

28 QUESTIONS TO HAVE BETTER SEX

These questions are designed to facilitate communication and improve partnered sex.

Take turns asking the questions to each other - and take your time to answer & listen.

The secret is to do it with plenty of time, in an intimate environment, so you can be comfortable with each other.

Honesty is the key for this experiment to work. Open your mind, and appreciate your partner as a complex human being.

This is an opportunity for mutual growth. This questionnaire can be done by all genders and sexual preferences.

1. HOW IMPORTANT DO YOU THINK SEX IS IN A RELATIONSHIP?

2. FOR YOU, IS THERE A PREFERRED TIME OF DAY TO HAVE SEX? WHICH ONE?

3. WHAT IS YOUR FAVORITE SEXUAL ACT TO PERFORM AND WHY?

4. WHAT IS YOUR LEAST FAVORITE SEXUAL ACT TO PERFORM AND WHY?

5. WHICH PART OF YOUR BODY WOULD YOU SAY IS THE MOST SENSITIVE (EXCEPT YOUR GENITALS)?

6. HOW OLD WERE YOU WHEN YOU MASTURBATED FOR THE FIRST TIME? HOW WAS IT?

7. WHEN YOU ARE ALONE, WHAT IS YOUR PREFERRED METHOD FOR GETTING AN ORGASM? DO YOU USE ANY AIDS (TOYS, PORN, EROTICA, ETC)?

8. HOW OLD WERE YOU WHEN YOU HAD SEX FOR THE FIRST TIME? HOW WAS IT?

9. HOW DO YOU THINK YOUR SEXUAL EXPERIENCE SHAPED THE WAY YOU HAVE SEX?

10. RANK THESE SEXUAL POSITIONS:

- MISSIONARY
- ALL FOURS
- 69
- STANDING
- COWBOY/GIRL
- REVERSE COWBOY/GIRL
- ON YOUR STOMACH
- ON THE SIDE

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11. WHAT DO YOU THINK IS THE MOST IMPORTANT FOR YOU IN SEX (RATE THE ORDER OF IMPORTANCE):

- FEELING DESIRED
- FEELING IN CONTROL
- ESCAPING REALITY
- FEELING POWERLESS

12. WHAT WAS THE MOMENT OF YOUR LIFE THAT YOU WERE NOT HAVING SEX BUT FELT THE MOST TURNED ON? (WATCHING A MOVIE, FANTASISING ABOUT A STRANGER, ETC)

13. WHAT WAS THE BEST SEX OF YOUR LIFE? WHAT DO YOU THINK MADE IT SPECIAL?

14. IF YOU REPEAT ANY OF THE TIMES WE HAD SEX, WHICH ONE WOULD IT BE AND WHY?

15. WHAT IS YOUR FAVORITE PART OF YOUR BODY?

16. WHAT IS YOUR FAVORITE PART OF MY BODY?

17. IN WHICH MOMENTS DO YOU FEEL MOST ATTRACTED TO ME (WHEN I WEAR OUTFIT X/SAY Y/TELL YOU TO DO Z)?

18. ON A SCALE OF 1 TO 10, HOW SATISFIED ARE YOU WITH OUR SEX LIFE WHEN IT COMES TO THE FOLLOWING:

- FREQUENCY
- DURATION
- NOVELTY
- INVOLVEMENT
- ROMANCE

1. WHAT COULD I DO TO IMPROVE THE POINTS ABOVE?

19. WHAT DO YOU THINK YOU COULD DO TO IMPROVE THE POINTS ABOVE?

20. IS THERE ANYTHING YOU HAVE NEVER TRIED YOU'D LIKE TO DO?

21. IS THERE ANYTHING THAT YOU NEVER WANT TO TRY?

22. WHAT HAVE YOU LEARNED ABOUT SEX WITH ME?

23. DID YOU MANAGE TO ACT ANY FANTASIES OF YOURS? HOW WAS THE EXPERIENCE?

24. DO YOU HAVE ANY FANTASIES YOU'D LIKE TO TRY WITH ME? PLEASE DESCRIBE THEM

25. WHAT COULD I DO TO MAKE YOU COMFORTABLE IN ACTING THESE FANTASIES WITH YOU?

26. WHAT ARE YOUR EXPECTATIONS WHEN IT COMES TO THESE FANTASIES?

27. WHAT DO YOU THINK TAKES TO KEEP THE SPARK LONG TERM?

28. WHAT COULD I DO TO KEEP THE SPARK LONG TERM?

