

## SEXUAL HISTORY

**S.E.C.R.E.T. MODEL**

- A. MERCURIO -

**S. SHAME**

- Did you ever experience unwanted sexual touch?
- Have you ever felt embarrassed about your body or about sexuality?
- Did you ever feel guilty over any sexual activity or involvement? Any unwanted habits?

**~~E. EXPERIENCE~~**

- With Masturbation
- With sexual activity unrelated to dating
- With pornography / fantasy

**C. COMMUNICATION (Information)**

- What were the sexual messages you learned from your family?
- Describe parental discussions about "the birds and bees"; masturbation ; menstruation.
- What were the sexual messages you learned from friends; school; media, etc.?

**R. RELATIONSHIPS**

- Describe your first "crush"?
- Describe your dating relationships?
- Describe your sexual activity/attitudes related to dating
- CERTS assessment

**E. MOTION**

- How did you feel about your body and sexuality in general?
- What was the "affect" related to sexual communication?
- How did you feel about your sexual experiences and relationships?

**T. THOUGHT**

- How did you think about your body and sexuality in general?
- Describe your views of "great sex"; "sexual positions"; "oral, anal sex"; "homosexuality"
- What religious views did you hear or believe in regarding sexuality?

## SEX SCAN INTERVIEW

I am hearing you say that you are experiencing \_\_\_\_\_ (sexual problem). To help me help you, I need to ask you BOTH a number of additional questions about your sexual experience as a couple.

These questions fall into 4 distinct, yet related categories. I am going to briefly explain each category and then ask you if the sexual issue related to that category is part of your sexual life together.

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### **First, the category of DESIRE**

By desire, I mean having a satisfactory sexual interest, drive or libido. It may involve thinking about sex; fantasizing about sex, desiring and feeling excited about sex.

Some people say that they have **DESIRE THAT IS (SEEMS) TOO LOW**, or perhaps non-existent. This may bring frustration to that person or to their partner.

On the other side of the desire category is **DESIRE THAT IS (SEEMS) TOO HIGH**. This becomes a source of significant concern or frustration for that person or for their partner. Someone with such high desire may be constantly driven, compelled or even addicted to sexual activity.

I am curious; do any of these categories of desire ("Too High" or "Too Low") fit with either one of you?

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### **Second, is the category called AROUSAL**

Arousal refers to one's biological, response or physical readiness for sexual activity.

For the man, this involves having or maintaining an erection. Some men are bothered by their **inability to gain or sustain an erection**. They may become frustrated if they lose their erection too quickly. Also they may be concerned with the quality/firmness of their erection. These issues may create stress, worry or frustration for either the man or his partner.

Arousal for the woman involves the physical readiness of her genitals for sexual activity. It involves lubrication of the vagina and vulva area along with the swelling of the labia and clitoris. Some women (or their partners) are frustrated with a **lack of physical responsiveness, sensation or dryness** in the genital area.

Are either of these issues of Arousal relevant (or a part) of your sexual relationship?

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### **Third, is the category of ORGASM**

For men, this involves a concern about the **timing** of their orgasm-ejaculation. Some men (or their partners) are frustrated because they orgasm **TOO QUICKLY** and some are frustrated because their orgasm takes **TOO LONG**. For others, they may have strong erections yet difficulty ejaculating at all during intercourse.

For women, this is frustration about the **QUALITY** or **QUANTITY** of their orgasms. A woman may not experience orgasms at all or far less than desired. If she is orgasmic, she may be bothered by the quality of the orgasm or the method needed to obtain an orgasm. These issues may be a concern for her or for her partner.

I wonder...do any of these orgasm issues relate to either of you?

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### **Forth, is the category of physical sexual PAIN**

Unfortunately, this is primarily a concern or problem for women. It is possible, yet rare for men to have physical pain during sex. Women may experience pain in various areas of their genitals including pain near their clitoris or vagina. Some women experience vaginal pain during intercourse or deep pelvic pain. The pain could be generalized or located in one area. It could be dull or sharp; short or long-lasting; experienced consistently or only occasionally. Either way, it gets in the way. It becomes a concern or point of frustration.

So is physical pain something that visits and frustrates your sexual experience?