

## “THE DIRTY 33” DIALOGUE QUESTIONS

**GUIDELINES FOR USING THESE QUESTIONS:** Try to do them in sequential order beginning with number 1. Each question should be answered completely and honestly. You might want to consider a commitment to 33 days of dialogue on these questions to get the most benefit and growth from them. ENJOY!

1. Are there areas in which our sexual relationship could be improved? HDMAMMF? (Don't be specific about the area.)
2. Do I have the trust to allow me to expose my innermost sexuality to you? HDMAMMF?
3. In what SPECIFIC AREA of my own sexuality have I been reluctant to open up with you? How does revealing this area to you make me feel?
4. HDIF when you lovingly accept a part of me that I had difficulty sharing?
5. On a scale of 1 to 10, how do I rate our sexual relationship? HDMAMMF?
6. Do I feel needed by you sexually? HDMAMMF?
7. What part of my body do I judge to be sexually exciting to you? What part of your body is sexually exciting to me? How does sharing my answers with you make me feel?
8. Do we have sexual relations often enough? HDMAMMF?
9. Do I prefer “making love” more often than just “having sex”? HDMAMMF?
10. Is it difficult to tell you what enhances or reduces my pleasure DURING our lovemaking? HDMAMMF?
11. What SPECIFICALLY do you do to me physically during sex that I enjoy most? How does sharing this with you make me feel?
12. What is my attitude about oral sex? HDMAMMF?
13. What specific experience have we had recently that has most benefited our sexual relationship? HDMAMMF?
14. Do I fantasize during our lovemaking? (YES or NO) HDMAMMF?
15. Who -- other than you -- is most sexually attractive to me? How does sharing my answer with you make me feel?
16. What SPECIFIC event in my sexual past has affected my sexuality as I now experience it? How does sharing my answer make me feel?
17. Describe in PRECISE DETAIL my most sensual fantasy. How does sharing this with you make me feel?
18. Describe the SPECIFIC instance in which I was most turned on sexually. How does sharing this with you make me feel?
19. HDIF when I initiate sex?
20. HDIF when you initiate sex?
21. HDIF when sex is spontaneous?
22. HDIF when you want sex and I don't? HDIF when I want sex and you don't?
23. How does the statement “There is no morality to sex between a husband and wife if performed lovingly and willingly” make me feel?
24. Do I masturbate? How does sharing this with you make me feel?
25. What SPECIFICALLY do you do to me physically that turns me off sexually? How does sharing my answer make me feel?
26. Do I enjoy being seen nude by you? HDMAMMF?
27. Where would I like to make love to you other than in bed? HDMAMMF?
28. Have I ever felt used by you sexually? If yes, when and how SPECIFICALLY. HDMAMMF?
29. Have I ever wanted to have sex with anyone but you since we have been married? How does sharing my answer make me feel?
30. Is there any form of sex with you that I find repulsive or highly undesirable? If so, what form? HDMAMMF?
31. HDIF about having sex during your (my) menstrual period? HDMAMMF?
32. Do I fear pregnancy? HDMAMMF?
33. Have we ever performed sex acts that have left me feeling guilty? If any, be SPECIFIC. HDMAMMF?