Adult Sexual Development Questionnaire Using the Anima–Animus Model

Purpose: This is a Jungian self-reflection tool for adults aged 18 and older. It explores how a person experiences desire, erotic projection, intimacy, agency, emotional openness, and sexual integration.

It is not a clinical assessment, a measure of sexual orientation, or a scientifically validated personality test. Jung's original models generally describe four stages; the fifth stage below is an added teaching category representing conscious integration.

The original theories have also been criticized as culturally limited and overly tied to binary gender roles.

Use the terms symbolically:

- ***Anima dimension***: receptivity, feeling, erotic imagination, emotional connection, beauty, and relational depth.
- ***Animus dimension***: agency, desire, assertion, boundaries, discernment, initiative, and the ability to act.

Everyone can have both dimensions, regardless of gender identity or sexual orientation.

Instructions

Rate each statement from 1 to 5:

Score	Meaning
1	Almost never true
2	Rarely true
3	Sometimes true
4	Often true
5	Consistently true

Answer according to your actual behaviour, not the person you wish to become.

For statements involving partners, think about your typical pattern across relationships rather than one unusual experience.

Part I: Anima Sexual Development

This scale explores the development of receptivity, emotional intimacy, erotic imagination, and the ability to experience another person as a real and separate human being.

Stage 1: Instinct, Body, and Attachment

The developmental task is to recognize bodily desire and emotional needs without treating another person as a source of security, validation, or regulation.

1. I can recognize physical desire without feeling ashamed of having a body and sexual needs.
2. I can identify whether I want sexual contact, emotional comfort, companionship, or reassurance.
3. I can care for myself emotionally rather than expecting a partner to function as my parent or therapist.
4. I can experience vulnerability without immediately becoming dependent on the other person.
5. I respect another person's bodily boundaries even when I feel strong desire.

Stage 1 score: Add items 1–5 and divide by 5.

Stage 2: Attraction, Fantasy, and Idealization

The developmental task is to enjoy erotic attraction while distinguishing fantasy from reality.

6. I can feel strong attraction without assuming that the other person is my destined partner.
7. I notice when I am filling in unknown information with fantasy.
8. I can remain interested in someone after discovering that they are different from my ideal image.
9. I can enjoy erotic imagination without confusing it with consent or mutual commitment.
10. I recognize when I am pursuing an image rather than relating to the actual person.

Stage 2 score: Add items 6–10 and divide by 5.

Stage 3: Emotional and Ethical Intimacy

The developmental task is to connect sexuality with respect, communication, care, and the whole personality.

11. I can discuss sexual preferences, limits, safer sex, and consent directly.
12. I can tolerate a partner's imperfections without withdrawing affection or sexual respect.
13. I care about my partner's pleasure and emotional experience as much as my own.
14. I can remain sexually connected even when difficult feelings arise.
15. I do not divide people into "sexually desirable" and "worthy of respect."

Stage 3 score: Add items 11–15 and divide by 5.

Stage 4: Erotic Meaning and Inner Wisdom

The developmental task is to understand what sexuality means personally without making it carry the entire burden of identity, spirituality, or self-worth.

16. I understand some of the deeper emotional meanings that sexuality has for me.
17. I can distinguish genuine intuition from fear, fantasy, jealousy, or wishful thinking.
18. My sexual choices are consistent with my values rather than driven only by loneliness or approval-seeking.
19. I can experience sexuality as meaningful without assuming that every intense encounter is spirituallysignificant.
20. I can learn from sexual feelings without allowing them to control my decisions.

Stage 4 score: Add items 16–20 and divide by 5.

Stage 5: Integrated Erotic Relationship

The developmental task is to unite desire, feeling, embodiment, ethics, freedom, and responsibility.

21. I can experience strong desire while respecting my own and another person's freedom.
22. I can express sexual needs without demanding that another person fulfill them.

23. I can remain emotionally open while maintaining clear boundaries.
24. I can accept both pleasure and disappointment without idealizing or demonizing a partner.
25. My sexuality is connected with self-knowledge, mutuality, responsibility, and genuine choice.

Stage 5 score: Add items 21–25 and divide by 5.

Part II: Animus Sexual Development

This scale explores sexual agency, initiative, communication, boundaries, discernment, and the ability to act without domination or emotional disconnection.

Stage 1: Power, Vitality, and Sexual Impulse

The developmental task is to recognize sexual energy without confusing power with entitlement or domination.

26. I can recognize sexual desire as bodily energy without automatically acting on it.
27. I feel entitled to have sexual boundaries and to state them clearly.
28. I do not use physical strength, intimidation, status, or persistence to obtain sexual attention.
29. I can tolerate sexual rejection without treating it as humiliation or injustice.
30. I can distinguish confidence from pressure and dominance.

Stage 1 score: Add items 26–30 and divide by 5.

Stage 2: Initiative, Pursuit, and Sexual Action

The developmental task is to express desire directly while remaining attentive to mutual interest and consent.

31. I can communicate attraction without manipulating, pressuring, or performing.
32. I can take sexual initiative while remaining responsive to the other person's signals.
33. I can accept "no," uncertainty, or a change of mind without resentment.
34. I do not measure my worth primarily by sexual conquest or performance.
35. I can pursue intimacy without turning the other person into a goal to be achieved.

Stage 2 score: Add items 31–35 and divide by 5.

Stage 3: Sexual Communication and Discernment

The developmental task is to use language honestly and to understand sexuality through dialogue rather than assumption.

36. I can talk openly about desire, consent, contraception, safer sex, and emotional expectations.
37. I can listen to a partner's sexual experience without becoming defensive.
38. I can distinguish my interpretation of a situation from what the other person actually communicated.
39. I can change my sexual behavior when I learn that it has caused discomfort or harm.
40. I use sexual knowledge to create mutual understanding rather than to impress or control.

Stage 3 score: Add items 36–40 and divide by 5.

Stage 4: Purpose, Values, and Erotic Responsibility

The developmental task is to bring sexuality into alignment with personal ethics, meaning, and long-term consequences.

41. I understand the values that guide my sexual choices.
42. I consider emotional, physical, and relational consequences before acting.
43. I can distinguish a genuine sexual calling or desire from compulsive behavior.
44. I do not use spiritual or philosophical beliefs to excuse selfishness, secrecy, or boundary violations.
45. I can integrate sexuality with love, responsibility, creativity, and the rest of my life.

Stage 4 score: Add items 41–45 and divide by 5.

Stage 5: Integrated Sexual Agency

The developmental task is to combine initiative with receptivity, clarity with empathy, and freedom with responsibility.

46. I can take initiative without losing emotional sensitivity.
47. I can receive a partner's desire, hesitation, or feedback without needing to control the outcome.
48. I can express sexual preferences while allowing the other person equal freedom.
49. I can remain grounded when sex is joyful, disappointing, uncertain, or emotionally intense.
50. My sexual agency is guided by consent, mutuality, self-awareness, and respect.

Stage 5 score: Add items 46–50 and divide by 5.

Scoring the questionnaire

Calculate ten averages:

- Anima Stage 1 through Stage 5
- Animus Stage 1 through Stage 5

Use this interpretation:

Average	Interpretation
1.0–1.9	Capacity is largely unavailable, avoided, or unconscious
2.0–2.9	Capacity is emerging but inconsistent
3.0–3.6	Capacity is developing
3.7–4.4	Capacity is usually available
4.5–5.0	Capacity is strongly integrated, at least in the person's self-perception

Do not interpret the highest score automatically as the person's "stage." A person may score highly on a later-stage ideal while still struggling with an earlier developmental task.

Use this rule:

A person is most likely working at the highest stage where the score is at least 3.5 and the earlier stages are also at least 3.0.
For example:

- Stage 1 = 4.0
- Stage 2 = 3.8
- Stage 3 = 3.4
- Stage 4 = 2.6
- Stage 5 = 4.1

This person may have strong ideals about integration, but their current anima or animus development is probably centred around Stage 3, because Stage 4 is not yet consistently available.

Projection and shadow check

For each dimension, answer these additional questions from 1 to 5:

Rate each statement from 1 to 5:

Score	Meaning
1	Almost never true
2	Rarely true
3	Sometimes true
4	Often true
5	Consistently true

Answer according to your actual behaviour, not the person you wish to become.

For statements involving partners, think about your typical pattern across relationships rather than one unusual experience.

1. I become intensely attracted to people who embody qualities I do not recognize in myself.
2. I feel unusually angry when a partner fails to match my ideal image.
3. I expect a partner to give me an identity, purpose, or emotional stability.
4. I confuse intensity with intimacy.
5. I sometimes judge myself or others according to rigid sexual ideals.
6. I find it difficult to see the person I desire as separate from my fantasy about them.

Add these six scores and divide by 6.

Projection score	Meaning
1.0–2.0	Projection is relatively manageable
2.1–3.0	Projection appears in certain situations
3.1–4.0	Projection may strongly influence relationships
4.1–5.0	Sexual fantasy or idealization may be overriding reality

A high projection score does not mean that attraction is false. It means that attraction may contain both genuine perception and material coming from the person's own unconscious. Jungian theory treats projection as central to anima and animus dynamics, especially in romantic relationships.

Interpretation worksheet

Complete these statements after graphing the results:

- My strongest anima capacity is…
- My strongest animus capacity is…
- My least available anima capacity is…
- My least available animus capacity is…
- Under sexual stress, I tend to regress toward…
- I most often project onto partners the qualities of…
- I tend to mistake _____ for intimacy.
- One boundary I need to strengthen is…
- One form of emotional openness I need to practice is…
- One way to express desire more consciously is…
- One way to distinguish fantasy from reality is…

Final developmental question

Ask the participant:

"What would a more integrated sexual life look like in actual behaviour—not merely in fantasy, belief, or self-image?"
A useful answer should name something observable, such as:

- communicating desire more directly;
- accepting rejection without retaliation;
- asking for consent rather than assuming it;
- taking responsibility for one's own emotional regulation;
- allowing pleasure without shame;
- setting a boundary;
- seeing a partner as a whole person rather than as an ideal;
- balancing initiative with receptivity.

This questionnaire is most useful as a reflective journal or discussion tool.
It should not be used to diagnose sexual dysfunction, trauma, personality disorder, or relationship compatibility.