

Our different ideas, needs and expectations when it comes to sex

Example	Scale from		Scale to	Example
Have an argument one minute and jump in to bed the next.	Simply a physical act	←→	Part of the whole relationship	Deal with your feelings before you can be in the mood.
Other things are more important.	Low priority	←→	High priority	What could be more important?
Love is shown through actions of a willing partner reducing my load.	Need to feel love through the week	←→	Need to feel love in the moment	Loving expressions come from the physical acts of sex.
Loving compliments.	Stimulated by words	←→	Stimulated by sight	Nakedness, general appearance.
Perfume & aftershave and the fragrance of his / her body.	Stimulated by smell	←→	Stimulated by touch	Holding hands, cuddling, kissing, back strokes.
He/she desires you and is satisfied by you.	Need to be physically needed	←→	Need to feel emotionally needed	Cared for as a person, not just a body to be used. Feelings lead.
There is commitment. This will not lead to abandonment.	Need to feel safe and secure	←→	Need to feel respected	Looked up to as a person, he/she is on my side.
Random times and places are good.	Anytime anywhere	←→	Sometimes keen, sometimes not	There are times when it is right and other times when it is not.
Taking time is important, then arousal will last for a while.	Long warm up before excitement	←→	Quickly excited	Not interested to ready-for-action in seconds.
Short but very sweet.	Orgasms short and intense	←→	Orgasms longer and more in depth	The whole experience is worth the wait.
Lots of things to check – doors locked, kids settled, window closed.	Easily distracted	←→	Focussed and difficult to distract	I've started so I'll finish. Nothing else matters right now.
Wash properly before any sexual activity.	Cleanliness before spontaneity	←→	Spontaneity before cleanliness	It is important to seize the moment when we are in the mood.

For each row, mark on the scale where you are with a 'X' and where you think your partner is with a 'O'. Mark in the middle if both ends are important.