, Hot Monogamy.

Completing a sexual style survey will give you and your partner a chance to describe and define how you think about and feel about your sexual relationship with each other. Each partner takes the survey, in private, scores it and learns about himself or herself. Then, when they are each ready, they put their scores together and begin to learn more detailed information about their partner's sexual feelings.

The survey gives information in the following nine areas.

DESIRE. A biological and physical urge to engage in sex. It motivates you to be sexual and intensifies the lovemaking experience.

TECHNIQUE. The methods you use to make love, to arouse yourself and your partner.

PASSION. A blend of sexual arousal and emotional intimacy. And, it goes further than that. It is an intense connection that can only occur when the experience is seen as coming from your partner.

BODY IMAGE. Represents an obsession of our culture and affects sex far more than we might imagine. With a comfortable body image you can relax and focus on physical pleasure.

TALKING ABOUT SEX. The key to hot monogamy. Its helps you communicate your sexual needs and wishes.

SENSUALITY. Transforms sex into a luxurious, whole body experience.

ROMANCE. Creates lasting feelings of love and connection. Romance is proof positive that one's partner cares for the other.

VARIETY. Keeps freshness and excitement in your lovemaking. Lack of variety is one of the most common complaints heard from long-term couples.

INTIMACY. Allows you to share your inner reality with your partner. It is simply communicating at a personal level.

Doing the Sexual Style Survey

To find out more about your style, the survey is located in the excellent book, *Hot Monogamy* by Pat Love, Ed.D. You, or you and your partner, complete the survey, score it yourself and then, if you took it with another person, put the answers on a shared answer sheet. The rest of book then speaks about how to address those areas which would benefit from your attention.

Call for specific assistance with what you discover.