

# Gay Men's Sexual Confidence Questionnaire



The best way to have better sex isn't about your partners—it's about you. We spend so much time thinking about finding sex, but much less time considering what our sexuality actually is. Gay men in particular are taught from a young age to avoid an organic exploration of our sexuality. Developing sexual confidence isn't about changing yourself. It's about embracing who you are. To develop sexual confidence we must first look within. You can use this questionnaire to start that process. I invite you to answer the questions below from a place of curiosity.

## Your Sexual Development:

1. What is your earliest recollection that you would label as sexual?
2. How did you learn about sex (friends, school, parents, media, etc.)?
3. What did your parents teach you (or not teach you) about sex?
4. What did your culture/community/external environment teach you about sex?
5. When did you first begin to experience same-sex attractions?
6. When did you first masturbate?
7. How were your first sexual experiences?

## Your Sexual Template:

1. What are you attracted to?
2. What kinds of sexual acts do you enjoy?
3. Are there any aspects of your sexuality that bring you shame today?
4. Do you feel comfortable communicating your sexual desires to your partners?
5. Are there sexual desires you haven't explored yet?

## Your Sex Life Now:

1. How often do you masturbate?
2. How often do you use porn?
3. How satisfied are you with your sex life today?
4. How does your body image affect your sexuality?
5. What does sexual intimacy mean to you? What is the difference (if any) for you between sexuality and intimacy?
6. How comfortable are you talking about sex?