

90 DAY SEX GUARANTEE

1. What do I look forward to be going into in this area with you?
2. WAMFA my attitudes on sex?
3. WAMFA your attitudes on sex? (Note: these 2 questions require initial discussion to find attitudes, i.e., the belief, principle, judgment or whatever causes your feelings.)
4. HDIFA sex in the morning? in the evening? with the lights on?
5. WAMFA your taking the initiative?
6. WAMFA taking the initiative?
7. WAMFA my reaction toward sex?
8. WAMFA your reaction toward sex?
9. Have I ever felt used or rejected? WAMFAT?
10. Have I ever felt inadequate sexually? WAMFAT?
11. HDIF when I know we are to have sex shortly? WAMFAT?
12. HDIF immediately after sex?
13. What words, touches, sounds please me most during sex? WAMFAT?
14. WAMF when I don't want sex, but do anyway?
15. WAMF when you don't want sex, but do anyway?
16. Is sex pretty much all or nothing? WAMFAT?
17. What feelings about sex do I have which I find most difficult to share with you? HDIFAT?

(Got the swing of it? GOOD, now for 18-33, go back and do 2-17 over again)

34. HDIF when you say no?
35. HDIF when you say yes?
36. HDIF when you undress in front of me?
37. HDIF when I undress in front of you?
38. HDIF when you tell me I'm sexy?
39. "Our sexual relationship is the expression of our total relationship!" HDTMMF?
40. HDIF when you kiss me in front of others? In front of children?
41. HDIF when it's been a long time since we've made love?
42. HDIF when I feel pressured in our sexual relationship?
43. HDIF when I ask you to make love?
44. HDIF when you ask me to make love?
45. "In sex, I am a gift of God given to you. I am placed in your hands by God." HDTMMF?
46. "In sex, you are a gift of God given to me. You are placed in my hands by God." HDTMMF?
47. HDIF saying yes for the good of our relationship?

48. What is the quality I like best in you in our sexual relationship? HDTMMF?
49. WAMF giving up the right to say no? for a week? for a month?
50. HDIF when I see you totally open to me in our lovemaking?
51. HDIF when we make love after an argument or misunderstanding?
52. HDIF when our lovemaking is interrupted?
53. HDIF when you compliment me on sex?
54. Do I see our sex life as a separate part of our relationship? HDTMMF?
55. Do my attitudes interfere with our sex lives? HDTMMF?
56. Are there areas in which our sexual relationship could be improved? HDMAMMF? (Don't specify the area!)
57. What can I offer you to better our sexual relationship? WAMFAT?
58. What inhibits me in our sexual relationship? WAMFAT?
59. HDIF when I've been fulfilled by you?
60. Why do I want to be fulfilled by you?
61. HDIF when there are moods of sadness in our sexual relationship?
62. Why don't I trust you with helping me with sex?
63. HDIF knowing that you didn't trust me in helping you with sex?
64. HDIF about the lack of wonderment in our sexual relationship?
65. What does the awkwardness feel like to me when we talk to each other in this area?
66. "All I have is yours: All you have is mine." What feelings are stirred in me about these words?
67. HDIF when you say my name during our lovemaking?
68. How does the busy-ness of our lives affect our sexual relationship?
69. Do I have the trust to allow me to expose my innermost sexuality to you? HDMAMMF?
70. In what specific area of my own sexuality have I been reluctant to open up with you? How does revealing this area make me feel?
71. HDIF when you lovingly accept a part of me that I had difficulty sharing?
72. On a scale of 1 to 10, how do I rate our sexual relationship? HDMAMMF?
73. Do I feel needed by you sexually? HDMAMMF?
74. What part of my body do I judge to be sexually exciting to you? HDMAMMF?
75. What part of your body is sexually exciting to me? How does sharing my answer with you MMF?
76. Do we have sexual relations often enough? HDMAMMF?
77. Is it difficult to tell you during our lovemaking what enhances or reduces my pleasure? HDMAMMF?
78. What specifically do you do to/with me during sex that I enjoy most?
79. What is my attitude about oral sex?
80. What specific experience have we had recently that was most beneficial to our sexual relationship?
HDMAMMF?
81. Do I fantasize during our lovemaking? (YES OR NO) HDMAMMF?

82. Describe in precise detail your most sensual fantasy. How does sharing this with you MMF?
83. Describe the specific instance in which I am most turned on sexually? HDIFAT?
84. What specific sex act that we have never experienced would I want us to experience? How does sharing my desire with you MMF?
85. Is there any form of sex with you that I find repulsive or highly undesirable? If so, what form? HDMAMMF?
86. Do I fear pregnancy? HDMAMMF?
87. Have we ever performed sex acts that have left me worried? If so, how does sharing this worry with you now MMF?
88. Where would I like to make love with you other than in bed? HDMAMMF?
89. What specifically do you do to/with me physically that turns me off sexually? How does sharing my answer MMF?
90. After sharing this series of dialogues on our sexual relationship, how do I feel about our sexual relationship?

BORROWED FROM THE AKRON "QUEST"

You received this from the June 20-22, 1980 Convention in Cleveland, Ohio, from the "Sex is someone, not something!" talk by Dave & Judy Zimmerman, Mt. Clemens, Michigan. If you would like to talk with us, call 313-468-3011, or write 30 Kendrick, Mt. Clemens, MI 48043. We love you!!