

Sexual History: Identifying Sexual Shame

Childhood Messages

1. What were early “messages” in your family about your body?
2. What were your parents’ attitudes about nudity and modesty?
3. What did you learn about sex from your family, friends or in church?
Who told you?

Describe your feelings about the following:

4. Pregnancy?
5. Birth?
6. Birth control?
7. Intercourse?
8. Masturbation?
9. Homosexuality, bi-sexuality, tri-sexuality and bestiality?
10. Sexually transmitted disease?
11. HIV & AIDS?

Sexual History: Identifying Sexual Shame

Have you ever experiences sexual activities with significantly younger and or older person/people in your pass or presently?

If yes,

In the past, what was your age? ____ and the age of other person?

If presently, what is your age? _____ and the age of other person?

What is the sex of the other person?

Please explain what kind of sexual activities have or do you engage in together? (Ex: listed below)

Have you ever participated in any of the following?

Genital touching

Vaginal penetration

Oral genital contact

Anal contact

Other, please explain

Have you ever had any sexual experience with the following?

Animals?

Spirit?

Dead people and or inanimate objects?

If yes, describe your feelings:

Have you ever observe your parents or others having intercourse?

If yes, did you,

Hear them?

See them?

Please describe your feelings:

Sexual History: Identifying Sexual Shame

Feelings about masculinity/ femininity

Masculinity (if Male)

Do you feel masculine?

Are you popular?

Do you feel sexually adequate?

Do you have any feelings about being an “effeminate”?

Do you feel accepted by others?

What are your feelings about the following?

Your....

Body size (height/weight)

Appearance (handsomeness/ virility)

Desirable /attractive

Name

Voice

Hair distribution

Genitals (size, ability to respond sexually)

If you could change anything about yourself, what would it be?

Femininity (if female)

Do you feel feminine?

Are you popular?

Do you feel sexually adequate?

Have you ever been considered a “tomboy”?

Do you feel accepted by others?

What are your feelings about the following?

Your....

Body size (height/ weight)

Breast size, hips, and genitals

Appearance (beauty)

Attractiveness/ desirable

Name

Voice

If you could change anything about yourself what would it be?

Sexual History: Identifying Sexual Shame

Adolescent/Adult Experiences

1. Have you ever masturbated?

If yes,

At what age did you begin?

Have you ever been punished for it?

How often did or do you perform the act? (Daily, weekly, monthly)

Has it accompanied any sexual fantasies? (please explain)

Did or do spouse/ partner have any knowledge of it?

2. Have you ever bumped and grinded?

If yes,

At what age did you begin?

How often did or do you perform the act? (daily, weekly, monthly)

What types of sexual activities accompanied this act? (please explain)

3. Have you ever been to or participated in any of the following:

Toy parties

Sex parties

Bath house

Fantasy sex

If yes, (please explain)

4. What are your experiences with intercourse?

How often do you have intercourse? (daily, weekly, monthly)

How many partners have you had? (lifetime, daily, weekly, monthly)

Have you ever been forced or forced someone else?

What was or is the sex of your partners? (opposite/same)

From the following which kinds of partner have you had:

Spouse/ fiancée

Lovers/ friend / enemies

Prostitute/ unselective

Have you ever experienced any of the following:

Manage toys

Gang bang

Torture sex

If yes, (please explain)

Sexual History: Identifying Sexual Shame

Dating/Engagement/Marriage

1. How do you feel about the following activities, while dating or being engaged?

Kissing

Teasing / bumping and grinding

Intercourse

Anal

Oral

Numbers of partners:

How far is too far:

2. Please explain your experiences with the following:

Premarital sex

Marriage

Sex in marriage

How comfortable are you with expressing your sexuality?

Sexual esteem?

Your general satisfaction or dissatisfaction sexually:

What are your thoughts about the general satisfaction/dissatisfaction of your spouse:

Any mutual sexual agreement?

Describe sexual relationship of honeymoon (pleasant/unpleasant)

Wife aroused/husband aroused?

Was spouse considerate?

Any complications? (impotence, frigidity, pain)

Any extramarital sexual experience?

Sexual anorexia?

Sex addict?

Sexual History: Identifying Sexual Shame

Have you ever used pornography?

If yes,

Which of the following have you used?

Cyber sex

X-rated movies

Videos

Adult bookstores

Glory hoes

Phone sex

Sexting

Please explain how it made you feel:

Do you have any knowledge of sexual transmitted diseases (STD)?

Have you ever been tested for a STD?

Have you or anyone you know experienced having a STD?

If yes,

Please explain: (type and course of action)

Have you ever experience any sexual shame in the following areas?

Performance shame

Deviancy shame

Sexual history shame

If yes, please explain: