Fourteen Purposes of Sex: What I Want and What I Am Curious About

> This self-reflection accompanies *How Do I Have a Better Sex Life? The Way to Greater Sexual Satisfaction* at ThoughtsFromATherapist.com, which describes the fourteen purposes and what each of the twelve intelligences contributes to a sexual relationship. Search "better sex life" on the site to find it.

Sex can fulfill many purposes that are not mutually exclusive. The purposes can overlap, and the people involved do not always need to be seeking the same experience. One person may want orgasm while the other enjoys being held and caressed. Nothing on this sheet is a score, and no purpose is better than another. Each of us fills in our own sheet. We mark our own wants, not our partner's.

Directions

Two marks on each line. A few seconds per line is enough.

Each line gets two marks: **X** for how much I want sex for this purpose, and **O** for how curious I am about it. The two marks can sit far apart. A purpose I rarely want and am very curious about is as useful to know as one I want often.

		NOT FOR ME RIGHT NOW			SOMETIMES			VERY MUCH
1. Pleasure and physical release	Enjoying sensation, orgasm, and sexual release.	○	○	○	○	○	○	○
2. Reproduction	Conceiving and creating life.	○	○	○	○	○	○	○
3. Physical and sexual vitality	Exercise, reproductive health, maintaining libido.	○	○	○	○	○	○	○
4. Emotional intimacy and expression	Sharing feelings, receiving comfort during sadness, offering nurturance, and celebrating together.	○	○	○	○	○	○	○
5. Attachment and bonding	Feeling connected, secure, wanted, and close to one another.	○	○	○	○	○	○	○
6. Romance	Courtship, affection, and expressions of love through attention, atmosphere, and gestures.	○	○	○	○	○	○	○
7. Passion	Intensity, excitement, erotic energy, and the experience of letting go.	○	○	○	○	○	○	○

Filling this in on a screen: click a dot and type the letter for the mark.

The other seven purposes

*The same two marks: **X** for how much I want it, **O** for how curious I am about it.*

		NOT FOR ME RIGHT NOW			SOMETIMES			VERY MUCH
8. Relaxation and regulation	Stress and anxiety reduction, unwinding, and helping with sleep.	○	○	○	○	○	○	○
9. Play and entertainment	Humor, fun, enjoyment, and having an activity to share.	○	○	○	○	○	○	○
10. Fantasy and exploration	Role-playing, experimentation, novelty, and discovering preferences or possibilities.	○	○	○	○	○	○	○
11. Sensory appreciation and spiritual connection	Visual stimulation, appreciation of beauty, artistic expression, gratitude, immersion in the present, and experiences of transcendence or union.	○	○	○	○	○	○	○
12. Relational repair	Reconnecting after strain, expressing renewed affection, and restoring closeness alongside addressing what happened.	○	○	○	○	○	○	○
13. Sensuality	Being held, touched, caressed, and adored; enjoying bodily closeness and sensory attention.	○	○	○	○	○	○	○
14. Relational generosity	Offering sexual attention as a freely chosen gift of care, pleasure, or support, contributing to our partner's well-being and the relationship we share.	○	○	○	○	○	○	○

MY TOP THREE PURPOSES RIGHT NOW

The purposes change with the week and with the season of a life. These are the three that matter most to me at present.

1.

2.

3.

CURIOUS

One purpose I would like to explore

The line where **O** sits furthest to the right of **X**, and what exploring it could look like.

TOGETHER

What I would like to share with my partner

Our sheets do not need to match. Different purposes can support each other within an experience both people freely enjoy.

A PURPOSE I WOULD LIKE MY PARTNER TO KNOW MATTERS TO ME

A PURPOSE OF THEIRS I WOULD LIKE TO UNDERSTAND