

Sexual Health & Intimacy Assessment

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GARDEN SPACE COUNSELING PLLC

Sexual Health & Intimacy Assessment

This assessment will help us map your experiences of sex and intimacy - including what feels supportive, what feels challenging, and what you may want to change. It looks at sexual health, emotional safety, expectations, connection, and meaning, rather than performance, frequency, or intensity.

Please answer based on your lived experience, not what you think should be true. You are in control of what you share - you may skip any question, answer generally, or return to topics later.

How to answer: Most items use a 1–5 scale, where 1 = Never and 5 = Always - circle the number that fits best. A few items ask Yes / No / Unsure. The last section invites a few open reflections in your own words.

SECTION I

Sexual Health Foundations

Based on the Harvey Institute's Six Principles of Sexual Health - these items assess whether sex is healthy, consensual, and values-aligned, regardless of frequency or intensity.

1. I feel able to give and withdraw consent freely, without pressure or fear.

Never **1** **2** **3** **4** **5** Always

2. Sexual interactions in my life feel non-exploitative (no coercion, manipulation, or obligation).

Never **1** **2** **3** **4** **5** Always

3. I experience and practice honesty with myself and others about desire, limits, and expectations.

Never **1** **2** **3** **4** **5** Always

4. My sexual choices with partners are generally congruent with shared or compatible values.

Never **1** **2** **3** **4** **5** Always

5. My sexual choices for self-pleasure are generally congruent with my own values.

Never **1** **2** **3** **4** **5** Always

6. I feel reasonably protected (emotionally, physically, medically) in sexual situations.

Never **1** **2** **3** **4** **5** Always

7. Sexual experiences with others center mutual pleasure, not just one person's needs or preferences.

Never **1** **2** **3** **4** **5** Always

Section total: _____ / 35

SECTION II

Core Conditions for Good-Enough Sex

Based on the *Twelve Principles of Good-Enough Sex* by Metz & McCarthy - these items assess whether sex is sustainable, realistic, and relationally supportive.

1. Sex feels like a generally positive and meaningful part of my life.

Never **1** **2** **3** **4** **5** Always

2. Sexual and relational satisfaction are interconnected, and challenges are approached as an intimate team.

Never **1** **2** **3** **4** **5** Always

3. My expectations for sex are realistic for my age, health, relationship stage, and current life circumstances.

Never **1** **2** **3** **4** **5** Always

4a. I practice healthy emotional and behavioral habits to take care of my body.

Never **1** **2** **3** **4** **5** Always

4b. I value and appreciate my body and the body of my partner(s) as they are.

Never **1** **2** **3** **4** **5** Always

5. I am able to approach sexual experiences in a reasonably relaxed state, rather than feeling tense, pressured, or vigilant about outcomes.

Never **1** **2** **3** **4** **5** Always

6. Pleasure, enjoyment, and connection matter at least as much as sexual functioning.

Never **1** **2** **3** **4** **5** Always

7. I can value sexual experiences as worthwhile even when they are imperfect.

Never **1** **2** **3** **4** **5** Always

8. I enjoy that sex in my life can hold different meanings and purposes.

Never **1** **2** **3** **4** **5** Always

9. I recognize and accept that sexual arousal can arise in different ways (self, partner, context).

Never **1** **2** **3** **4** **5** Always

10. Differences in desire, arousal, or sexual preferences between partners feel understandable and manageable.

Never **1** **2** **3** **4** **5** Always

11. Sex is integrated into the context of my real life and evolves as the context changes.

Never **1** **2** **3** **4** **5** Always

12. My sexuality feels personal and authentic to me and what I find fulfilling.

Never **1** **2** **3** **4** **5** Always

Section total: _____ / 65

SECTION III

Magnificent Sex

Based on the work of Peggy Kleinplatz - these domains are not requirements for great sex, but describe experiences that sometimes emerge when conditions are right.

1. I can be mentally and physically present during sexual experiences.

Never **1** **2** **3** **4** **5** Always

2. Sex can bring a deep sense of synchrony or alignment.

Never **1** **2** **3** **4** **5** Always

3. Sex feels emotionally meaningful and deeply intimate; it's not just physical.

Never **1** **2** **3** **4** **5** Always

4. Both verbal and nonverbal communication is attuned and relationally responsive before, during, after, and between sexual encounters.

Never **1** **2** **3** **4** **5** Always

5. I can be myself sexually, free to express my deepest desires, knowing they will be addressed without judgement or shame.

Never **1** **2** **3** **4** **5** Always

6. I can be playful, take risks, explore and practice sexual curiosity and adventure.

Never **1** **2** **3** **4** **5** Always

7. I can be profoundly and safely vulnerable and surrender to desire and trust.

Never **1** **2** **3** **4** **5** Always

8. Sex can feel transcendent, healing, or transformational.

Never **1** **2** **3** **4** **5** Always

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SECTION IV

Integration and Impact

A few closing reflections, in your own words.

1. Overall, sex feels supportive of my well-being.

Yes / No / Unsure

2. Sexual experiences generally strengthen rather than drain my relationships to myself and my partner(s).

Yes / No / Unsure

1. When sex feels meaningful, nourishing, or otherwise fulfilling, what qualities are usually present?

2. What gets in the way of integrating satisfying sex into your life or relationship?

3. What could one realistic, compassionate step toward sexual integration be?

4. Please share any additional insights or questions that have come up related to this assessment.

This self-report tool is a psychoeducational resource intended to support conversation with your clinician at Garden Space Counseling PLLC. It is not a diagnostic instrument and does not replace clinical assessment or professional guidance.