

SEXUAL EFFECTS INVENTORY

Attitudes About Sex

- I feel sex is a duty I must perform.
- I feel sex is something I do to get something else.
- In sex, one person wins and one person loses.
- Sex feels dirty to me.
- Sex feels bad to me.
- Sex feels secretive to me.
- I equate sex with sexual abuse.
- Sexual energy seems uncontrollable.
- Sex is hurtful to me.
- I believe sex is either something you give or you get.
- I feel sex is power to control another person.
- I believe having sex is all that matters.
- I think sex benefits men more than women.
- I think people have no responsibility to each other during sex.
- I think sexual desire makes people act crazy.
- I think males have a right to demand sex from women.
- Sex means danger to me.
- I believe sex is a way to escape painful emotions.
- Sex is humiliating to me or others.
- I feel sex is addictive.
- I feel sex is a game.
- I believe sex is a condition for receiving love.

2. Sexual Self-Concept

- I am an easy sexual target.
- My sexuality is disgusting.
- I hate my body.
- There is something wrong with me sexually.
- I am confused whether I'm gay or straight.
- I feel I will lose control if I let myself go sexually.
- I have no sense of being sexual at all.
- I feel like a victim in sex.
- I am sexually inadequate.
- I don't like certain sexual parts of my body.
- I want sex for all the wrong reasons.
- I have to stay in control during sex.
- I don't have the right to deny my body to any partner who wants it.
- I can be loved only to the extent I can give sexually.
- I am oversexed.
- I have no right to control sexual interaction.
- My primary value is sexually serving a partner.
- If I want sex, I'm as sick as a sexual offender.
- I blame myself for past sexual abuse.
- I deserve whatever I get sexually.
- I wish I were the opposite sex.
- I am inferior to other people because of my sexual past.
- I am damaged goods.
- I can easily be sexually dominated.
- I'd be happiest in a world where sex didn't exist.
- I couldn't live in a world without sex.
- I am a sexual performer.
- There are some things I have done sexually that I can never forgive myself for.
- I am a sick person sexually.
- I'm not loveable for who I am, only for what I do sexually.
- I am a sexual object.
- I feel bad about my gender.

Sexual Effects Inventory

3. Automatic Reactions to Touch and Sex

- I am afraid of sex.
- I have little interest in being sexual.
- I am afraid of some sexual body parts.
- I am preoccupied with sex.
- I withdraw from sexual possibilities.
- I am bothered by sexual thoughts I can't control.
- When I get horny I feel extremely anxious.
- I feel especially powerful when I am having sex.
- I get sexually excited at times when I shouldn't be.
- I constantly look for sexual opportunities.
- I believe that when a person touches me, they want to have sex with me.
- I lose all power to protect myself when sexually approached.
- I have unhealthy sexual interests and desires.
- I often have flashbacks to past sexual abuse during sex.
- Unwanted fantasies intrude upon my sexual experiences.
- I am sexually aroused by thoughts of hurtful sex.
- I get panicky feelings when touched.
- I feel emotionally distant during sex.
- During sex my mind feels separate from my body.
- I feel like I'm another person when I have sex.
- I feel very nervous during sex.
- I experience negative feelings such as fear, anger, shame, guilt, or nausea with sexual touch.
- I get sexually aroused when I don't want to be.
- I often feel emotionally pained after sex.
- I am very sensitive to certain smells, sights, sounds, or sensations during sex.

4. Sexual Behaviour

- I isolate myself from other people socially.
- I am unable to initiate sex.
- I avoid situations that could lead to sex.
- I am unable to say no to sex.
- I feel I have no physical boundaries with it comes to sex.
- I need to be under the influence of alcohol or other drugs to enjoy sex.
- I spend money to have sex.
- I feel confused about how and when to be sexual.
- I engage in medically risky sexual behavior (using no protection against disease or pregnancy)
- I engage in sex for economic gain.
- I have had more sexual partners than was good for me to have.
- I act out sexually in ways hurtful to others.
- I manipulate others into having sex with me.
- I engage in sadomasochistic sex.
- I have more than one sexual partner at a time.
- I become involved with sexual partners who are primarily involved with someone else.
- I use fantasies of sexual abuse to increase sexual arousal.
- I feel addictively drawn to certain sexual behaviors.
- I feel compelled to masturbate frequently.
- I engage in secretive sexual activities.
- I engage in sexual behaviors that could harm me.
- I engage in sexual behaviors that could have negative consequences for others.
- I have sex when I really don't want to.
- I am confused as to what is appropriate and inappropriate touching in dating.
- I often rely on abusive pornography to turn me on.
- I find it hard to say no to unwanted sexual touch.



Sexual Effects Inventory

5. Intimate Relationships

- I am drawn to partners who demand sex from me.
- I am afraid of being emotionally vulnerable in relationships.
- I am unable to attract the kind of partner that would be good for me to have.
- I feel obligated to please my partner in sex.
- My intimate relationships always fail.
- I have difficulty being intimate and sexual at the same time.
- I don't trust that a partner could really be faithful to me.
- I hide my real feelings in an intimate relationship.
- A partner would reject me if he or she knew all about my sexual past.
- I have difficulty initiating sexual contact with a partner.
- My sexual partner is continually unhappy with our sex life.
- My relationship with my partner would end if we stopped having sex.
- I want, but am unable, to remain faithful to one intimate partner.
- My intimate partner reminds me of a sexual offender.
- My intimate partner perceives me as sexually abusive.
- I want to get away from my partner immediately after sex.
- My partner feels sexually rejected by me.
- My partner feels sexually pressured by me.
- I have difficulty communicating my sexual wants and needs.
- I am afraid to be emotionally close with my partner.

6. Sexual Functioning Problems

- I find it difficult to become sexually aroused.
- I have trouble experiencing sexual sensations.
- I do not like to touch my genital areas.
- I have difficulty achieving orgasm when I stimulate myself.
- I have difficulty having an orgasm with my partner.
- I lack desire for sex.
- I am hardly ever interested in sex.
- I over control sexual interactions.
- My orgasms seem more related to relieving tension than to feeling pleasure.
- Sex in general is not very pleasurable.
- I am limited in the types of sexual activity I feel comfortable with.

Men

- I have difficulty getting or maintaining a firm erection.
- I have difficulty ejaculating.
- I ejaculate very fast.

Women

- I do not like touch to my breasts.
- I am unable to be vaginally penetrated.
- I experience pain or discomfort with vaginal penetrations.
- I orgasm very fast.

