

Evaluation: Sexual Intimacy in Marriage

Note: Each major section of the Creating a Gospel-Centered Marriage series will have a brief evaluation tool to help you assess your marital strengths and weaknesses. Complete the evaluation before reading the material, then review the assessment again after completing each section to learn the accuracy of your initial self-assessment.

Instructions: Read the following descriptive statements. Consider how well they describe your experience or perspective on your marriage. If you are engaged, consider how well they describe your courtship experience or your beliefs about what you think your coming marriage should be. Mark the answer that best fits how you respond:

(CD) Completely Disagree, (SD) Somewhat Disagree, (NS) Not Sure, (SA) Somewhat Agree, or (CA) Completely Agree

***** Note:** For couples taking this evaluation as part of their pre-marital preparation, parts of this evaluation will be difficult to answer. It fine to skip questions you are unable to answer. Those questions will likely represent important conversations for you and your fiancé to have leading into your honeymoon.

1. I believe that sex is a good gift from God made for our enjoyment.	CD	SD	NS	SA	CA
2. My spouse believes that sex is a good gift from God made for our enjoyment.	CD	SD	NS	SA	CA
3. We believe that an enjoyable married sex life is one way we experience God's goodness.	CD	SD	NS	SA	CA
4. My family had a healthy and positive view of sex.	CD	SD	NS	SA	CA
5. My spouse's family had a healthy and positive view of sex.	CD	SD	NS	SA	CA
6. I want to have a healthy sex life that blesses our marriage.	CD	SD	NS	SA	CA
7. Sex is not so important to me that it creates fear or pressure for my spouse.	CD	SD	NS	SA	CA
8. Sex is not so important to my spouse that I feel pressure or intimidated.	CD	SD	NS	SA	CA
9. Sex is not unimportant to me to a degree it disappoints or offends my spouse.	CD	SD	NS	SA	CA
10. Sex is not unimportant to my spouse to a degree is disappoints or offends me.	CD	SD	NS	SA	CA
11. My spouse and I agree on the difference between sex and intimacy / closeness.	CD	SD	NS	SA	CA
12. My spouse and I agree on the balance we want between sex and intimacy / closeness.	CD	SD	NS	SA	CA
13. I feel attractive and appealing to my spouse.	CD	SD	NS	SA	CA
14. My spouse feels attractive and appealing to me.	CD	SD	NS	SA	CA
15. I am comfortable being nude in front of my spouse.	CD	SD	NS	SA	CA
16. My spouse is comfortable being nude in front of me.	CD	SD	NS	SA	CA
17. We are balanced in who requests and initiates sex.	CD	SD	NS	SA	CA
18. I request sex in a way that is tactful and appealing to my spouse.	CD	SD	NS	SA	CA
19. My spouse requests sex in a way that is tactful and appealing to me.	CD	SD	NS	SA	CA
20. The language I use to describe sex is wholesome and non-offensive to my spouse.	CD	SD	NS	SA	CA
21. The language my spouse uses to describe sex is wholesome and non-offensive to me.	CD	SD	NS	SA	CA
22. My spouse and I can talk about what we enjoy and want from our sexual relationship.	CD	SD	NS	SA	CA
23. My spouse and I can talk about our fears or insecurities related to sex.	CD	SD	NS	SA	CA
24. My spouse and I can talk about the effects of age on our bodies and sexual desire.	CD	SD	NS	SA	CA
25. We agree on the frequency with which we have sex.	CD	SD	NS	SA	CA
26. We manage our schedule and work load to protect time for romance and sex.	CD	SD	NS	SA	CA
27. Sex does not feel like a duty or routine that robs us of its full satisfaction.	CD	SD	NS	SA	CA
28. I am satisfied with the quality of sex in our marriage.	CD	SD	NS	SA	CA
29. My spouse is satisfied with the quality of sex in our marriage.	CD	SD	NS	SA	CA
30. I feel like I can meet my spouse's sexual expectations and desires.	CD	SD	NS	SA	CA
31. My spouse feels like he/she can meet my sexual expectations and desires.	CD	SD	NS	SA	CA
32. I am unselfish during sex and seek to find greater pleasure in my spouse's enjoyment.	CD	SD	NS	SA	CA
33. My spouse is unselfish during sex and seeks to find greater pleasure in my enjoyment.	CD	SD	NS	SA	CA
34. We intentionally plan for variety in the way we foreplay before sex.	CD	SD	NS	SA	CA
35. We will both be assertive during sex to take the lead in pleasuring our spouse.	CD	SD	NS	SA	CA
37. We will both be assertive during sex to affirm the things that are enjoyable.	CD	SD	NS	SA	CA
38. We will both be assertive during sex to let our spouse know what would be enjoyable.	CD	SD	NS	SA	CA
39. We take time after sex to enjoy each other during the afterglow.	CD	SD	NS	SA	CA
40. In the days after we talk about our sexual encounter to affirm and flirt with each other.	CD	SD	NS	SA	CA

41. I do not use sex as a tool to get things I want or punish my spouse.	CD	SD	NS	SA	CA
42. My spouse does not use sex as a tool to get things he/she wants or to punish me.	CD	SD	NS	SA	CA
43. Guilt over past sexual experiences does not interfere with my ability to enjoy sex.	CD	SD	NS	SA	CA
44. Guilt over past sexual experiences does not interfere with my spouse’s ability to enjoy sex.	CD	SD	NS	SA	CA
45. Trauma related to past sexual experience doesn’t impede my ability to enjoy sex.	CD	SD	NS	SA	CA
46. Trauma related to past sexual experience doesn’t impede my spouse’s ability to enjoy sex.	CD	SD	NS	SA	CA
47. My spouse does not ask things of me during sex that make me feel uncomfortable.	CD	SD	NS	SA	CA
48. I do not ask my spouse to do things during sex that makes him/her feel uncomfortable.	CD	SD	NS	SA	CA
49. If sex were uncomfortable or difficult we would seek medical or counseling help.	CD	SD	NS	SA	CA
50. Same sex attractions do not interfere with our ability to enjoy our marriage relationship.	CD	SD	NS	SA	CA

Key to Survey Scoring: For each set of questions tabulate your score using the following numerical values. The scoring is weighted with the “neutral” NS answer being a negative score, because if you have not defined or pursued important aspects of your marriage relationship it will negatively impact the marriage.

CD	–	Negative 3 points	SA	–	Positive 1 points
SD	–	Negative 2 points	CA	–	Positive 2 points
NS	–	Negative 1 point			

If your total score...

- ...**matches or exceeds the total number of questions**, then this area of marriage is an area of strength.
- ...**is less than the total number of questions**, then this area of marriage could use attention or refinement.
- ...**is a negative number**, then this area of marriage should be given immediate and concentrated attention.

➤ Questions 1-12: (Total: _____ in 12 questions)

This set of questions examines the “**belief and values related to sex**” present in a gospel-centered marriage. Sex is good. Sex is a gift from God given to married couples to enjoy and strengthen the bond their covenant. Married couples should feel emotional freedom to enjoy sex with each other.

Recommended Resources: *Preparing for Marriage* (Chapter 8) edited by Dennis Rainey; *The Meaning of Marriage* (Chapter 8) by Tim Keller; *Intimate Issues* (Part 1) by Linda Dillow and Lorraine Pintus

➤ Questions 12-24: (Total: _____ in 12 questions)

This set of questions examines the “**comfort with our bodies and vocabulary**” present in a gospel-centered marriage. The gospel is the essence of being fully known and fully loved by the One who ultimately matters; the Christian life begins with a very awkward conversation with God about personal things hard to talk about (i.e., our sin). By parallel, sex is the next most tangible expression of being fully known and fully loved; marriage involves talking about things that can be awkward, like sex. The gospel gives us the freedom to have these conversations without shame or embarrassment; more than that, we can share these moments with confidence and joy.

Recommended Resources: *The Celebration of Sex* (Section One) by Doug Rosenau; *Intimate Issues* (Part 3) by Linda Dillow and Lorraine Pintus

➤ Questions 25-40: (Total: _____ in 16 questions)

This set of questions examines the “**frequency and quality of sex**” present in a gospel-centered marriage. Marriage was not made for sex, but sex was made for marriage. This is the same principle Jesus taught when he said, “The Sabbath was made for man, not man for the Sabbath (Mark 2:37).” The implication is that people should not be legalists about rest, but they should rest. Similarly, Christian couples should not be counting and ranking their sexual experiences, but they should be having sex and enjoying it.

Recommended Resources: *The Celebration of Sex* (Sections Two and Three) by Doug Rosenau; *Intimate Issues* (Part 3) by Linda Dillow and Lorraine Pintus

➤ Questions 41-50: (Total: _____ in 10 questions)

This set of questions examines the “**red flags related to sex**” that would damage or undermine a gospel-centered marriage. The nature of these red flags vary significantly, but if they are present, it is recommended that a couple voluntarily seek the appropriate assistance rather than allow these struggles to devolve into a crisis that forces the couple to seek outside assistance when they are less receptive and the situation is complicated.

Recommended Resources: *The Celebration of Sex* (Sections Four, Five, and Six) by Doug Rosenau; *Intimate Issues* (Part 2) by Linda Dillow and Lorraine Pintus

Sometimes within a marriage the problem is not one specific area or issue but an overall imbalance in the effort, skill, thoughtfulness, and awareness being put into the marriage. Below is a list of questions that reveal your perspective on your effort and your spouse’s effort in the marriage. Use the same numerical scoring system as you used above. In this case, the closer your scores are to another, the more mutual (and typically healthy) the marriage.

_____ **My Score** – Using the same scoring system as above add together the score questions 1, 4, 6, 7, 9, 15, 18, 20, 32, and 41.

_____ **Spouse’s Score** – Using the same scoring system as above add together the score for questions 2, 5, 8, 10, 16, 19, 21, 33, and 42.