

## Your Sexual Style The True Temperament Tester

Highlight sentences below which describe your sexual style, and compare with your partner. Which style do you both mostly highlight? As a guideline for sexual satisfaction; firstly, develop positive, realistic sexual expectations together and drop the Hollywood, media-driven hype about what good sex ought to be. Secondly, explore the many sensual and sexual options which include but go beyond intercourse. Thirdly, communicate sexual desires before getting into the bedroom. Then you can be in the flow because you know your lovers needs when you get to the bedroom...or where ever you may end up.

### Soulmate Unifier (Close & Intimate)

I have to feel emotionally close to my partner before being sexual

**I always think of my partner as my best friend**

I don't mind that sex doesn't happen frequently; The quality of sex is much more important than the quantity of sex

**Sex loses value if we both don't come**

The biggest turn on is knowing my partner is enjoying the sex

**If I don't feel emotionally bonded at the moment, then sex is meaningless**

We often consider having sex, but often decide we'd rather talk and hang out

**Sex is not about erotic cravings; it's real purpose is an expression of emotional closeness**

Meaningful sex is when we both feel emotionally connected and erotic at the same time; otherwise it's not worthwhile

### Complementary Clarifier (Mine & Ours)

Sex isn't satisfying unless we take turns arousing each other

**I don't enjoy sex unless both of us have the same sexual needs, and can voice them in a positive manner**

It's ok to have sex as a tension reducer

**I need both verbal and non-verbal communication to feel sexually receptive and responsive**

Either one of us can initiate sex.

If my partner isn't interested, he or she will say no and we will find another way to connect

**We have distinct 'his', 'hers' and 'our' way to initiate a sexual encounter**

I can offer a sexual option if I don't want to have intercourse

**We enjoy playing different roles when we act out erotic scenarios**

Sometimes I like to 'talk dirty', and other times my partner likes to watch erotic videos

### Traditional Stabilizer (Conflict-Minimizing)

I value clear gender roles, especially the man's role to initiate sex

**Sex toys, or other external stimuli, have no place in our relationship**

Men and Women have very different sexual needs and feelings

**I avoid letting go erotically because I'm afraid it will push my partner away**

Initiating affection is her domain, his is initiating intercourse

**Once we begin to cuddle I know that sex is either desired or expected**

I find pornography objectionable; it is not part of our sexual life

**I like sexual intercourse best, especially the man-on-top position**

Foreplay is primarily for her, intercourse for him

### Expressive Activator (Fun & Erotic)

I like strong emotions (both positive and negative); it makes me feel more sexually alive

**I like to do erotic role-play, such as master-slave or virgin-prostitute**

Sexuality is all about feeling emotionally attached; if that doesn't happen it's not good sex

**Watching porn helps me get into a lustful mood**

Sex is a great way to make up after an argument

**I enjoy feeling randy and lustful**

One of the best things about sex is spontaneity and unpredictability

**Sex is best after a bottle of wine; then I can really let go**

We use make-up sex after a fight; this is a turn-on and heals a rift between us