

# Sexual Desire Checklist

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Whether you like it or not, the one with the low sexual desire controls the sex within the relationship. They accept or deny the sexual pursuers advances. As it turns out many low desire partners actually have "slow" desire. They are very interested in sex; it just takes them a little longer to get aroused.

The checklist below will help you identify your stuck points. Just think of the phrase "OH PLEASE."

- O - Orgasm: Have you ever had an orgasm? With a partner? Or alone? How easy or hard is it to achieve an orgasm?
- H - Health: Do you have any health concerns? Are you being treated for depression or anxiety? Do you take any medications?
- P - Pain: Do you have pain during intercourse? Sadly, people will suffer through pain and mask it to the point their partner has no clue how much pain they are enduring.
- L - Lubricated: Do you use liberal amounts of lubrication?
- E - Emotional: Do you feel connected, heard, or listened to? Do your feelings matter to your partner? Is your partner mean or do they disgust you?
- A - Aroused: What kind of foreplay do you have? Do you have foreplay? Is it enough? Who determines when foreplay is over? Are you fully aroused? We determine the meaning of sex based on the foreplay.
- S - Sexy: How sexy are you? How sexy is your sex? Is the sex you're having worth wanting? How often do you have sexual thoughts? Are they more positive or negative?
- E - Energy: How rested or exhausted are you? Do you prefer sex at night or in the morning? Before your date or after?