

SEX

Sexual Compatibility is Not Only About Sex Are You Satisfied?

Adapted By Barrington H. Brennen

Circle "A" Agree or "D" Disagree

1. I am satisfied with how my spouse expresses affection during the day. A D
2. I am satisfied that my spouse loves me above all others (even our children) and would never do anything to intentionally hurt me. A D
3. I am satisfied how we talk about difficult subjects, not only sex. A D
4. I am satisfied with the environment where we have sexual relations. A D
5. I am satisfied with the frequency of our sexual relations. A D
6. I am satisfied with who initiates our sexual intimacy. A D
7. I am satisfied with how we spend our time leading to intercourse. A D
8. I am satisfied with how my spouse touches me during lovemaking. A D
9. I am satisfied with the frequency that I reach orgasm. A D
10. I am satisfied with the way I feel right after we make love to each other. A D
11. I am satisfied with the care my spouse takes of his/her body to make herself/himself appealing to others. A D
12. I am satisfied with the way we've decided to play our family. A D
13. I comfortable, while in my partner's presence, walking around the house or bedroom completely naked. A D
14. I can lay down with my partner totally naked without having sexual intercourse. A D
15. I can freely tell my partner what techniques or actions I want my partner sexually to do to me or with me. A D
16. I am satisfied with the sexual positions my partner I enjoy. A D

Total the A and D.

"A" TOTAL _____ "D" TOTAL _____

13 or more "A" answers: Congratulations! You have a lot of strength in your relationship.

5 to 12 "A": You have a mediocre sex life. Seek help before it gets worse. Either of you or one of you are not satisfied.

4 or fewer "A": Your sex life is in big trouble. Seek help right away. Do not take sex for granted. There is a greater risk of losing your partner.

Test Your Sexual Integrity

You don't need a pencil; you just need to be honest with yourself. Answer yes or no to the following questions:

1. Do you lock on when an attractive women comes near you?
2. Do you look more than once when you see an attractive woman in public?
3. Do you find yourself being pulled to look at sexual images, or women, that are around you during the day? Billboards? Joggers? Drivers?
4. When you're standing in line at the grocery store, do you look more than once at the fitness and tabloid magazines with scantily clad women on the covers?
5. Do you masturbate to images of other women?
6. Have you found your wife to be less sexually satisfying?
7. Are you holding a grudge against your wife...a grudge that gives you a sense of entitlement?
8. Do you seek out sexually arousing articles or photo spreads in newspapers, magazines or online?
9. Do you struggle with trying not to look at sexual images on TV (commercials, movies, TV shows)?
10. Do you have a private place or secret compartment that you keep hidden from your wife?
11. Has someone caught you looking at a woman in public (your wife, friend, family member, or the woman herself)
12. Are some places more of a struggle than other places with your eyes? The gym? The beach?
13. Are there certain locations at your work or office where you struggle with your eyes? Where the female employee or intern's desk is?
14. Do you look forward to going away on a business trip?
15. Do you have behaviors that you can't share with your wife?
16. Do you watch movies or sexy videos for gratification?
17. Do you find yourself looking up certain words on the internet in the image search engines to see what comes up?
18. Does the struggle with your eyes sometimes feel like a hopeless battle?

If you've answered yes to any of these questions, you're lurking at the door of sexual addiction. **You're inside that door if you can answer yes to the following questions:**

1. Do you watch pay-per-view sexually explicit TV channels?
2. Do you watch or purchase porn online or in print?
3. Do you rent adult movies?
4. Do you watch strippers or nude dancing?
5. Do you call 900# to have phone sex?
6. Do you practice voyeurism?

If you said yes to the last six questions, you very well could be sexually addicted. When Titus 2:3 admonishes against being “*addicted to much wine*,” the Greek word used for “*addicted*” means to be bought into bondage, much like a slave. If you think you're a slave to your sexual passions, then you need to get help for your addiction by calling 800-639-5433 and ask about the [Every Man's Battle](#) workshop.