

Sexual Compatibility Is Not Only About Sex. Are You Satisfied?

By Susan Vogt, MA, CFLE

Many married couples love each other dearly but through the course of their marriage find that their sexual desires are not always in sync. It is often temporary or it may be the result of awkwardness in talking about sex. When discomfort talking about sexual intimacy is a factor, sometimes a prompt like this quiz can help a couple be more open and honest about what increases their pleasure and what does not.

Rate yourself and your spouse on the following questions based on your degree of satisfaction:

Not at all Satisfied

1

Sometimes Satisfied

2

3

Very Satisfied

4

5

1. Are you satisfied with how your spouse expresses affection for you during the day?

True lovemaking is a 24/7 endeavor. It doesn't just happen at night and in bed. Acts of kindness and affection during the day can build closeness and desire. Of course if you've been a grouch during the day, it can be hard to quickly turn the mood around.

1

2

3

4

5

2. Are you satisfied that your spouse cares for you above all others (even your children) and would never do anything to intentionally hurt you?

Lovemaking is an act of total self-giving – no strings attached. If your spouse isn't confident of your total devotion, it's hard to be vulnerable and lay bare your insecurities about your body, sexual prowess, or embarrassment. Let your spouse know you cherish him/her.

1

2

3

4

5

3. Are you satisfied with how you can talk about difficult subjects, not only sex?

The most important sex organ is the mind. It can overcome the subjectivity of physical appearance. Sharing your feelings honestly but gently with your spouse can bring you closer and make your bond stronger, not just physically but also emotionally.

1

2

3

4

5

4. Are you satisfied with the environment in which you have sexual relations?

Although sometimes it's nice to be spontaneous about where and how you have sexual relations, it often builds desire to have a conducive environment. Making the effort to create a private space and a romantic atmosphere shows the priority you give to each other.

1

2

3

4

5

5. Are you satisfied with the frequency of how often you have sexual relations?

Frequency of sexual intercourse often changes as we age. It is not unusual, however, for spouses to differ on how often they want to have intercourse. This can be a delicate balance to achieve. It's important to realize that the frequency of intercourse is not a measure of love but may be biologically based. (See Not Tonight Honey http://www.foryourmarriage.org/interior_template.for more on this.)

1

2

3

4

5

6. Are you satisfied with who initiates your times of sexual intimacy?

Don't get in a rut. It's a turn on for your spouse to know that you want him or her sexually.

1 2 3 4 5

7. Are you satisfied with how you spend your time leading up to intercourse?

Expectation and creating an environment conducive to lovemaking can make the experience fuller for both of you.

1 2 3 4 5

8. Are you satisfied with how your spouse touches you during love making?

Is there anything you would like your spouse to do more of, less of, or new? Don't let shyness or "we've always done it this way" limit your full expression of physical love. Sometimes even small changes in your routine can bring freshness to your physical intimacy. You needn't be perfect. Clumsiness can be forgiven but sincerity is crucial. Remember, you've put your total trust in each other and this is private.

1 2 3 4 5

9. Are you satisfied with the frequency with which you reach orgasm?

Although men almost always reach orgasm, women's responses to sexual stimulation can vary. Don't be afraid to talk about how you feel if you don't have an orgasm and explore if there are ways to increase the frequency of orgasm.

1 2 3 4 5

10. Are you satisfied with the way you feel right after you make love to each other?

Just as men often become sexually aroused more quickly than women, so too men's passion wanes more quickly after ejaculation. Since women's arousal diminishes more slowly, attention to this time of "after glow" can help satisfy both partners more completely.

1 2 3 4 5

11. Are you satisfied with the care your spouse takes of his/her body to make yourselves appealing to each other?

Hygiene, weight, grooming, etc. are a matter of health and a sign that you care enough about your spouse to put in the effort to please each other. It's not a matter of objective looks but how you look at each other. You honor your spouse by honoring your own body to be given to each other.

1 2 3 4 5

12. Are you satisfied with the way you've decided to plan your family?

Sometimes concern about becoming pregnant or methods to prevent pregnancy can interfere with free and comfortable lovemaking. Family planning is a decision you must make mutually and support each other.

1 2 3 4 5

SCORING:

The most important part of this quiz is not your final score but the discussion that it prompts between you.

Review the questions where you both marked 4 or 5 and rejoice that you are relatively satisfied with the ways you've developed to express your love sexually.

Review the questions where you differed by more than 2 points and discuss what might cause those differences.

Review those questions in which one or both of you marked 1 or 2. In a private, gentle way, discuss what you might do to increase your satisfaction.

Remember that each sexual relationship is unique. You are not comparing yourselves to what the media portrays as normal or what your friends imply they do. What's important is that you are satisfied with each other and trying to please each other as much as possible. For inspiration you might want to read The Song of Songs from the Bible. You might be surprised how much scripture honors the beauty of the human body and the passion of marital love. Christians believe that God is a partner in the creation of human life, "and indeed it was very good." (Genesis 1:31)